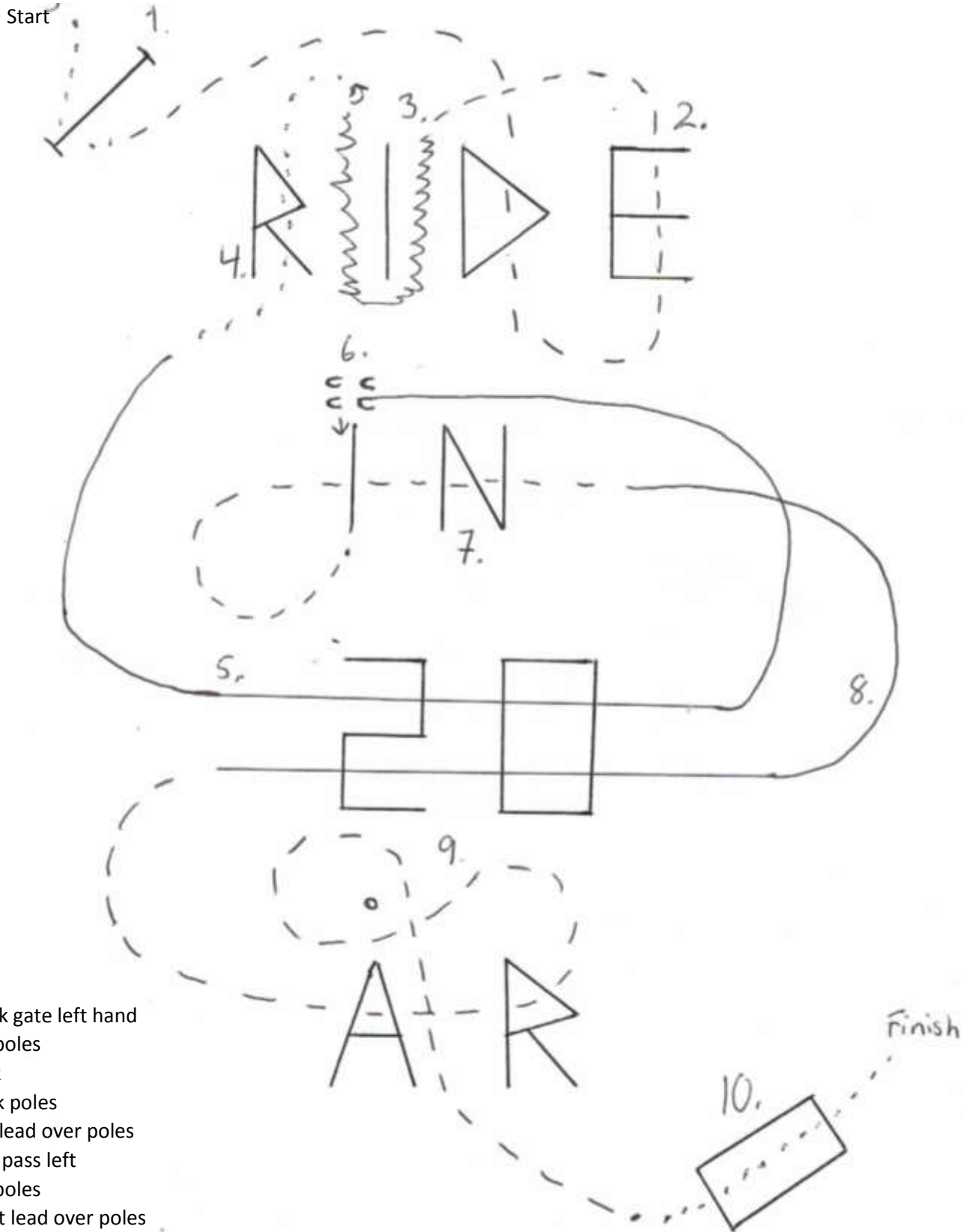


Trail Senior



1. Work gate left hand
2. Jog poles
3. Back
4. Walk poles
5. Left lead over poles
6. Side pass left
7. Jog poles
8. Right lead over poles
9. Jog poles as shown
10. Walk bridge