

### Operation: Ralph B. Clark Regional Park

Ralph B. Clark Regional Park has a rich history of fossils. Over 10,000 years ago this site contained marshes, grassy meadows and oak woodlands, inhabited by at least 70 species of animal including the ancient mammoth, ground sloth and ring-tailed cat.

Can you imagine what creatures lived in Orange County before humans? Visit the Interpretive Center to see cool fossils and learn about more of the historical artifacts of the park. Locate the playground and find the sandbox. Create a sand sculpture of a fossil.



Clue: Follow the path around the lake towards the Interpretive Center. You can find the key next to the cement wall with the fossils.

Clark Regional Park has many playground areas. Stop and play on one of the playgrounds for a while. Before you begin to play, listen or feel your heart beat; this is called your resting heart rate. Now try to do all of the activities that are offered. When you are done playing stop and listen or feel your heart beat again.

When you exercise, your heart rate will on average double the resting heart rate. Is it faster now than before you started?



After you found the clue did you visit the interpretive center? There you will learn about what Orange County was like over 10,000 years ago! What types of animals used to live here? How do scientists know this?

Draw one of the fossils you saw.