

IDAHO NICA BIKE FEST - Grand Targhee and Tamarack Resorts

Activity	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM
Check In / Bike Games	8am to 9am											
Morning Yoga		9am to 9:50am										
Vendor Tents	All Day											
Skills Clinics/Games	Skills Clinics/Games											
Bike/Body Separation		9am to 10am				1pm to 2pm						
Cornering		9am to 10am				1pm to 2pm						
Climbing		9am to 10am				1pm to 2pm						
Morning Adventure Rides	Morning Adventure Rides											
Mild			10:30am to 11:30am									
Medium			10:30am to 12pm									
Spicy			10:30am to 12:30pm									
GRIT Ride			10:30am to 12pm									
Maintenance Clinics	Maintenance Clinics											
Fix a Flat		9am to 10am				1pm to 2pm						
ABCDE Bike Check and PM		9am to 10am				1pm to 2pm						
Broken Chain		9am to 10am				1pm to 2pm						
Fix a Flat Contest									4pm to 5pm			
Afternoon Scavenger Hunt Rides	Scavenger Hunt Rides											
GRIT Ride							2:30 to 3:30 or 4:00pm					
Mild							2:30pm to 3:30pm					
Medium							2:30pm to 4pm					
Spicy							2:30pm to 4:30pm					
Jewelry Making/Crafts								3pm to 5pm				
Evening Entertainment											6pm to 8pm	