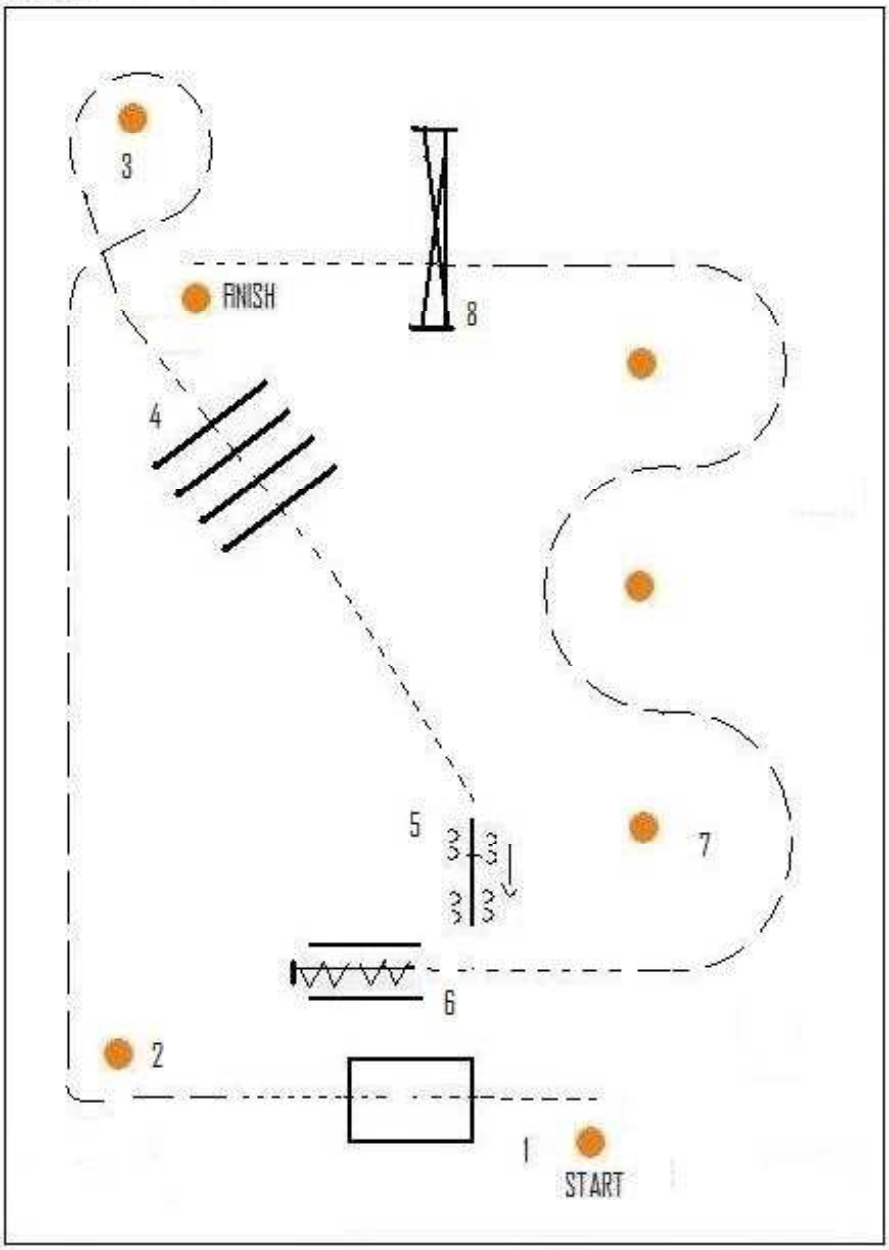
TRAIL 15



1 WALK IN WAIT 4 SEC
2 JOG AROUND MARKER
3 JOG AROUND MARKER
4 WALK OVER
5 SIDE PASS TO THE RIGHT
6 BACK UP
WALK A VIEUW STEPS.
7 JOG AROUND MARKERS
8 WORK THE GATE , DO NOT CLOSE!
WALK TO FINISH

MARKER — JOG — STOP — SIDE PASS
WALK — LOPE — BACK-UP — LEAD CHANGE