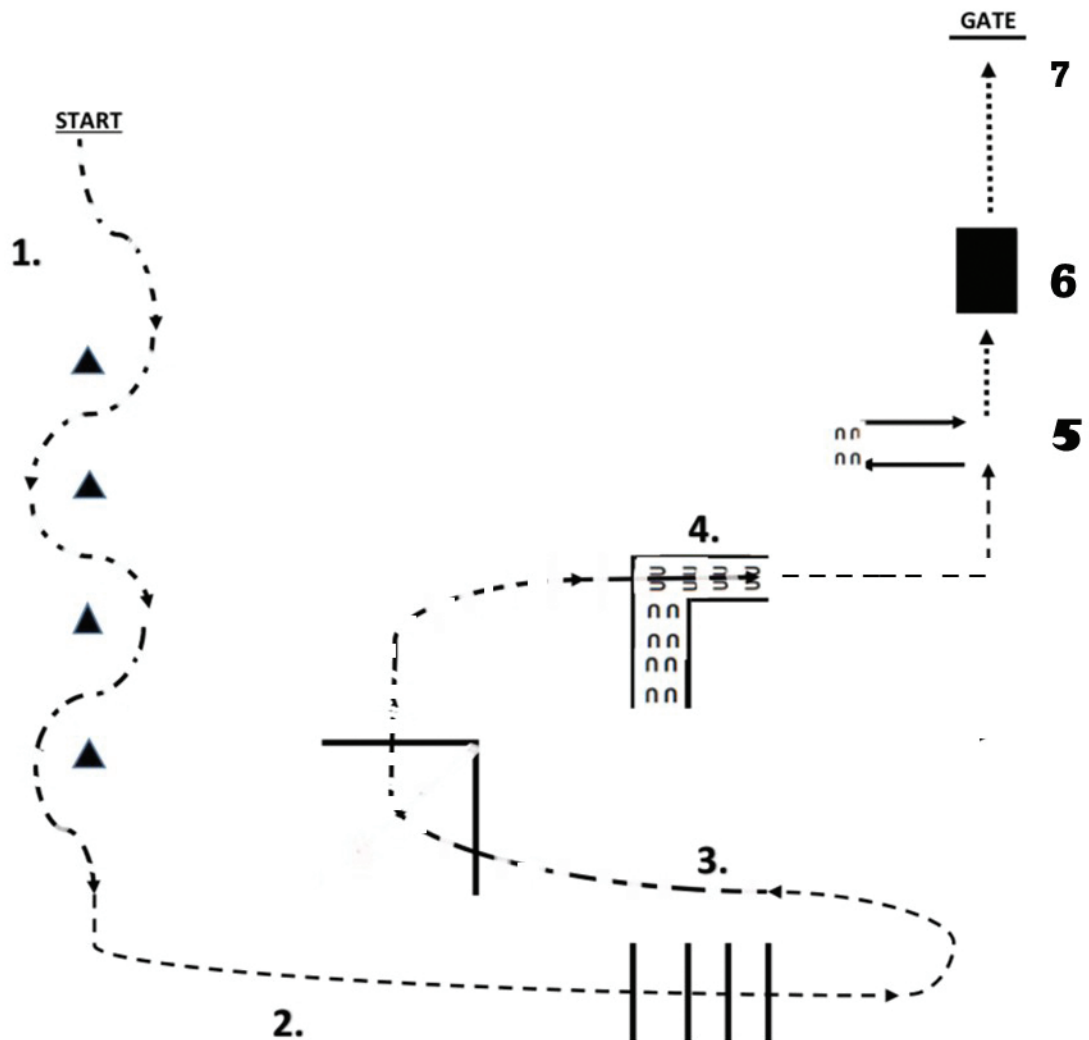


In Hand Trail



1. Jog serpentine.
2. Jog poles
3. Jog over poles.
4. Jog thru chute
5. Break to walk
6. Walk over bridge
7. Walk up to gate, work gate left hand push