



- 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

Jeep Rd

3

1

Drywater Creek

4

6

2

Sawmill Creek