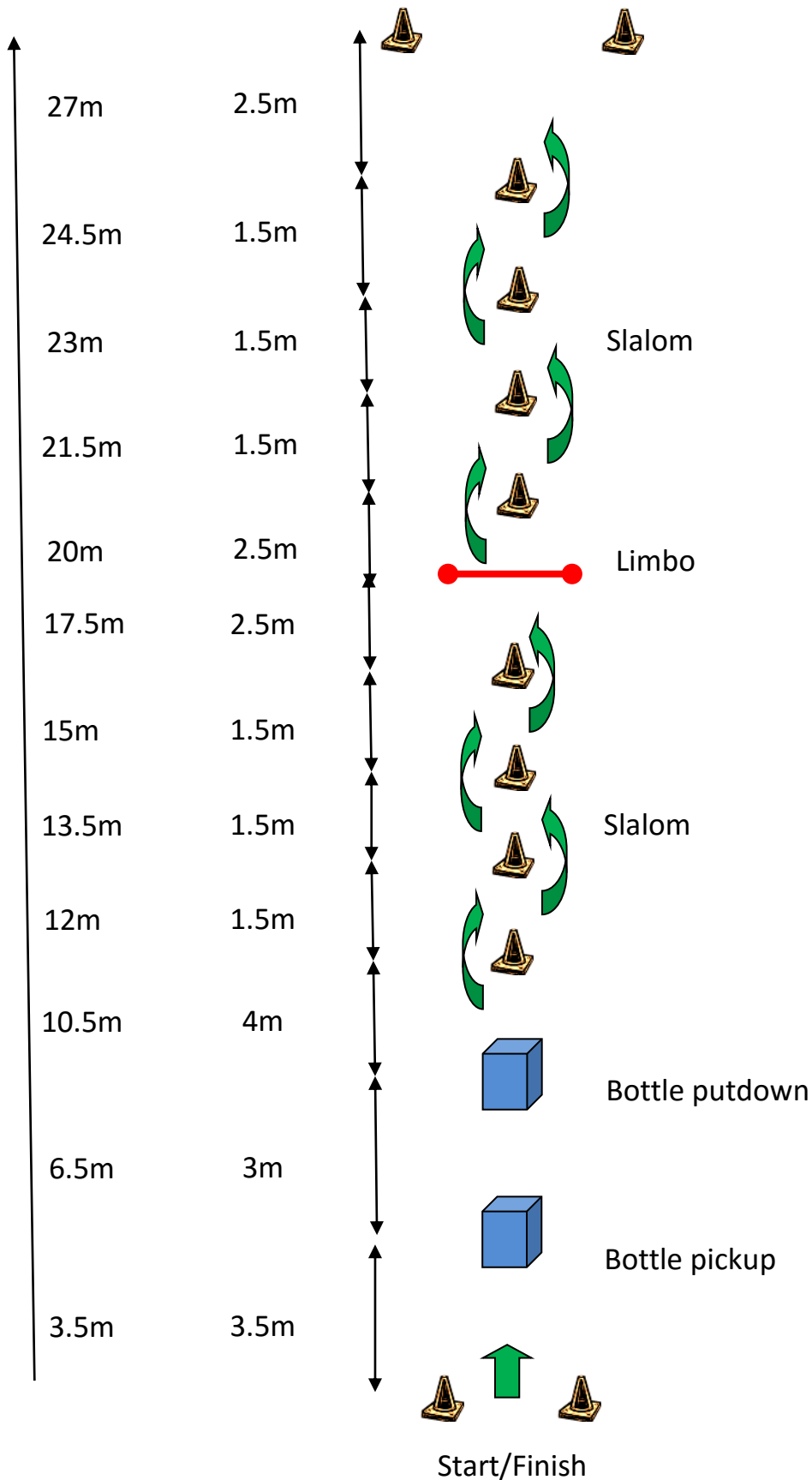


Run around cone



Dismount/Mount



The rider starts off from the start gate

Picks up a bottle from the first crate and drops it off on the second crate

The slalom is then next

Followed by the Limbo

Then another slalom

The rider dismounts at the Mount/Dismount gate and runs around the end cone with the bike

The rider then re-mounts their bike at the mount/dismount gate , and retraces their path back along the course , going through the slalom , limbo , slalom , bottle pick-up/put down , to finish at the start/finish gate .

Equipment required :-

- 13 cones
- 1 Limbo
- 2 crates with bottles