Mountain Fest 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)		Kids Zone MTB Structure Park Open (All Day)
07:30			Strava Biking Challenge** (Closes at 3pm)	Strava Running Challenge** (Closes at 3pm)				SALOMON Trail ShoeDemos (9-1pm)	
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) & Group Trail Run All Levels (9-10am) SALOMON Tent	
09:00		Chairlift Opens (9-4pm)		SALOMON Trail Shoe Demos (9-1pm) SALOMON Tent		Chairlift Opens (9-4pm)			
09:30			RIDE Ottawa Skills Booster Clinic (9:30-noon) MAIN LODGE				Men's And Women's Group Ride (9:30-noon)		
10:00									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	Yoga By SHALA YOGA (10:30am) LAC FOURNIER BEACH	
11:30				PADDLEFIT SUP (11-4pm) LAC FOURNIER BEACH					
12:00									U8 and U10 Kids Race MAIN LODGE
12:30									
13:00			Chainless Race (Details TBC)				Backwards Riding Contest 1pm Front of MAIN LODGE		
13:30									
14:00		SNOW PRIDE presents DJ Kitty Funk (2-4pm) MAIN STAGE		Mobility & Movement by Human 2.0 'CORE & MORE' by PREMIUM PERFORMANCE (2-3pm) INSIDE MAIN LODGE			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)			YOGA by Cathia YOGA 4pm LAC FOURNIER BEACH	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		Kids Scavenger Hunt Awards Ceremony MAIN LODGE				
17:30									
18:00	DJ DANCE PARTY with PLUSH and KITTY FUNK (6pm til close)	FAJITAS AND MARGUERITAS (pre-purchase tickets only) 6:00PM - 8:00PM MAIN LODGE	**DETAILS FOR THESE EVENTS AVAILABLE AT REGISTRATION DESK**						
18:30									
19:00		LIVE ROCK MUSIC by JAMIE DOUGLAS and THE POWERGOATS and HOT JUPITER (7pm-close) MAIN STAGE							
19:30									
20:00									