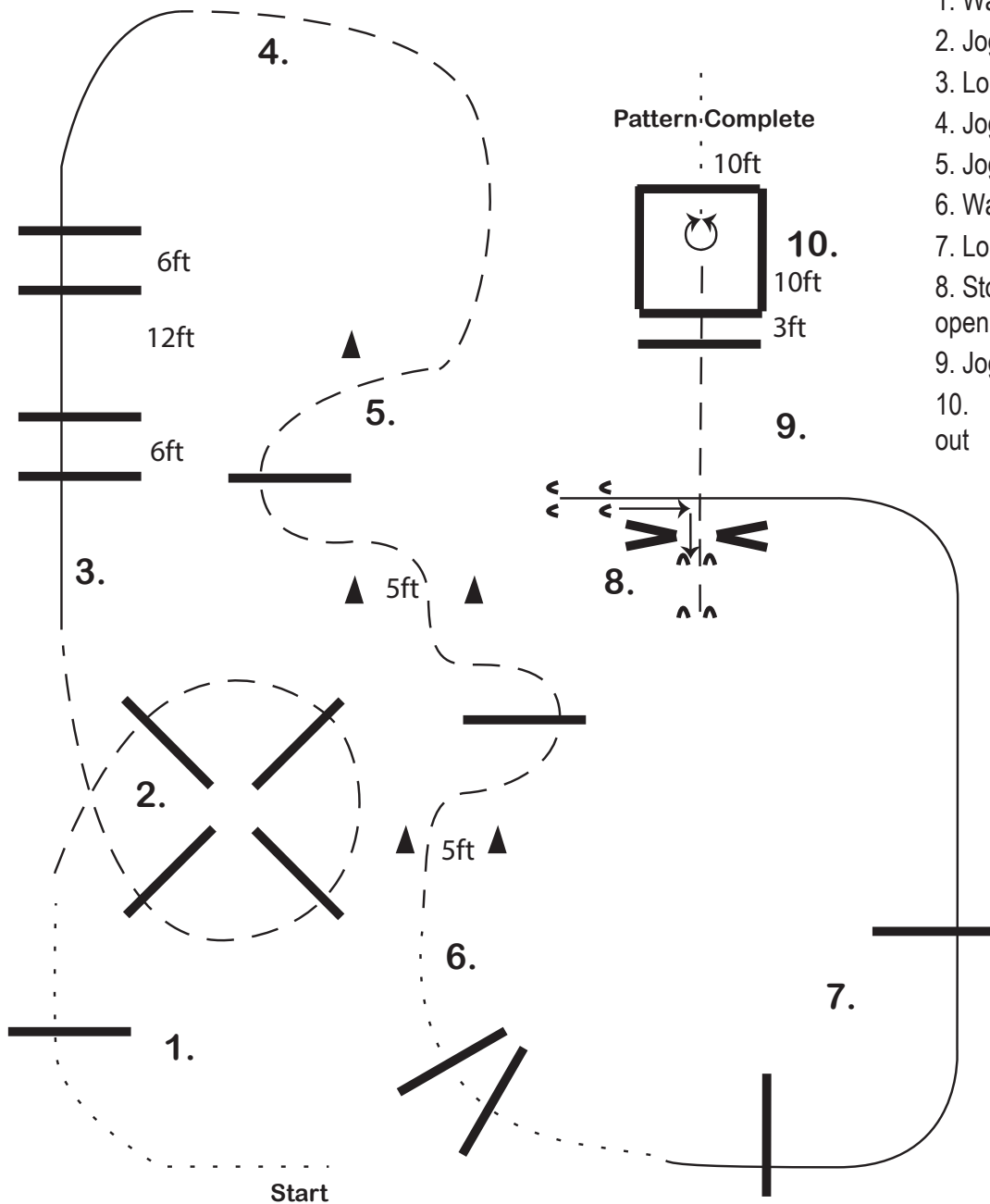




# TRAIL

APHA July E-Show (20 poles, 5 markers, 1 gate needed)



1. Walk over pole
2. Jog over poles
3. Lope right lead over poles
4. Jog
5. Jog serpentine
6. Walk over poles
7. Lope left lead over poles
8. Stop, Back L through gate opening
9. Jog over pole, Stop in box
10. 360\* Turn either way, Walk out

Walk
Extended Walk
Jog
Extended Jog
Lope
Extended Lope
Back
Turn around
# Of strides
"2 S or 3 S"

Camera

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