

Trials Training Days 2026 - Section Descriptions

Section Name	Location	Description	Sessions
Log Crossings	Location 1	Learn basic log crossings, un-weighting, logs at an angle, holding pressure, with logs of all shapes and sizes.	1,3,5,7
Hop 'til you drop	Location 1	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.	2,4,6,8
The Basics	Location 2	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.	1,2,5
Basic Ledges	Location 3	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.	1,2,5,6
Advanced Ledges: Zaps	Location 3	Learn the zap technique for undercut ledges. Be sure to attend one of the basic ledges sessions first.	3,7
Advanced Ledges: Splatters	Location 3	Learn the technique for rear-wheel first impact into big ledges. Go Big! Be sure to attend one of the basic sessions first.	4,5,6,7,8
Hills	Location 4	Hillclimbs & descents are made with confidence after you master body position, throttle and brake control. The practice area has a range of hills for all skill levels.	3,5,7
Camber Turns	Location 4	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.	4,6,8
Cognitive Skills	Pavilion	A one-session class by Chris Buzzelli on a scientific approach to learning. Apply cognitive and neuroscience principles and insights into your trials riding	7, Sunday only
Difficult Turns & Floaters & Point Savers	Location 5	Save points by learning how to make that difficult turn, float the end of the bike to miss that point taker!	1,3,5,7
Making Traction	Location 6	The basics of throttle control and body position will maximize your ability to make traction when riding conditions are slippery. Greasy terrain reveals poor technique!	1,3,5,7
Refining Your Style: Focus on Details	Location 7	Foot peg input (riding with one hand) forces you to steer with pegs with correct stance. Body position for all conditions so the rider is in the best position for each subsection.	3,4,6,7
The Scottish Rocky Creek	Location 8	Master skills from old school style section w/ ride up creekbed. Work on line selection, being active on the bike, throttle control, maintaining momentum, & looking ahead.	2,4,6,8
How to Layout and Ride a Practice Section	Location 9	Both days of instructor Ben Eudy's class will focus on the layout of a practice section and how to ride it. Location 9 is the 'blue hole' near the spring	2,4,6,8