

Start / Finish	The southwest corner of the tennis courts on the outside of the fence, near the corner light pole
1	Next to lake, landscape boundary
2	South end of stone wall
3	Boundary between field and forest (look at trees at edge of forest)
4	Boundary between forest a open field
5	Next to lake, vegetation boundary. Very short trail to get to lake
6	Southwest side of stone wall. Walk down to stream and look left
7	Vegetation boundary – open field and thick grasses
8	Bottom of stone wall
9	Dead tree in rough tall grasses
10	Eastern most tree in sidewalk triangle. (from under the tree, look UP in the branches)
11	Distinctive tree west side
12	Stony ground east of river boundary.

		Forest Park Sprint	
		Sprint 1	5.0 km
△			
1	1		▽ ③ Y
2	2		▧ Q
3	3		▽ Q
4	4		▽ Q
5	5		▽ ③ Y Q
6	6		▧ Q
7	7		▽ Q
8	8		▧ L
9	9		⊗ Q
10	10		▽ Q
11	11		▽ Q
12	12		▧ Q
OK	190 m		OX