

WELCOME TO

Flow State

MOUNTAIN BIKE FESTIVAL

2023 SCHEDULE

■ MAINSTAGE ■ RIDES AND CLINICS ■ OPEN & CLOSE

BEER TENT OPEN: Fri & Sat 12 p.m. - 9:30 p.m.

QUIET HOURS: Nightly 10 p.m. - 7 a.m.

FRIDAY

9:00 a.m.	Front Gate Opens
9:30	Clinics
10:00	Merch Tent and Select Food Vendors Open
10:00	Yoga
10:00	Group Rides, Clinics
12:00 p.m.	Food, Artist and Beer Tents Open
12:00 p.m.	Bike Workshop
1:00	Group Rides
1:00	Bike Shenanigans with Lawton Denis & Jamis Bikes: Trackstand/Footdown
1:30	Clinics
2:00	Group Rides, Clinics
4:00	Bike Shenanigans with Lawton Denis & Jamis Bikes: Toddler Bike Race
4:30	Live Music: Al's Pals
6:30	Live Music: Brett Hughes Band
7:00	*New* Night Guided Ride
8:00	Merch Tent Closes
10:00	Festival Closes, Quiet Hours Start

SATURDAY

8:30 a.m.	Front Gate & Select Food Vendors Open
8:30	Yoga
9:00	Group Ride
9:30	Clinics
10:00	Merch Tent Opens
10:00	Group Rides, Clinics
10:30	Yoga
12:00 p.m.	Food, Artist and Beer Tents Open
12:00 p.m.	Bike Workshops
1:00	Group Rides
1:00	Bike Shenanigans with Lawton Denis & Jamis Bikes: Bunny Hop High Jump
1:30	Clinics
2:00	Group Rides, Clinics
2:30	*New* VYTC Youth Ride
4:00	Bike Shenanigans with Lawton Denis & Jamis Bikes: Random Tandems
5:00	Live Music: High Breaks
5:00	Clinics
6:00	Hawaiian Costume Party with Prizes
6:30	Live Music: Soule Monde
7:00	*New* Night Guided Ride
7:30	Raffle (During Set Break)
8:00	Merch Tent Closes
10:00	Festival Closes, Quiet Hours Start

SUNDAY

8:30 a.m.	Front Gate & Select Food Vendors Open
8:30	Yoga
9:00	Merch Tent Opens
9:00	Group Rides
10:00	Group Rides, Clinics
11:00	Food, Artist Tents Open
12:00 p.m.	Group Rides, Clinics
3:00	Festival Closes