

Trials Training Days 2009

Session	The Basics	Log Crossings	Hop 'til you drop	Making Traction	The Scottish (rocky creek)	Section Strategy & The Art of War	Adventure Rides	Ledges	Hills & Cambers	Sherco Pitstop
Instructor (tentative)	Charlie Roberts	Ray Peters & Ron Lee	Ray Peters & Ron Lee	Ryan Young & Jim Zuroski	Ryan Young & Jim Zuroski	Ryan Young & Jim Zuroski	Dan Brown & Greg Clark	Pat Smage & Will Ibsen	Alex Bedley & Steve Glinski	Brad Baumert
Location	2 - Lower Field	1 - Log Pile	1 - Log Pile	3 - Sawmill Creek near 1st Footbridge	3 - Sawmill Creek near 1st Footbridge	3 - Sawmill Creek near 1st Footbridge	Pavillion	4 - Sawmill Creek near 2nd Footbridge	5 - Grady's Hill near 2nd Footbridge	Paddock
1	9:00 - 10:15	Steering with your feet						Basic Ledges	hills	
2	10:30 - 11:45	Basic obstacles						Basic Ledges (Advanced - Zaps)	camber turns	
12:00 - 1:30		Lunch Break								
3	1:45 - 3:00							Basic Ledges	hills	
4	3:15 - 4:30						Cove Tour of Caves & Scenic Overlooks	Basic Ledges (Advanced - Splatters)	camber turns	
5:00 - 6:00		Champ Show-off Time!								
6:00 - until?		Campfire, lie-telling and general nonsense								
5	9:00 - 10:15							Basic Ledges	hills	
6	10:30 - 11:45							Basic Ledges (Advanced - Zaps)	camber turns	
12:00 - 1:30		Lunch Break								
7	1:45 - 3:00							Basic Ledges	hills	
8	3:15 - 4:30						Tour of the TTC, spring & waterfalls	Basic Ledges (Advanced - Splatters)	camber turns	