



Session Descriptions

Trials Training Days

March 24/25, 2018

<p>Beginners & True Novices (Location 2 - Pavilion)</p>	<p>What's Trials? Learn the basics of bike setup, body positioning, general techniques and helpful hints. Ride as a group both days. Sessions 1, 2, 3, 4, 5, 6, 7, 8</p>
<p>The Basics (Location 7 – Cone Field)</p>	<p>This Basics class is designed for novice riders, or anyone, who wants to work on the basic skills: 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. Sessions 1, 2, 5, 6</p>
<p>Kickin' It with Kylee (Location 6 – Semi-Trailer)</p>	<p>Ladies – Spend the day learning all aspects of trials riding from a uniquely female perspective. Champion Kylee Sweeten will take the group to different locations to teach a variety of skills. Ride as a group both days. Sessions 1, 2, 3, 4, 5, 6, 7, 8</p>
<p>Log Crossings (Location 1 - Playground)</p>	<p>Learn basic log crossings, un-weighting, logs at an angle, holding pressure, with logs of all shapes and sizes. Sessions 1, 3, 5, 7</p>
<p>Hop 'til you drop (Location 1 - Playground)</p>	<p>Learn 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</p>
<p>Basic Ledges (Location 4 – Y.N. Ledges)</p>	<p>Work on the basics of ledges, of all sizes. Focus will be on the basic ride up, impacting with the front tire, and using the suspension to help with the bike. Sessions 1, 2, 5, 6.</p>
<p>Advanced Ledges: Zaps (Location 4 - Y.N. Ledges)</p>	<p>Learn the zap technique for undercut ledges. Be sure to attend one of the basic ledges sessions first. Sessions 3, 7</p>
<p>Advanced Ledges: Splatters (Location 4 - Y.N. Ledges)</p>	<p>Learn the technique for rear-wheel first impact into big ledges. Go Big! Be sure to attend one of the basic ledges sessions first. Sessions 4, 8</p>
<p>Hills (Location 8 – Yellow Hillclimb)</p>	<p>Hillclimbs and descents are 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 3, 5, 7</p>
<p>Camber Turns (Location 8 – Yellow Hillclimb)</p>	<p>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 4, 6, 8</p>
<p>Section and Strategy & The Art of War (Location 3 – Upper Drive)</p>	<p>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.</p>
<p>Difficult Turns, Floaters & Point Savers (Location 3 – Upper Drive)</p>	<p>Save points by learning how to make that difficult turn, float the end of the bike to miss that point taker! Sessions 1, 3, 5, 7</p>
<p>Making Traction (Location 9- Slippy Creekside)</p>	<p>This session is necessary for riding in Tennessee! The basics of throttle control and body position will maximize your ability to make traction when riding conditions are slippery. When the terrain is greasy, you can't cover poor techniques! Sessions 1, 3, 5, 7</p>
<p>Refining Your Style Focus on Details (Location 10- Right@1st Bridge)</p>	<p>Foot peg input (riding with one hand) so you are forced to focus steering with foot pegs and having correct stance on bike. Body position for all conditions, so the rider is in the best position for each sub section. Sessions 1, 2, 4, 5, 6, 7, 8</p>
<p>The “Scottish” Rocky Creek (Location 5 – Rocky Creek)</p>	<p>Wear your Wellie's! Master the skills from the old school style section, with a ride up the creek bed. Work on line selection, being active on the bike, throttle control, maintaining momentum, and looking ahead. Sessions 2, 4, 6, 8</p>
<p>Forever 4-Stroke with Ray Peters (Location 10- Right@1st Bridge)</p>	<p>The special techniques of a 4-stroke explained by 10 times 4-stroke champion Ray Peters. Learn Traction, Zaps, and more! Session 3</p>
<p>Adventure Ride (Location 2 - Pavilion)</p>	<p>Last session on Saturday will be a trials adventure ride to check out some of the magnificent waterfalls and scenic mountain trails. It is a great ride on a trials bike! There will be optional sections for more experienced riders and shortcuts for the less adventurous. Session 4</p>
<p>Conditioning, Nutrition & Exercise with Danny Trainer (Location 2 – Pavilion)</p>	<p>Long time strength and conditioning coach, Danny Trainer, brings a detailed presentation on how to use fitness and nutrition to become a better rider—with fewer injuries too. There will be a question and answer session at the end. Come get the physical advantage you need to move up a class! Saturday 6 p.m.</p>
<p>Bicycle Trials with JJ (Location 1 - Playground)</p>	<p>19 times National Trials Bicycle Champion JJ Gregorowicz shares his knowledge and techniques. Learn how Trials Bicycle exercises can make you a better Trials Rider. Saturday 5 p.m.</p>

Don't forget the Sherco Pitstop will be available to help with repair problems if needed!