



- 1- Jog poles
- 2- Left lead lope poles
- 3- Walk bridge into box
- 4- 360 degree turn to the Left, walk out
- 5- Right lead lope poles
- 6- Walk up to gate then Back through gate
- 7- Back into chute
- 8- Walk poles to finish

**Pro Am Trail
Sweepstakes**

136- Pro Trail Run
137- Amateur Youth Run