

Blaine Nicholls *World and honour Roll Champion*

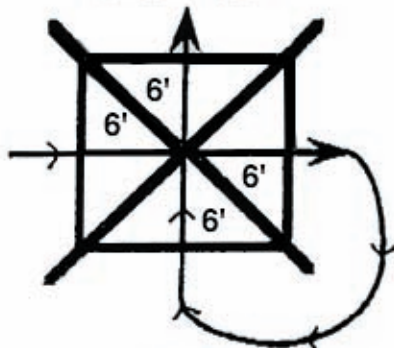
(Professional trail course design and clinics)

75 Stoneman Road, Caledonia, Ontario Canada 905.765.0316

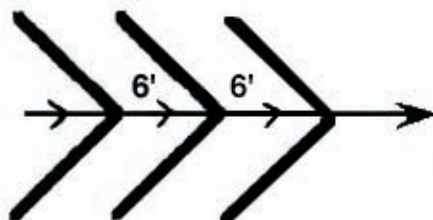
email: trailclass@hotmail.com • fax: 905.765.0053

LOPE/OVERS EXAMPLES

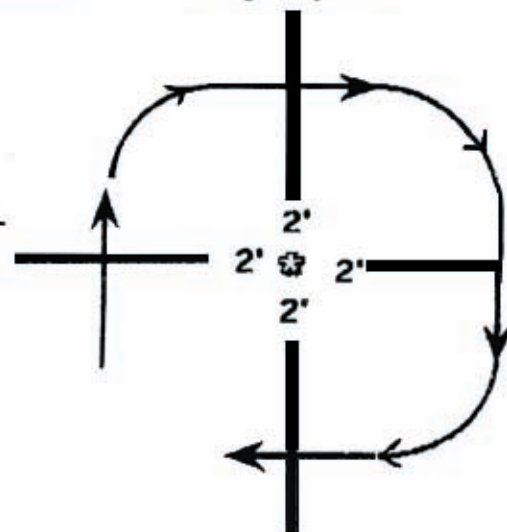
criss-cross



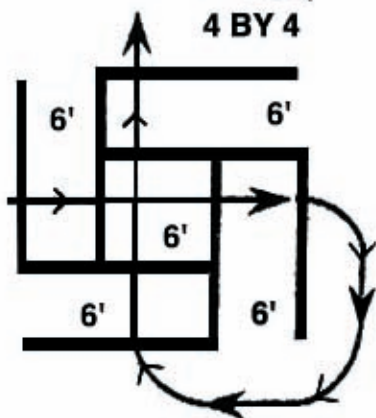
arrows



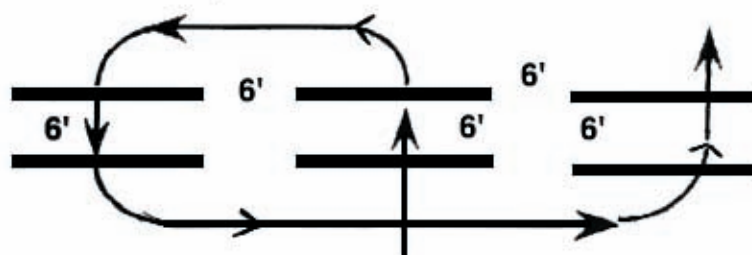
single spoke



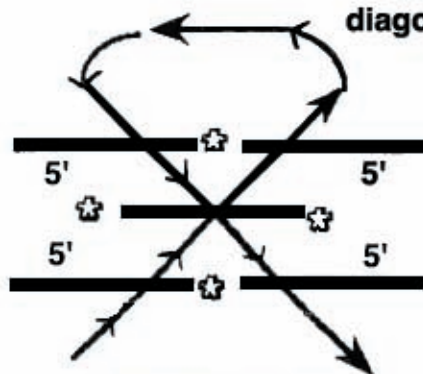
4 BY 4



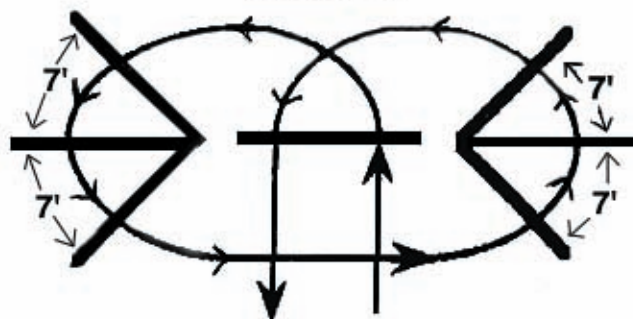
spiral



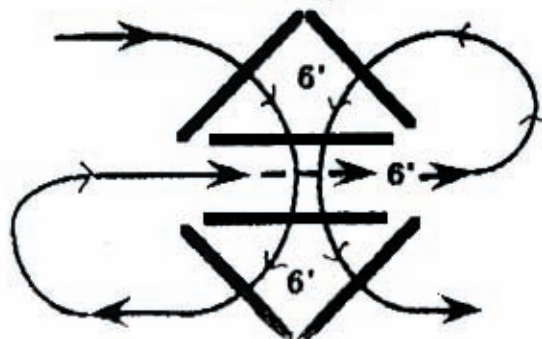
diagonals



double fan



double triangle



double loop

