



- Trials Training Days 2010**
March 27/28
1. Log Crossings and Hop 'til you drop
 2. The Basics: basic turns; basic obstacles
 3. Ledges
 4. Hills: climbs and descents cambers
 5. Section Strategy & Difficult Turns, Floaters
 6. Making Traction & Rocky Creek
 7. Adventure Ride (meet at Pavillion)



Lampkin Falls

Sawmill Creek

5

Jeep Rd



Bilbao Falls



Fred's field
No riding

3

Jeep Rd

1

Drywater Creek

4

6

2

Sawmill Creek