

# The 5<sup>th</sup> Annual **VELO MSM - MOUNTAIN FEST 2018 – “MF5”** – Schedule of Events

**All events are around the Main Lodge, in the Expo area or as noted. Questions? Visit the VELO MSM Tent or Registration. Maps are posted.**

## FRIDAY ~

2:00 pm Expo fields open for vendor set up  
4:00pm - 8:00pm **Registration OPEN – Inside Main Lodge**  
7:00pm - 10:00pm Friday Night LIGHTS RIDE by Lights & Motion – VELO-MSM Tent  
7:00pm - 11:00pm **MUSIC – Main Stage - DAVE LEROUX ACOUSTICS**

## SATURDAY ~ General ~

8:00am - 4:00pm **Registration OPEN – Inside Main Lodge**  
8:00am – 8:59am Expo fields open for vendor set up  
9:00am - 4:00pm EXPO OPEN  
9:00am - 4:00pm KIDS AREA OPEN by Vanier Chair  
9:00am - 3:55pm CHEVAL CHAIRLIFT OPEN  
9:00am - 4:00pm VELO MSM Merch Shop OPEN - VELO-MSM Tent  
9:00am - 4:00pm SALOMON Trail Shoe demos - Salomon Tent  
2:00pm – 4:00pm DJ KITTY – Main Lodge Deck

## SATURDAY ~ EVENTS ~

10:00am - 11:30am **TRAIL RUNNING CLINIC - SALOMON & BUSHTUKAH -Salomon Tent**  
10:00am - 11:30am TerraSculpt DUAL SLALOM – Trappeur Lodge  
11:00am– 2:00pm GRAVEL GROWL by TALL TREE By Parking Lot Gazebo (\$25)  
10:30am–12:00pm MEC MENS & WOMENS GROUP RIDES – MEC Tent  
11:00am–11:30am KIDS CRAZY COSTUME BIKE PARADE - VELO-MSM Tent

\*Please be respectful of the Community & Environment

\*\*(RED TEXT are SPIRIT EVENTS)

## SATURDAY ~ EVENTS (cont.) ~

1:00pm–6:00pm Raffle Tickets Selling sprees  
1:00pm–2:30pm KIDS GROUP RIDE – Kids Area  
2:00pm–3:00pm BIKE WRENCHERY – Tuning Clinic MOBIVelo VAN  
2:00pm - 2:45pm **CORE STRENGTH with Tina of Real Edge Fitness – Inside Lodge**  
Afternoon -tba BeerFondo Event #1 – SLOW RACE  
Afternoon -tba BeerFondo Event #2 – BUNNY HOP - VELO-MSM Tent  
2:00pm - 4:00pm **MUSIC – Main Stage – DJ Kitty Funk**  
3:00pm–3:30pm **ENDURO RACE – Racer’s Meeting** - VELO-MSM Tent  
3:00pm–3:30pm Fresh Air Experience’s KIDS BIKE LIMBO – Kids Area  
4:30pm–6:30pm La Shop/Marin - ENDURO RACE  
Cheval Chairlift for start  
4:30pm–5:30pm **YOGA with Megan of YOGATOWN - at the BEACH**  
6:30pm–7:00pm La Shop/Marin - ENDURO RACE AWARDS – Main Stage  
6:30pm - 7:00pm 1<sup>ST</sup> Raffle Draws – Main Stage  
7:00pm - 11:00pm **MUSIC – Main Stage**  
Opening Set - Folk Duo  
Lead - HOT JUPITER BAND

## SUNDAY ~ General ~

8:30am -12:00pm **Registration OPEN – Main Lodge**  
9:00am - 4:00pm EXPO OPEN  
9:00am - 4:00pm KIDS AREA OPEN  
9:00am - 3:55pm CHEVAL CHAIRLIFT OPEN  
9:00am - 4:00pm VELO MSM Merch Shop OPEN - VELO-MSM Tent

## SUNDAY ~ General (cont.) ~

9:00am – 3:00pm SALOMON Trail Shoe Demos -Salomon Tent

## SUNDAY ~ EVENTS ~

9:00am - 10:00am **Distance Swim from the BEACH**  
10:30am–12:30pm RIDE OTTAWA - MTB Skills  
Booster Clinic - VELO-MSM Tent  
11:00am–12:00pm KIDS BIKE RACE for U8 & U10 –  
Kids Area – Awards follow race  
1:00pm–3:00pm Raffle Tickets Selling spree  
Afternoon -tba BeerFondo #3 – BIKE LIMBO  
Afternoon -tba BeerFondo #3 – IMPOSSIBLE CLIMB  
VELO-MSM Tent  
2:00pm–3:00pm **ULTIMATE FRISBEE – Tina McInnes**  
**Real Edge Fitness, by the Beach**  
3:30pm - 4:00pm Final Raffle Draws – Main Stage  
4:00pm MOUNTAIN FEST CLOSES DOWN!

## FOOD & BEVERAGES & OTHER GOOD THINGS! ~

**FRIDAY – TIKI BAR** ~ 4:00pm - 9:00pm for Food & 4:00pm - 11:59pm for Beverages

## SATURDAY - Cafeteria ~

8:00am – 4:00pm - Breakfast/Lunch etc.

11:00am - 9:00pm **TIKI BAR** open for Food

11:00am - 2:00am **TIKI BAR** open for Beverages

**SUNDAY - Cafeteria** 8:00am – 3:00pm - Breakfast/Lunch

**TIKI BAR** 11:00am - 4:00pm for Food & Beverages to 5pm

**SMOOTH WAGON** – Smoothies & Breakfast - mornings

**Washrooms** – lower level Main Lodge & Trappeur Lodge (has showers)

**Lac Fournier** – Lake, Beach, grassy area & porta potty