

HEAD OF THE LAKE

This is a head race beginning in the northeast corner of Lake Union, continuing through Portage Bay and the Montlake Cut into Lake Washington. The finish is in front of the University of Washington's Conibear Shellhouse. The rowers launch at the Conibear Shellhouse. The best parking is at the UW E1 lot just north of the Intramural Activities Building on Montlake Blvd. The best viewing is from the Montlake Bridge or anywhere along the Montlake Cut.

