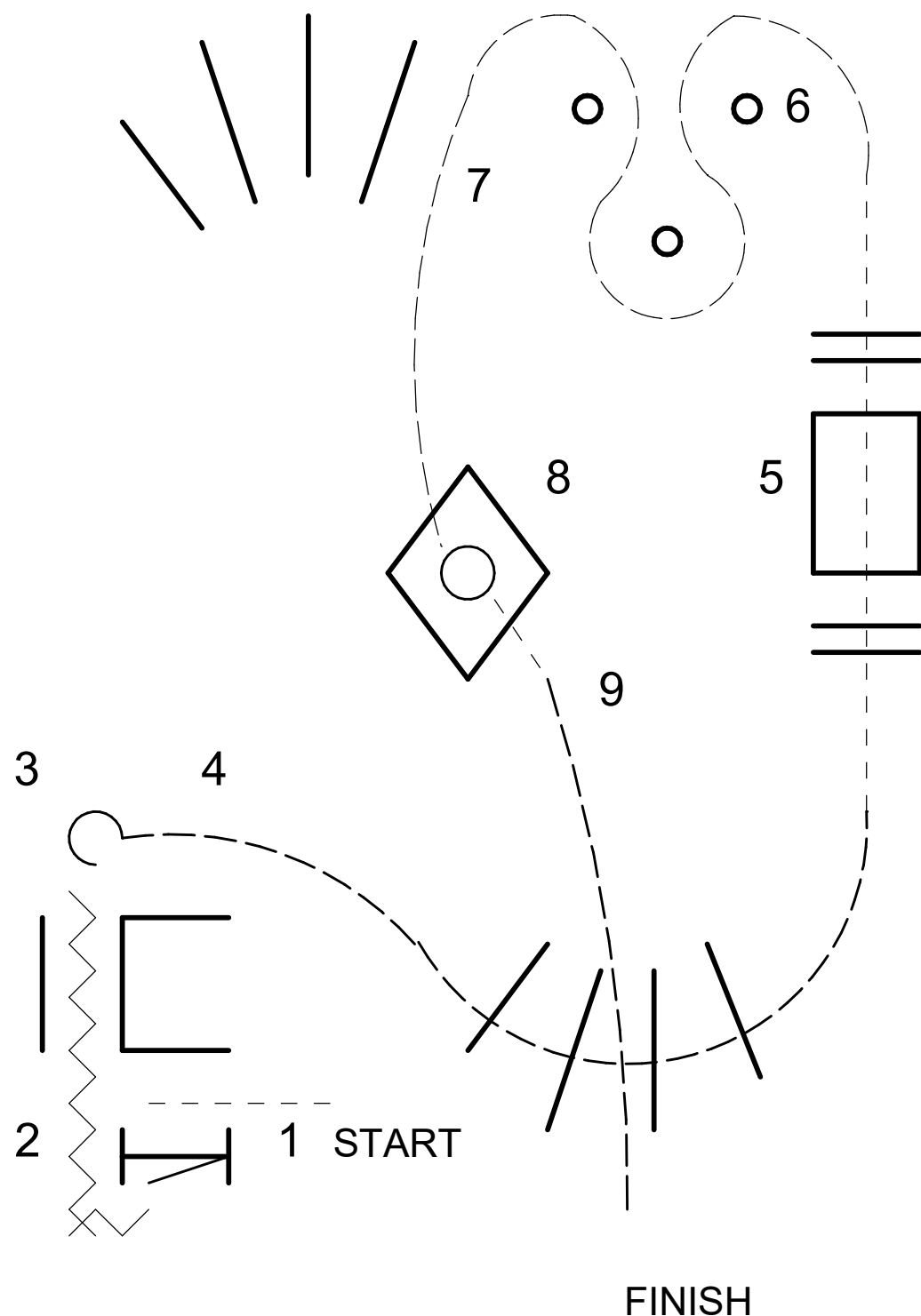


TRAIL - IN HAND - 472, 772, 773



1. Walk to gate, work gate left hand.
2. Back around gate, through chute.
3. Turn 270 to right.
4. Extended jog over poles.
5. Walk over poles and bridge.
6. Jog around serpentine.
7. Jog into box and stop.
8. Turn 360 to right in box.
9. Walk out of box, extended jog to exit.

- Walk
- Jog
- Extended Jog
- Lope
- ⋈ Back