

VIDA MTB SERIES - SEDONA SCHEDULE

THURSDAY, MARCH 2

2 p.m. - 6 p.m.

Festival Packet Pick-Up & Early Clinic Check-In
(Over the Edge Sports, 1695 AZ-89A, Sedona, AZ 86336)

FRIDAY, MARCH 3

9 a.m.

Festival Packet Pick-Up & Registration HQ
(Posse Grounds Park, 525 Posse Ground Road, Sedona, AZ 86336)

9:30 a.m. - 10:30 a.m.

FREE yoga session - open to all festival attendees
(VIDA tent in Main Expo at Posse Grounds Park)

1 p.m.

VIDA Ladies Social Group Ride - open to all festival attendees
(VIDA tent in Main Expo at Posse Grounds Park)

4 p.m. - 6 p.m.

VIDA Happy Hour presented by [Ska Brewing](#) & Early Clinic Check-In
(VIDA tent in Main Expo at Posse Grounds Park)

5 p.m.

Tech Clinic with Squish Dynamics presented by Yeti Cycles
(VIDA/Yeti Cycles tent in Main Expo at Posse Grounds Park)

SATURDAY, MARCH 4

9 a.m. - 9:30 a.m.

Clinic Check-In, Name Plate Making & Bike Prep
(VIDA tent in Main Expo at Posse Grounds Park)

9:45 a.m. - Noon

Clinic and Coach Introductions, Morning Progression Sessions
(Posse Grounds Park and Bike Skills Park)

Noon - 1 p.m.

Break for Lunch and Afternoon Session Preparation
(Main Expo at Posse Grounds Park)

1 p.m. - 4:30 p.m.

Afternoon on-trail skills sessions

4:45 p.m.

End of Day Wrap-Up

5 p.m.

VIDA Nutrition Clinic presented by Skratch Labs
(VIDA tent in Main Expo at Posse Grounds Park)

6 p.m.

Enjoy live music and festivities at Sedona MTB Festival
(Visit www.sedonamtbfestival.com for schedule)

SUNDAY, MARCH 5

9:15 a.m. - 10:15 a.m.

FREE yoga session - open to all festival attendees
(VIDA tent in Main Expo at Posse Grounds Park)

10:30 a.m.

VIDA Ladies Social Group Ride - open to all festival attendees
(VIDA tent in Main Expo at Posse Grounds Park)