



## Trials Training Days March 28/29, 2009

### Section Descriptions:

Log Crossings (section 1)	Basic log crossings, unweighting, logs at an angle, holding pressure, with logs of all shapes and sizes. Sessions 1,3,5,7
Hop 'til you drop (section 1)	Techniques for hopping the bike, including basics of balancing the bike, front wheel hops, rear wheel hops, and flip turns for the more advanced riders. Sessions 2,4,6,8
The Basics (section 2)	Designed especially for novice riders or anyone who wants to work on the basic skills of body position, turning, balance and control. A must for riders new to trials, as this will prepare you for the other skill sessions to come. Basic turns in session 1, basic wheelies & obstacles in session 2.
Making Traction (section 3)	This session is a must for riding in Tennessee! The basics of throttle control and body position to maximize your ability to make traction when conditions are slippery. When the terrain is greasy, you can't cover poor techniques! Sessions 1 & 5
The Scottish (rocky creek) Section 3	Wear your Wellie's! Master the skills from the old school style section, with a ride up the rocky creek bed. Work on line selection, being active on the bike, throttle control and maintaining momentum, looking ahead. Sessions 3 & 7
Section Strategy & The Art of War (section 3)	Competition skills include how to read the terrain and pick out the optimum lines within the section as well as competition skills and the "mental side" of trials. Learn from the champs about how to keep your composure and get the most out of yourself. Sessions 2,4,6,8

Basic Ledges (section 4)	Work on the basics of ledges of all sizes. Focus will be on the basic ride up, impacting the ledge with the front tire, and using the suspension to help the bike.
Advanced Ledges: Zaps (section 4)	The zap technique for undercut ledges. Be sure to attend one of the basic ledges sessions 1 <sup>st</sup> . Sessions 3,4
Advanced Ledges: Splatters (section 4)	The technique for rear-wheel first impact into big ledges. Go Big! Be sure to attend one of the basic sessions first. Sessions 7,8
Hills (section 5)	Hillclimbs and descents will be made with confidence after you master the techniques of body position, throttle and brake control. The hill practice area will have a range of hills for all skill levels. Sessions 1,3,5,7
Hills & Camber Turns (section 5)	After you master climbing and descending, work on those tricky camber turns on the side hill sections that are the source of so many club trials events. Sessions 2,4,6,8
Adventure Ride	Last session on Saturday will be a trials adventure ride around the 670 acre TTC property to check out some of the magnificent waterfalls and scenic mountain trails. It's a great ride on a trials bike! There will be optional sections for more experienced riders and shortcuts for the less adventurous.
Sherco Pitstop	Get maintenance and bike setup tips <b>on any brand of bike</b> from the Sherco factory team. Ongoing all during the day. Also available to help with repair problems if needed.