



Sawmill Creek

- Trials Training Days 2007**
March 31/April 1
1. Log Crossings and Hop 'til you drop
 2. The Basics: basic turns; basic obstacles
 3. Basic Ledges
 4. Hills: climbs and descents cambers
 5. Ledges: Ups & Downs, Zaps, Splatters
 6. Making Traction & The Scottish (rocky creek)
 7. Difficult Turns, Floaters & Section Strategy
 8. Novice/Beginner Special & Adventure Ride (meet at Pavillion)

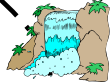


Lampkin Falls

5

Jeep Rd

Bilbao Falls



Jeep Rd

7

Fred's field
No riding

1

4

3

Drywater Creek

6

2

Sawmill Creek