

# Flow State

## MOUNTAIN BIKE FESTIVAL

### 2023 GUIDED RIDE SCHEDULE

● BEGINNER   ■ INTERMEDIATE   ◆ ADVANCED

#### FRIDAY, JULY 28<sup>TH</sup>

Time	YOUTH & FAMILY RIDES	WOMEN'S RIDES	NOVICE RIDES	INTERMEDIATE RIDES	ADVANCED RIDES
9:00 a.m.					Traversing the Trails
10:00 a.m.			Green Fields & Forest Pines (Shuttle)	Field & Forest Cruising	Jim's Secret Stash (Shuttle)
1:00 p.m.	Green Fields & Forest Pines (Shuttle)	Field & Forest Cruising			
2:00 p.m.			Swoops & Loops (Shuttle)	Stroll to Grassy Knoll (Shuttle)	
7:00 p.m.				Evening Ride - Guide's Choice	

#### SATURDAY, JULY 29<sup>TH</sup>

Time	YOUTH & FAMILY RIDES	WOMEN'S RIDES	NOVICE RIDES	INTERMEDIATE RIDES	ADVANCED RIDES
9:00 a.m.		Green Fields & Forest Pines (Shuttle)			Rock N Roll (Shuttle)
10:00 a.m.	Lou's Loop (Youth)	Stroll to Grassy Knoll (Shuttle)	Swoops & Loops (Shuttle)	Field & Forest Cruising	E-Bike Epic
1:00 p.m.	Swoops & Loops (Family) (Shuttle)		Green Fields & Forest Pines (Shuttle)		Nerccross (Shuttle Option Return)
2:00 p.m.		Wind Up Glide Down	Lou's Loop	Stroll to Grassy Knoll (Shuttle)	Jim's Secret Stash (Shuttle)
7:00 p.m.					Evening Ride - Guide's Choice

#### SUNDAY, JULY 29<sup>TH</sup>

Time	YOUTH & FAMILY RIDES	WOMEN'S RIDES	NOVICE RIDES	INTERMEDIATE RIDES	ADVANCED RIDES
9:00 a.m.		Field & Forest Cruising		Stroll to Grassy Knoll	Nerccross (Shuttle Option Return)
10:00 a.m.	Green Fields & Forest Pines (Youth) (Shuttle)		Wind Up Glide Down	E-Bike Epic	
1:00 p.m.		Lou's Loop	Green Fields & Forest Pines (Shuttle)	Field & Forest Cruising	Rock N Roll (Shuttle)

\* Family Ride denotes parents accompanying younger riders

\*Youth Ride denotes riders ages 10+ with established skills to ride with or without parent/guardian