MountainFest 2019 Schedule

	Friday July 26	Saturday July 27				Sunday July 28			
	GENERAL	GENERAL	BIKING	SPIRIT	KIDS	GENERAL	BIKING	SPIRIT	KIDS
07:00		Registration opens (7am-5pm) MAIN LODGE	Bike Demos (All Day)		Kids Zone MTB Structure Park Open (All Day)	Registration opens (7am-1pm) MAIN LODGE	Bike Demos (All Day)		
07:30			Strava Biking Challenge** (All Day)	Strava Running Challenge** (All Day)				SALOMON Trail Shoe Demos (9-1pm)	Kids Zone MTB Structure Park Open (All Day)
08:00		Cafeteria open (8am-3pm) MAIN LODGE			Kids Lake Loop Scavenger Hunt**	Cafeteria open (8am-3pm) MAIN LODGE			
08:30								SALOMON "Learn to Trail Run" Clinic (9-10:30am)	
09:00		Chairlift Opens (9-4pm)		SALOMON Trail Shoe Demos (9-1pm) SALOMON Tent		Chairlift Opens (9-4pm)		SALOMON Tent & Group Trail Run All Levels (9-10am)	
09:30			RIDE Ottawa Skills Booster Clinic (9:30-noon) MAIN LODGE				Men's And Women's Group Ride (9:30-noon)		
10:00								Yoga (10-11am) LAC FOURNIER BEACH	Kids Group Ride with Coach Cassandra
10:30			Poker Run	SALOMON "Learn to Trail Run" Clinic (9-10:30am) SALOMON Tent					
11:00		TIKI BBQ (11-9pm) TIKI BAR (11-close)				TIKI BBQ (11-4pm) TIKI BAR (11-5pm)	Slow Race 11 am Start in front of MAIN LODGE		
11:30			Bike Limbo 11am Start in front of MAIN LODGE					Hike and Picnic Lunch up Mount Baldy (11:30-1:30pm)	
12:00									U8 and U10 Kids Race MAIN LODGE
12:30				PADDLEFIT SUP (11-4pm) LAC FOURNIER BEACH					
13:00			Chainless Race (Details TBC)				Backwards Riding Contest 1pm Front of MAIN LODGE		
13:30				'CORE & MORE' group training (2-3pm) CAFETERIA MAIN LODGE					
14:00		DJ Kitty Funk (2-4pm) MAIN STAGE					Wheelie Contest 2pm Front of MAIN LODGE	Ultimate Frisbee (2-4pm) LAC FOURNIER BEACH	
14:30									
15:00			Impossible Climb 3pm Front of MAIN LODGE						
15:30									
16:00	Registration Opens Main Lodge (4-8pm)				Bike Limbo 4 pm Front of MAIN LODGE				
16:30									
17:00	TIKI BBQ (5-9pm) & BAR (5pm- CLOSE)		Awards Ceremony MAIN LODGE Poker Run, Strava Challenge	SALOMON Awards Ceremony MAIN LODGE	Kids Scavenger Hunt Awards Ceremony MAIN LODGE				
17:30				Strava Running Challenge					
18:00	DJ DANCE PARTY (6pm til close)	FAJITAS AND MARGUERITAS (pre-purchase tickets only) MAIN LODGE		** DETAILS FOR THESE EVENTS AVAILABLE AT REGISTRATION DESK					
18:30									
19:00		LIVE BANDS "ROCK PARTY" (7pm-close) MAIN STAGE							
19:30									
20:00									
20:30									
21:00									
21:30									
22:00									
23:00									
00:00									