



1



1. Prep the tracks by cutting the pipe insulation in half

2



2. Start the track using a plus-shaped taping technique.

3



3. Hold down the track using a piece of tape on either side. Don't put tape across the track

4



4. Make hills by scrunching up the track and taping it down in 2 places

5



5. Make loops by taping down one side of the track, forming the loop, then taping down the other side

6



6. Create curves by twisting the track slightly so it's sideways.