

Flow State

VERMONT MOUNTAIN
BIKE FESTIVAL

GUIDED RIDE SCHEDULE:



BEGINNER



INTERMEDIATE



ADVANCED

FRIDAY, JULY 25

TIME	YOUTH SPECIFIC RIDES	WOMENS' SPECIFIC RIDES	NOVICE RIDES	INTERMEDIATE RIDES	ADVANCED RIDES	CLINICS
9:00 am						
10:00 am			ATA Guided Ride	ATA Guided Ride	ATA Guided Ride	
1:00 pm			ATA Guided Ride	ATA Guided Ride	ATA Guided Ride	
2:00 pm		Grit - Women's Beginner Clinic	ATA Guided Ride	ATA Guided Ride Trail Boss Ride	ATA Guided Ride	

SATURDAY, JULY 26

TIME	YOUTH SPECIFIC RIDES	WOMENS' SPECIFIC RIDES	NOVICE RIDES	INTERMEDIATE RIDES	ADVANCED RIDES	CLINICS
9:00 am	Catamount Youth Ride		ATA Guided Ride	ATA Guided Ride	ATA Guided Ride	
10:00 am			ATA Guided Ride	ATA Guided Ride Trail Boss Ride	ATA Guided Ride	Grit - Beginner Clinic
1:00 pm			ATA Guided Ride	ATA Guided Ride	ATA Guided Ride	
2:00 pm			ATA Guided Ride	ATA Guided Ride Trail Boss Ride	ATA Guided Ride Trail Boss Ride	Grit - Intermediate Clinic & Intro to Jumping

SUNDAY, JULY 27

TIME	YOUTH SPECIFIC RIDES	WOMENS' SPECIFIC RIDES	NOVICE RIDES	INTERMEDIATE RIDES	ADVANCED RIDES	CLINICS
9:00 am			ATA Guided Ride	ATA Guided Ride	ATA Guided Ride	
10:00 am		Grit - Women's Beginner Ride Grit - Women's Intermediate Ride	ATA Guided Ride	ATA Guided Ride Trail Boss Ride	ATA Guided Ride	
1:00 pm			ATA Guided Ride	ATA Guided Ride	ATA Guided Ride	

* Check the Specialized booth for their daily ride schedule
** Schedule subject to change