

FUZ-24 - 16 miles Flag Pole/LH + Lake + Sperry

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|------------------------|---|
| 0 mi | Start through parking lot |
| 0.18 | mi R at Ravendale Ln |
| 0.87 | mi L at Rockaway Dr. |
| 1.18 | mi R at Fisher Rd |
| 1.76 mi | L at Dalgreen Dr |
| <u>1.99 mi</u> | <u>Water at Dalgreen and Lake</u> |
| 2.02 mi | L at lake trail continue north |
| 2.63 mi | Stay on Lawther to NW Highway |
| 3.18 mi | Cross NW Highway on Lawther Rd |
| 3.64 mi | Cross Goforth becomes Lanshire Dr |
| 4.37 mi | L at Shoreview Dr |
| 4.66 mi | R at Clearhurst Dr |
| 4.92 mi | L at Chiswell Rd |
| 5.11 mi | R at Crestedge Dr |
| 5.44 mi | R at Fieldcrest Dr |
| 5.6 mi | L at Broken Bow Rd |
| 5.79 mi | R at Northpoint Dr |
| 6.04 mi | R at Parkford Dr |
| 6.28 mi | L at Chiswell Rd |
| 6.43 mi | L at Lanshire Dr |
| 6.83 mi | L at White Rock Trail |
| 7.09 mi | L at Doran Circle |
| 7.28 mi | Cross NW Highway to Norbuck parking lot |
| 7.75 mi | Cross under NW Highway and left on Lawther |
| <u>8.75 mi</u> | <u>Water at Big Thicket</u> |
| <u>12.38 mi</u> | <u>Water at trail and Garland Rd.</u> |
| 13.26 mi | Stay left on lake trail (do NOT go up dam to spillway) |
| <u>14.13 mi</u> | <u>Water at T&P Hill</u> |
| 14.15 mi | L at W Lawther Dr |
| 14.4 mi | R at Meadow Lake |
| 14.89 mi | R at Wendover Rd |
| 15.05 mi | R at Sperry St |
| 15.77 mi | L at Anita St |
| 16.09 mi | R at Hillside Dr |
| 16.24 mi | Finish at Abrams/Mockingbird |