



- 1 – Entrance to Parking Lot
- 2 – Picture of trail to take
- 3 – Meeting location
- 4 – Intersection to take to hill
- 5 – Hill for repeats
- Warm-up route around lake
- Hill for repeats

1



Take the first right as soon as you enter the park to go into the parking lot

2



Take this path toward the restrooms

3



Once you get to the restroom, walk down the hill toward the playground. This is our meeting location.

4



During your warmup around the lake, you'll come to this intersection, bear left to continue the warmup. Go straight to get to the hill we'll use for repeats.

5

This marks the location where we will be starting our hill repeats