

IDAHO NICA Adventure Day - Tamarack

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
Check In	8:30am to 9am									
Skills Clinics/Games	Skills Clinics/Games									
Bike/Body Separation		9:30am to 11:30am								
Cornering		9:30am to 11:30am								
Climbing		9:30am to 11:30am								
Maintenance Clinics	Maintenance Clinics									
Fix a Flat/Broken Chain				Tube Swap		Broken Chain				
Checkpoint Ride	Checkpoint Ride - How many can you reach?									
Mild								Reach 7-10 Checkpoints		
Medium								Reach 10-15 Checkpoints		
Spicy								Reach 15-20 Checkpoints		
GRiT Ride Option?								Tailor checkpoint goal to group's choice		