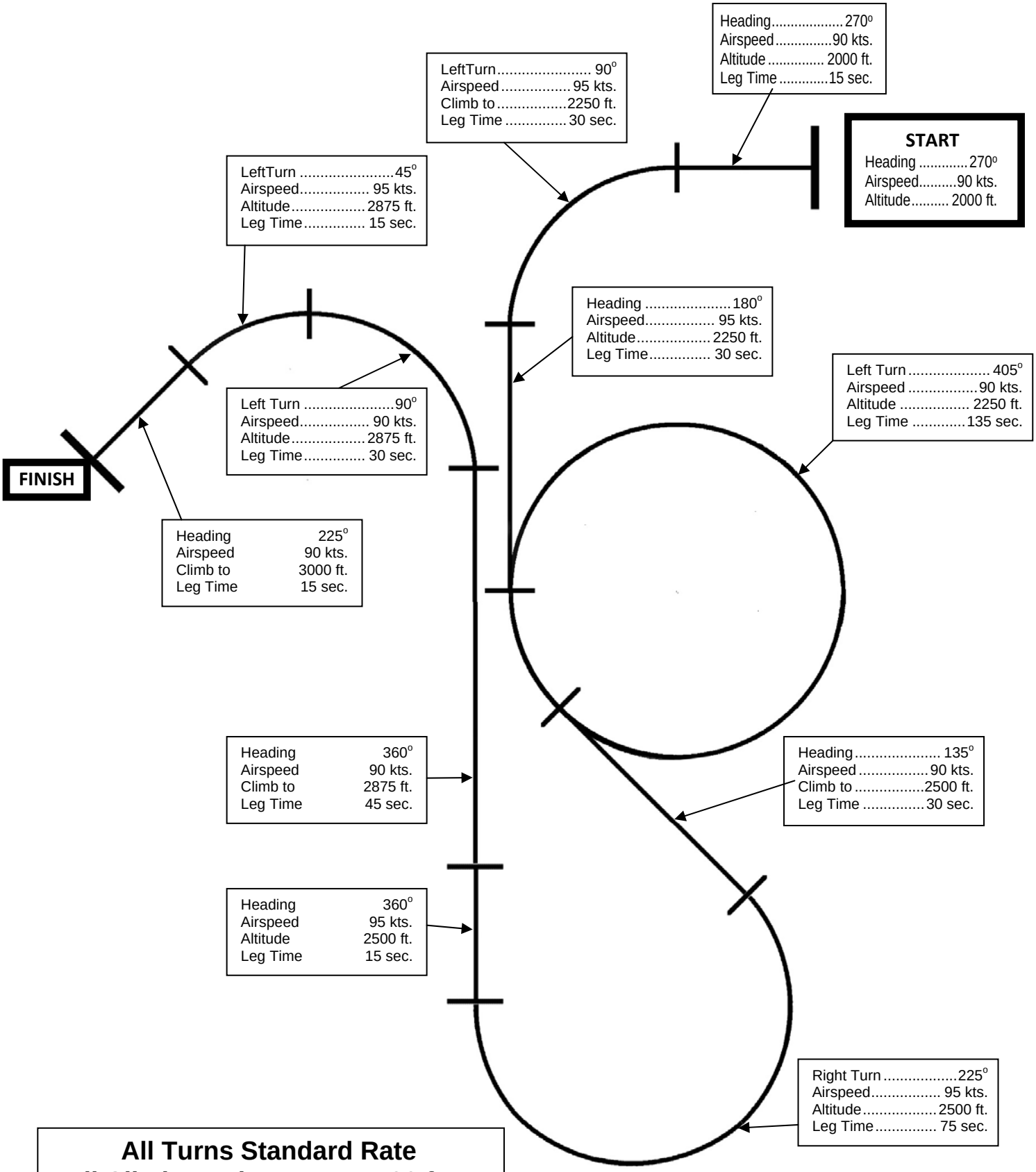
# 2009 Regional SAFECON
# Ground Trainer Pattern




**All Turns Standard Rate**
**All Climbs and Descents 500 fpm**