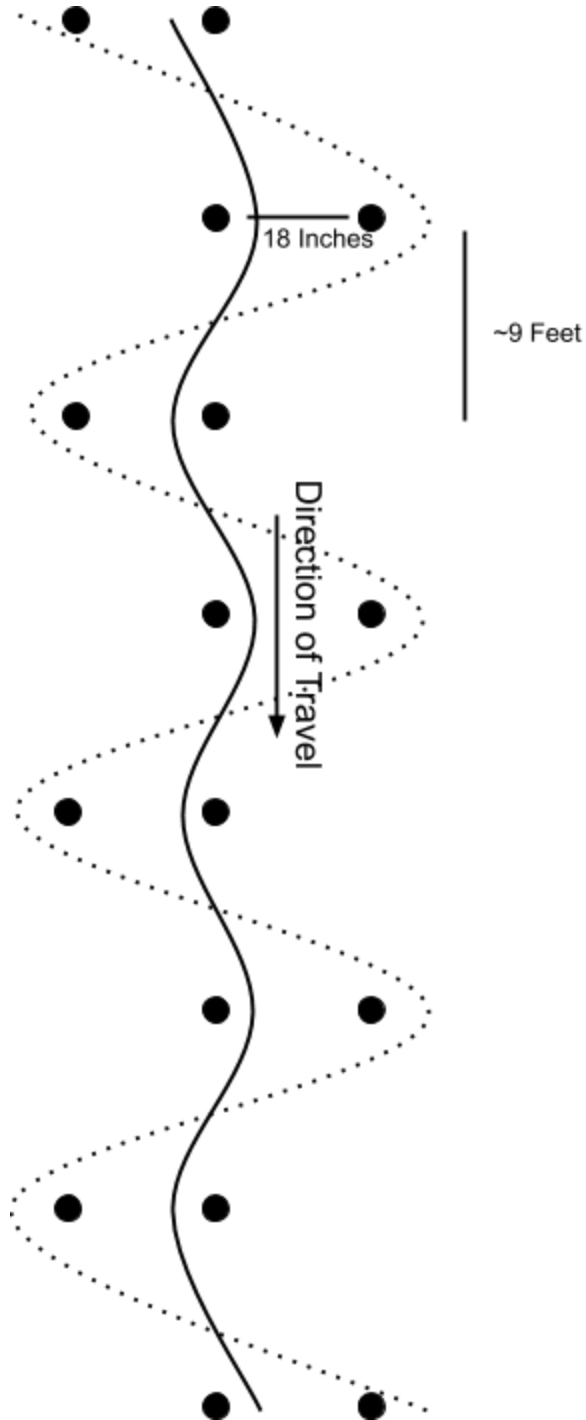


“Snakes on Trees” Weaving Course

Start with a straight line of cones 9-10 feet apart (3 big adult steps). On alternating sides of these cones place a second cone 18 inches away. At first, have cyclists ride a weaving line staying between the pairs of tennis balls. As skills progress, cyclists can ride a weaving line outside the pairs of cones for a greater challenge.



*Distances in illustration are not to scale.