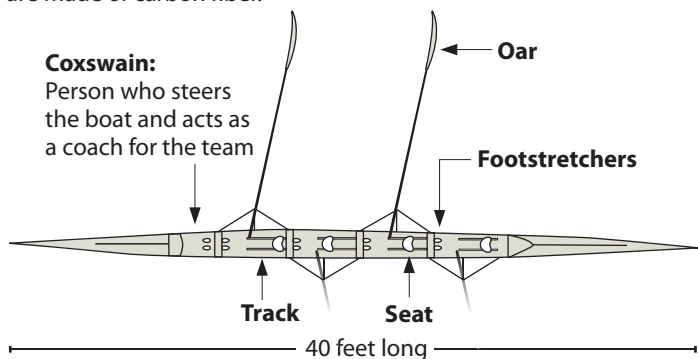


Head of the Rock Regatta

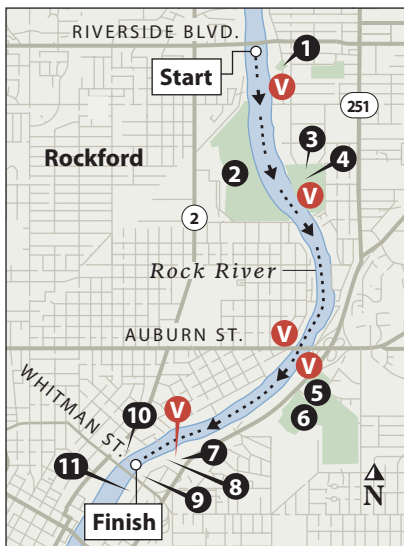
The 24th annual Head of the Rock Regatta runs from 8 a.m. to 4 p.m. today. More than 50 teams from 10 states will compete, and fans can enjoy it for free anywhere along the banks of the Rock River. The map below shows some of the best places to watch.

A TYPICAL SHELL

A four-person rowing boat weighs about 125 to 130 pounds. They are made of carbon fiber.



COURSE MAP



Key:

- V** Best viewing
- 1** Martin Park
- 2** Rockford Country Club
- 3** Shorewood Park
- 4** Ski Broncs
- 5** Sea Scouts
- 6** Sinnissippi Park
- 7** YMCA
- 8** Log Lodge
- 9** Rockford YMCA Rowing Club Boathouse
- 10** University Club
- 11** Verdi Club