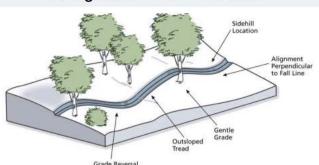
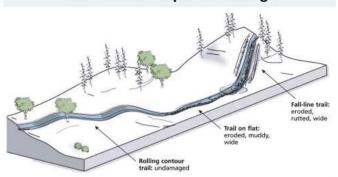
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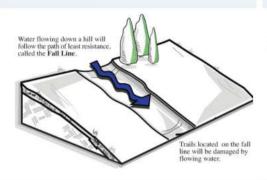
Rolling Contour Trail - The Ideal



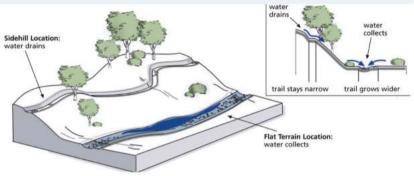
The Effect of Proper Trail Design



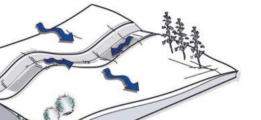
Fall Line Trail Defined



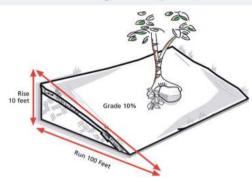
Trail Location: Sidehill Trails Are Best



Grade Reversals

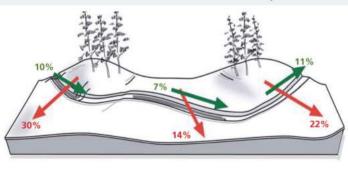


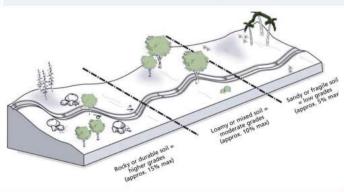
Determining Grade (Rise / Run x 100 = %)



The Half Rule - Trail Grade < 1/2 Sideslope Grade

Maximum Sustainable Grade, 15% Dependent

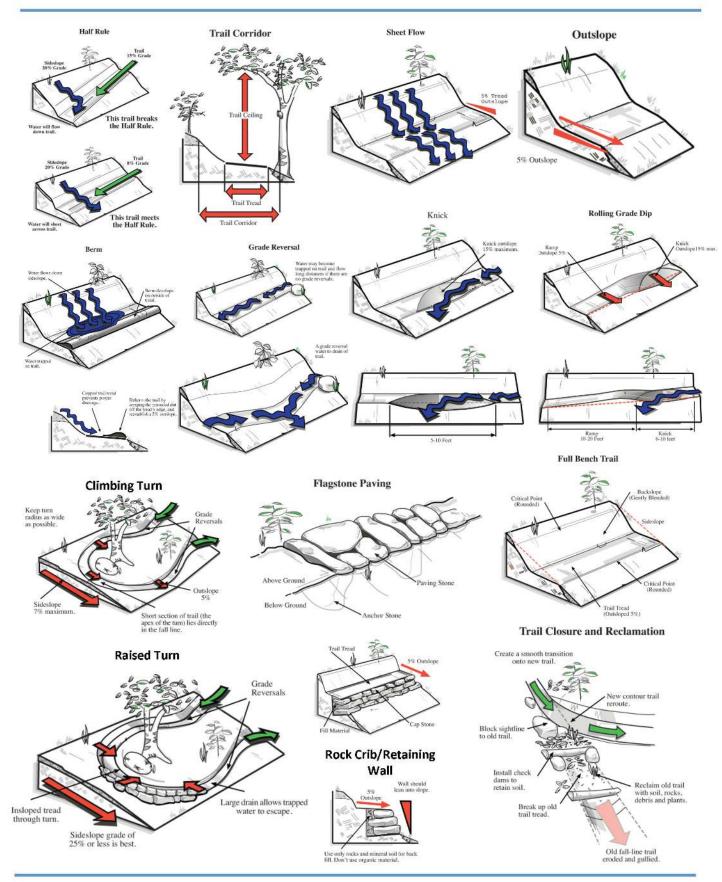






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