**FUZ-03 14 miles Flagpole to Lake Loop Plus Sperry** 

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
1.99 mi	Water at Dalgreen and Lake
2.02 mi	L at lake trail continue north
2.63 mi	Stay on Lawther to NW Highway
3.18 mi	Cross NW Highway
3.64 mi	Cross Goforth becomes Lanshire Dr
4.04 mi	R at White Rock Trail to Flagpole Hill
4.27 mi	L at Doran Cir
4.46 mi	Cross NW Highway to Norbuck parking lot
4.96 mi	Cross under NW Highway and left on Lawther
6.00 mi	Water at Big Thicket
9.6 mi	Water at trail and Garland Rd.
10.33 mi	R up to spillway dam
11.33 mi	Water at T&P Hill
11.42 mi	L at W Lawther Dr
11.8 mi	R at Tokalon Dr
12.52 mi	L at Lakewood Blvd
12.57 mi	R at Copperfield Ln (turns into Oakwood)
12.72 mi	R at Westlake
12.8 mi	L at Wendover Rd
13.00 mi	R at Sperry St
13.71 mi	L at Anita St
14.02 mi	R at Hillside Dr
14.16 mi	Finish at Fuzzys