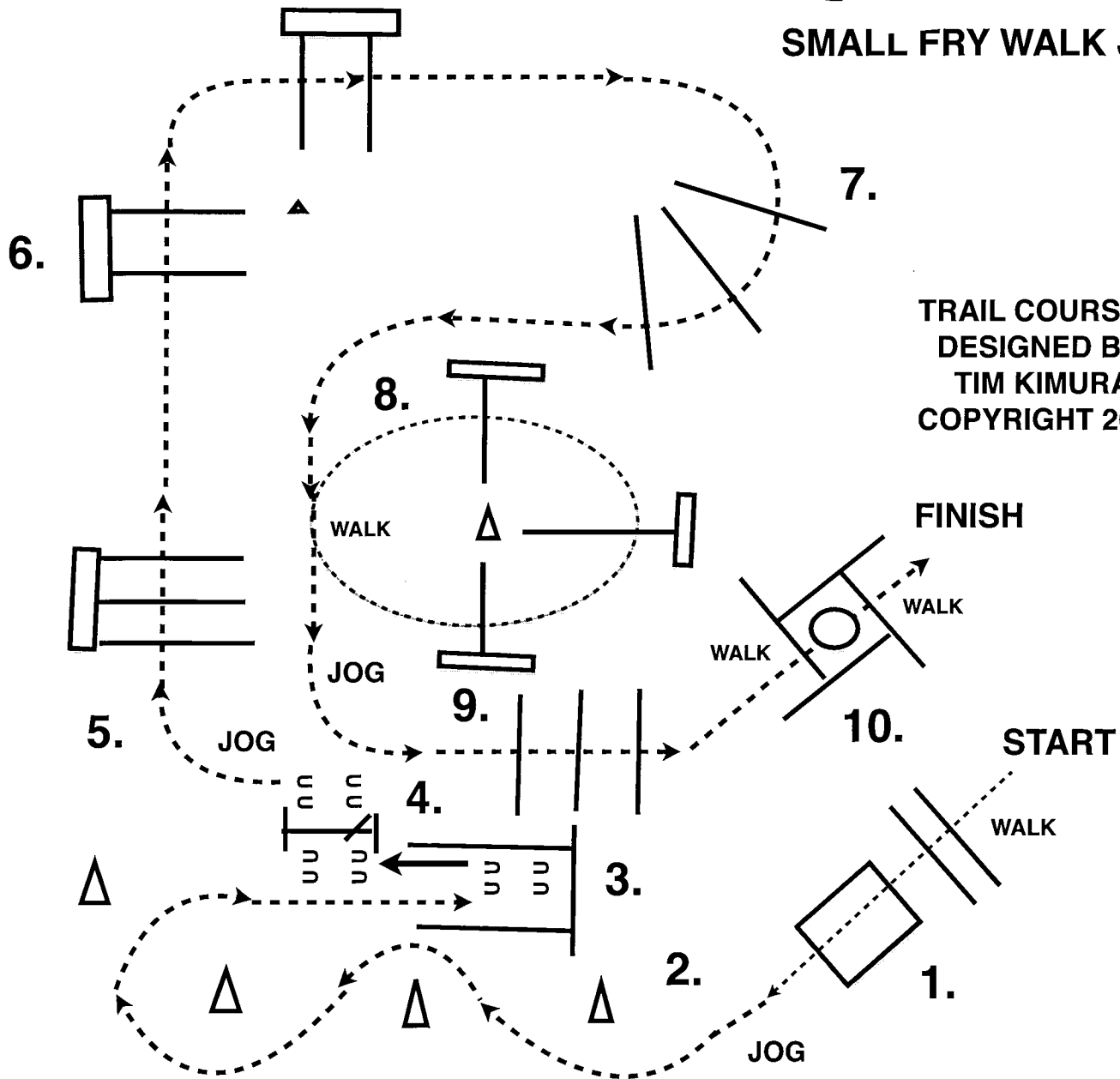


EWD Trail

SMALL FRY WALK JOG



TRAIL COURSES
DESIGNED BY
TIM KIMURA
COPYRIGHT 2017

1. WALK OVER 2 POLES AND THEN CONTINUE TO WALK OVER THE BRIDGE.
2. JOG THRU SERPENTINE, JOG INTO AND STOP IN CHUTE.
3. BACK BETWEEN POLES, BACK ALL THE WAY TO THE GATE.
4. GATE: OPEN LEFT HAND THEN RIDE THRU GATE AND TURN AND CLOSE THE GATE.
5. JOG OVER 3 POLES.
6. JOG OVER 4 POLES.
7. JOG OVER 3 POLES.
8. BREAK TO THE WALK, WALK A CIRCLE AND WALK OVER 3 POLES
9. JOG OVER 3 POLES, AND JOG UP TO THE BOX
10. STOP OR BREAK TO WALK, WALK INTO THE BOX, THEN EXECUTE A 360 TURN IN EITHER DIRECTION THEN WALK OUT OF THE BOX