

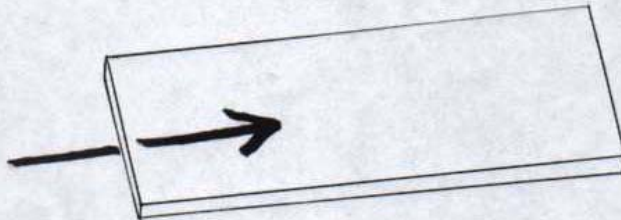
Skills Area Suggestions

Suggest timber is rough sawn pine, H4 treated if it's to be left outside, otherwise H3.

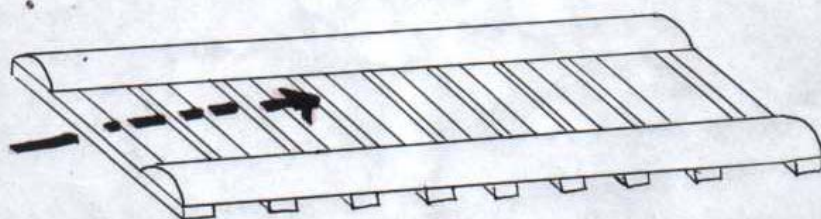


1. Long, fat Plank
(50x200x2000mm).

Simply try to ride along it. To increase the challenge, jack up one end with a piece of 100x100mm timber. Bevel the approach to make it easier to get started.



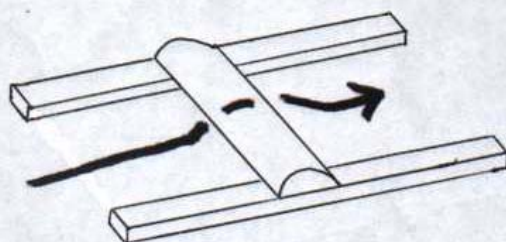
2. Short, skinny Plank
(50x150x1500mm).
A bit trickier to ride along.



3. The Ladder

(25x50x500mm slats screwed to two 1800mm long half-rounds).

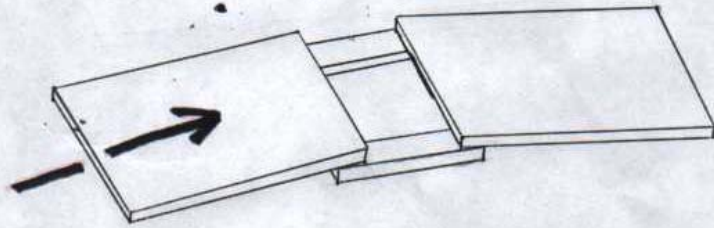
Ride between the half-rounds. The ladder can be turned over to increase the challenge, but the number of slats will need to be increased to a total of 19).



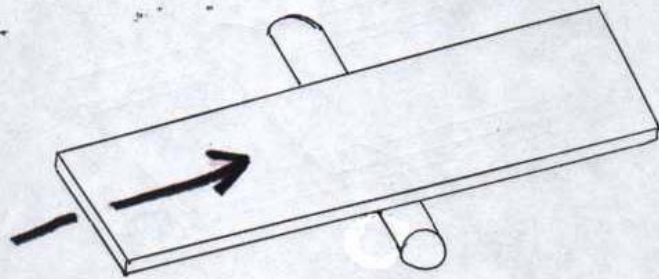
4. The Fallen Log

(600mm long half-round nailed to two 50x100x1000mm feet).

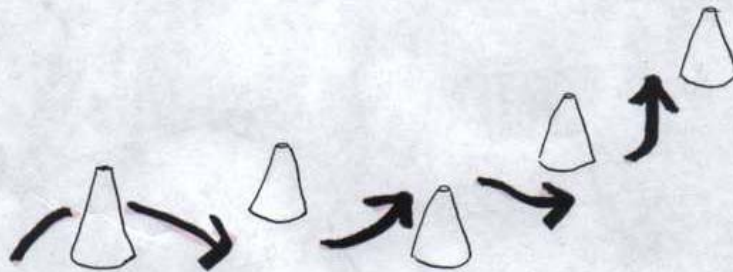
Ride over the half-round.



5. The Pothole
(two 50x200x600mm planks held apart by some 50x100mm timber).
Ride over the gap.



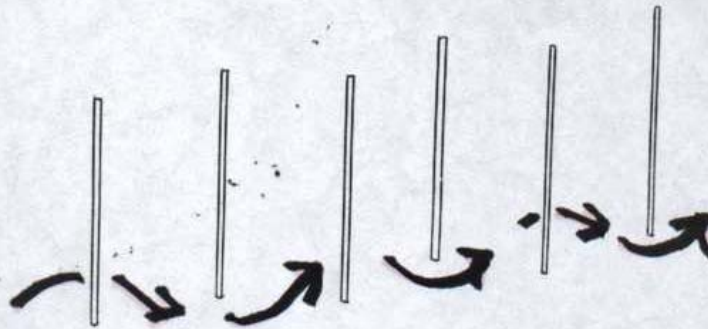
6. The See-saw
(a 50x200x2000mm plank with a 500mm long, round fence post nailed
1100mm from one end – not dead centre).
Ride up and over.



7. Wheel Slalom

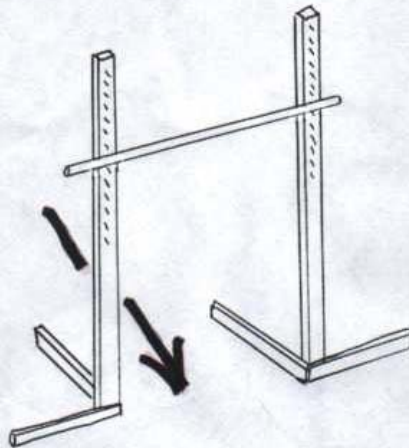
(six cones spaced about 1.5m apart).

Ride around the cones, to the left, then right, etc. Decrease the spacing to increase the challenge).



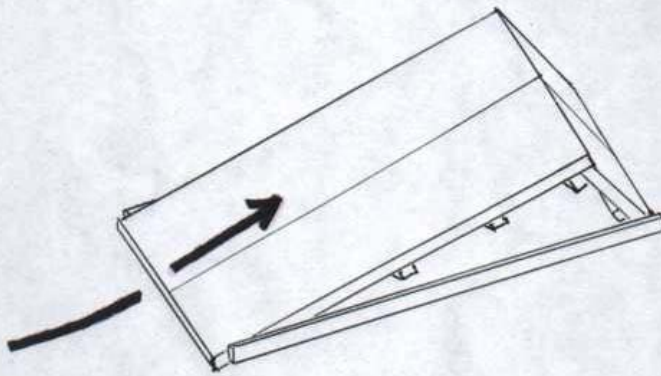
8. Handlebar Slalom

(six 25mm diameter, 1.8m long PVC poles to ride around without hitting your handlebars. If you have a soft earth field, push them straight into the ground. Alternatively, use a large traffic cone as the base for each pole).



9. The Limbo

(Build a pair of 1.8m high stands with 50x50mm timber. Punch 60mm long nails half-way into the stand, at 5 cm intervals from a height of 800mm to the top. These nails will hold the limbo pole up, so they need to be angled 5 degrees up from horizontal. Use a 25mm diameter, 1.8m long PVC pole). Ride under the pole; lower the pole 5cm; repeat.



10. The drop-off/Jump

(Using a pair of 50x200x1500mm planks and a pair of 50x200x250mm planks, and about 6m of 50x100mm timber for bracing, built a sturdy 400mm wide, 1500mm long, ramp. Bevel the approach and the top edge). Ride over the ramp slowly or use it as a launch pad for some air time.