



Trials Training Days 2005 March 19/20

Section Descriptions:

Beginners Only	Especially for new riders, Dale Malasek will go over the basics of riding techniques and escort new riders around the loop at an easy pace.
The Basics	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.
Hop 'til you drop	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. Meet at Section 2 in the lower field.
The Scottish (rocky creek)	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.
Ups & Downs	Techniques for climbing and descending sloping rock ledges or dirt banks, including turns with short run before and after. You'll work on weight shifts and body position, using the clutch to "launch" with a short run, and descending with control.
Difficult turns and floaters	This will include a section with some rock ledges and boulders that include tight turns so that the floater is needed to successfully maneuver the turns and obstacles within the section. You'll work on the basics of floater techniques and how to use them successfully.
Section Strategy & The Art of War	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.
Ledges	Go Big! Rock ledges for all sizes and skill levels. The basic ledges sessions in the mornings will include the fundamental techniques used to get up rock steps, including vertical walls. Riders will split into groups for steps of various levels of difficulty. Advanced sessions (afternoons) will cover the techniques for zaps and splatters. Riders are encouraged to attend the basic sessions in the mornings before attempting the afternoon sessions.
Making Traction	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!
Hills & Cambers	The basics of riding on steep terrain. We'll work a hillside which ranges from mild to wild so that every rider will have an opportunity to learn and be challenged. Body position, line selection and control will help you bring those Tennessee mountain sections down to size.
Adventure Ride	Last session of each day 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.
Bicycle Trials	Bring your bicycle! Mike Friddell and some top bicycle trials riders will provide some basic tips & techniques for bicycle trials skills. Fun for young & old and it will improve your balance and motorcycle riding skill.
Suspension Setup Workshop	Sat. evening after the BBQ. Learn how the Pro's setup (preload, damping, and even tire pressure) and adjust their suspension for optimum control of the bike. It really makes a difference!
Sherco Pitstop	Get maintenance and bike setup tips on any brand of bike from the Sherco factory team. Ongoing all during the day. Also available to help with repair problems if needed.