

**Operation: San Joaquin Wildlife
Sanctuary**

Irvine Ranch Water District has a unique program that uses restored wetlands at the San Joaquin Wildlife Sanctuary to naturally clean urban runoff (storm water) from the San Diego Creek Watershed (located in central Orange County).

A large portion of the runoff is diverted into the system of manmade ponds where it flows for 7 to 10 days. This gives plants and soils in the ponds time to naturally remove pollutants. The cleaner water is then delivered back into the creek to continue its journey through Upper Newport Bay to the ocean.

How many ponds are there? Are there any differences that you can see between them?

Hint: Pick up a map at any information booth.



Clue: Follow the South Trail Loop to where it meets Midway Trail. At the opening of Pond 5 you will find the key.

As you walk along the South Loop Trail try different styles of movement at 30 second intervals. Try running, lunging, and crab-walking. Were you able to do all three? Can you complete the whole trail like this?

Did you know that doing these different types of movement can make muscles? It sounds too simple, but it's true.

Any physical activity you like to do - from dancing to playing football - can make you stronger. Why? Because you're using your muscles to do these activities!



Pick up "A checklist of the plants of the San Joaquin Wildlife Sanctuary" guide from the Audubon House. How many plants on the list can you find as you walk the trails? List them in the space below.