



Mountain Fest 2016

Schedule of Events

	Friday, July 22, 2016					Saturday, July 23, 2016					Sunday, July 24, 2016							
	Mountain Bike Events	Mountain Spirit Events	Kids' Events	Other Stuff		Mountain Bike Events	Mountain Spirit Events	Kids' Events	Other Stuff		Mountain Bike Events	Mountain Spirit Events	Kids' Events	Other Stuff				
All Day						Vanier Chairlift Running 9 a.m. to 4 p.m. Group rides all day long!	Salomon Trail Shoes Demos 9 a.m to 5 p.m. Expo Area - Salomon Tent	Trip for Kids Fun Events All Day! Trips for Kids Tent	Registration 7 a.m. to 3 p.m. Main Lodge		Vanier Chairlift Running 9 a.m. to 4 p.m. Group rides all day long!	Salomon Trail Shoes Demos 9 a.m to 4 p.m. Expo Area - Salomon Tent	Trip for Kids Fun Events All Day! Trips for Kids Tent	Registration 7 a.m. to noon Main Lodge				
8:30:00 AM							Check the Event Board for Water and Beach Activities - Lac Fournier Beach				Check the Event Board for Water and Beach Activities - Lac Fournier Beach							
9:00:00 AM							BOOTCAMP (for everyone!) 9 a.m to 10 a.m. Salomon Tent (Expo)			MORNING YOGA (for everyone) 9 a.m to 10 a.m. Lac Founier Beach								
9:30:00 AM																		
10:00:00 AM									Beginner's Bike Repair with VeloFix 10 a.m. to 11 a.m. Expo Area			Beerfondo Event #4: Bike Limbo (Expo Area)						
10:30:00 AM							TRAIL RUNNING Intro to Trail Running & Group Run (all levels) 10:30 am - 11:30 am Salomon Tent				Test a pair of Salomon Trail shoes! See above							
11:00:00 AM											TRAIL RUNNING Group Runs - Various levels & distances - Newbie to Advanced 10:30 am - 12:00 pm	Trips for Kids Group Ride 11 a.m. to 1 p.m. Trips for Kids Tent						
11:30:00 AM																		
12:00:00 PM																		
12:30:00 PM																		
1:00:00 PM									Beerfondo Event #1: Impossible Climb - 1 p.m. (Expo Area)								Raffle Draw - Great prizes to be won! 1 p.m. Main Lodge	
1:30:00 PM																		
2:00:00 PM																		
2:30:00 PM													Advanced Bike Wrenchery with MobiVelo 2 p.m. to 3 p.m. Expo Area		Beerfondo Event #3: Chainless Race 2 p.m. Expo Area			
3:00:00 PM															La Shop/Marin Enduro Race Awards Ceremony 3 p.m. Main Lodge			
3:30:00 PM												Kids' Race (U8 and 9+) - 3 p.m. to 5 p.m. (Trips for Kids Tent)						
4:00:00 PM	Registration 4 p.m. to 8 p.m. Main Lodge					Beerfondo Event #2: Bike Toss 4 p.m. Expo Area								Raffle Draw - Great prizes to be won! 4 p.m. Main Lodge				
4:30:00 PM							YOGA 4 Cyclists (all welcome!) 4:30pm -5:30pm Lac Fournier Beach											
5:00:00 PM																		
5:30:00 PM											Kids' Race Awards Ceremony 5:30 p.m. Main Lodge							
6:00:00 PM																		
6:30:00 PM																		
7:00:00 PM					Music 7 p.m. to 11 p.m. Main Lodge													
7:30:00 PM																		
8:00:00 PM																		
8:30:00 PM																		
9:00:00 PM																		
11:00:00 PM																		