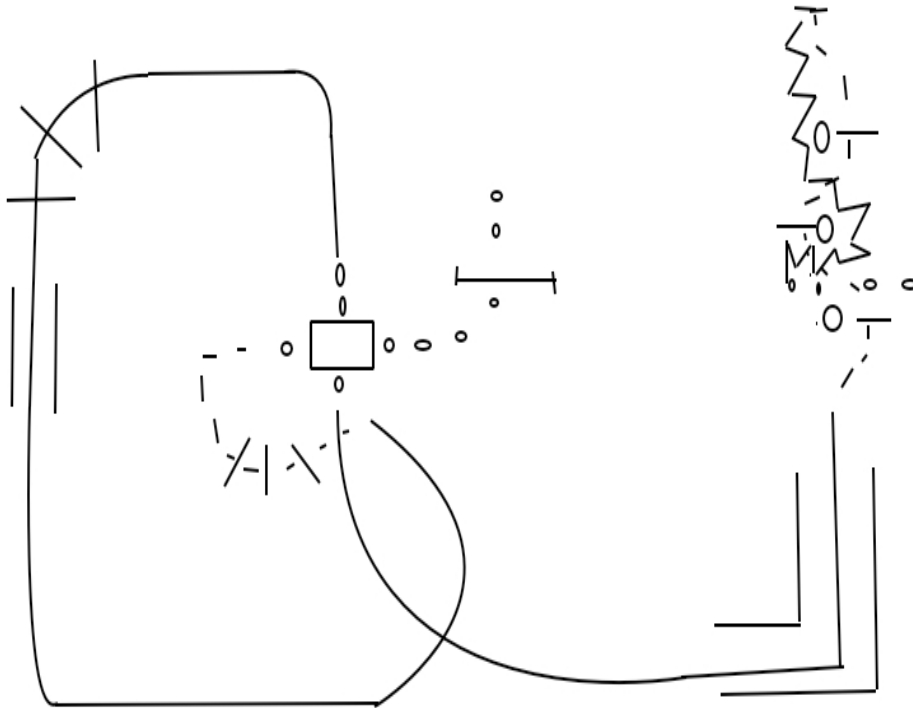


APHA TRAIL



1. Walk to the gate, right hand gate.
2. Walk over the bridge, jog, over the poles.
3. Right lead lope, over the poles.
4. Walk over the bridge.
5. Left lead lope, jog.
6. Zigzag cones on jog over poles.
7. Stop, back zigzag.
8. Walk.