



# SCHEDULE

## FRIDAY, NOV. 4, 2022



11:00 AM	11:30 AM	12:00 PM	12:30 PM	1:00 PM	1:30 PM	2:00 PM	2:30 PM	3:00 PM	3:30 PM	4:00 PM	4:30 PM	5:00 PM
<b>CLINICS</b>												
	Mindful Vinyasa Yoga - Gazebo			Mindful Vinyasa Yoga - Gazebo		Introduction to Fly Casting - Gazebo						
		Flat Tire Clinic - 194 & 195			Outdoor Eats: Elevate Your Dinner - 420 & 421			Bike Wash Clinic - 194 & 195				
			DIY Teardrop Trailer Q&A -411					Microgreens & Sprouts - 203				
		Soil Blocking & Seed Starting - 203		Beginner Bass Fishing Tactics - Gazebo				How to Locate Bass on Blueback Herring Lakes- Gazebo				
				Mountain Biking Skills Session & Trail Ride - 412				Mountain Biking Skills Session & Trail Ride - 412				
				Nutrition Strategies for Health and Wellness 194 & 195						Importance of Sleep, Stress and Recovery for Optimal Health- 194 & 195		
				Natural Habitat Pup Walk & Talk -163				Natural Habitat Pup Walk & Talk- 163				
<b>DOCKDOGS sponsored by Noble Dog Hotel &amp; Emberglow Outdoor Resort - 424</b>												
Practice	BIG AIR WAVE #1			BIG AIR WAVE #2				BIG AIR WAVE #3				
<b>DEMOS and EXHIBITS</b>												
ARCHERY RANGE presented by Upstate Archery Academy - 310												
MOUNTAIN BIKING, KAYAKING and STAND UP PADDLEBOARDING instructed by REI Co-op Experiences - 304 & 412												
REI CO OP CLINICS - 413 (stop by for daily schedule)												
COMMUNITY FIRE PIT												
SLACKLINING DEMOS by Cruz Outdoors - Wooded Area to right of Gear & Goods												
ULTIMUTT RACE OBSTACLES presented by Noble Dog Hotel - 415												
VDOVICHENKO BEE FARM - 160												
WALL OF SHAME presented by SC Department of Natural Resources -EOF Playground												
HERITAGE TRAILER / Nature Museum and Real Fur Exhibit presented by the SC Dept. of Natural Resources -EOF Playground												
ZEN TENT presented by Tented Greenville												
PLAYGROUND featuring popular games, toys and activities for everyone!												
<b>MUSIC STAGE sponsored by Greenville Water</b>												
		Karen Clardy					Hot Yoga					

GATES CLOSE AT 5 PM



**SCHEDULE**  
**SATURDAY, NOV. 5, 2022**



9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	12:00 PM	12:30 PM	1:00 PM	1:30 PM	2:00 PM	2:30 PM	3:00 PM	3:30 PM	4:00 PM	4:30 PM	5:00 PM	
<b>CLINICS</b>																	
HOKA Trail Experience 2K & 4K Trail Runs - Gazebo		Mindful Vinyasa Yoga - Gazebo						Intro to SUP Yoga - Gazebo									
Girl Scouts Activities: Leaf Rubbings & Compasses - 448				Girl Scouts Activities: How to Make Trail Mix & Knot Tying- 448				Girl Scouts Activities: Packing a Backpack & Creating Hiking Boots - 448									
		Introduction to Fly Casting - Gazebo		Hook the Future Kids Fishing Clinic - 445				Hook the Future Kids Fishing Clinic - 445		Introduction to Fly Casting - Gazebo							
		DIY Teardrop Trailer Q&A - 411		Outdoor Eats: Elevate Your Dinner - 420 & 421				Outdoor Eats: Elevate Your Dinner - 420 & 421									
		Soil Blocking & Seed Starting - 203								Teardrop Trailer - Cabinet Kit Demo- 411							
				How to Prepare for a Gravel Race - 194 & 195						Microgreens & Sprouts - 203		How to Choose a Gravel Bike - 194 & 195					
		Mountain Biking Skills Session & Trail Ride - 412		Beginner Bass Fishing Tactics - Gazebo		Mountain Biking Skills Session & Trail Ride - 412		How to Locate Bass on Blueback Herring Lakes - Gazebo		Mountain Biking Skills Session & Trail Ride - 412							
		Nutrition Strategies for Health and Wellness - 194 & 195				Cricket Challenges: Building Outdoor Skills and Connecting with Nature - 414		Nutrition Strategies for Women as We Age - 194 & 195		Cricket Challenges: Building Outdoor Skills and Connecting with Nature - 414		Importance of Sleep, Stress and Recovery for Optimal Health- 194 & 195					
		Natural Habitat Pup Walk & Talk - 163				Natural Habitat Pup Walk & Talk- 163				Natural Habitat Pup Walk & Talk - 163							
<b>DOCKDOGS sponsored by Noble Dog Hotel &amp; Emberglow Outdoor Resort - 424</b>																	
Onsite Registration/Practice		BIG AIR WAVE #1				BIG AIR WAVE #2				BIG AIR WAVE #3				EXTREME VERTICAL			
<b>DEMOS and EXHIBITS</b>																	
ARCHERY RANGE presented by Upstate Archery Academy - 310																	
MOUNTAIN BIKING, KAYAKING and STAND UP PADDLEBOARDING instruction by REI Co-op Experiences - 304 & 412																	
REI CO OP CLINICS - 413 (stop by for daily schedule)																	
COMMUNITY FIRE PIT																	
SLACKLINING DEMOS by Cruz Outdoors - Wooded Area to right of Gear & Goods																	
ULTIMUTT RACE OBSTACLES presented by Noble Dog Hotel - 415																	
VDOVICHENKO BEE FARM - 160																	
WALL OF SHAME presented by SC Dept of Natural Resources - EOF Playground																	
HERITAGE TRAILER / Nature Museum and Real Fur Exhibit presented by the SC Dept. of Natural Resources - EOF Playground																	
ZEN TENT presented by Tented Greenville																	
PLAYGROUND featuring popular games, toys and activities for everyone!																	
<b>MUSIC STAGE sponsored by Greenville Water</b>																	
		Wilder Things Than Us					Darby Wilcox and the Peep Show										

Gates Open at 10AM except for Runners

GATES CLOSE AT 5 PM



# SCHEDULE SUNDAY, NOV. 6, 2022



10:00 AM	10:30 AM	11:00 AM	11:30 AM	12:00 PM	12:30 PM	1:00 PM	1:30 PM	2:00 PM	2:30 PM	3:00 PM	3:30 PM	4:00 PM
<b>CLINICS</b>												
	Mindful Vinyasa Yoga - Gazebo					Hook the Future Kids Fishing Clinics - 445		Mindful Vinyasa Yoga - Gazebo		Hook the Future Kids Fishing Clinics - 445		
		Introduction to Fly Casting - Gazebo								Introduction to Fly Casting - Gazebo		
			DIY Teardrop Trailer Q&A - 411		Outdoor Eats: Elevate Your Dinner - 420 & 421				Outdoor Eats: Elevate Your Dinner - 420 & 421			
		Soil Blocking & Seed Starting - 203						Microgreens & Sprouts - 203				
		Mountain Biking Skills Session & Trail Ride - 412		Flat Tire Clinic - 194 & 195		Mountain Biking Skills Session & Trail Ride - 412				Teardrop Trailer - Cabinet Kit Demo - 411		
		Nutrition Strategies for Health and Wellness - 194 & 195		Beginner Bass Fishing Tactics - Gazebo		Nutrition for Athletes - 194 & 195			How to Locate Bass on Blueback Herring Lakes - Gazebo		Importance of Sleep, Stress and Recovery for Optimal Health - 194 & 195	
								Wellness Coaching Q&A - 194 & 195		Performance Coaching Q&A - 194 & 195		
		Natural Habitat Pup Walk & Talk - 163						Natural Habitat Pup Walk & Talk - 163				
<b>DOCKDOGS sponsored by Noble Dog Hotel &amp; Emberglow Outdoor Resort - 424</b>												
Onsite Registration/Practice		BIG AIR WAVE #1			BIG AIR WAVE #2			SPEED RETRIEVE FINAL			BIG AIR WAVE #3	
<b>DEMOS and EXHIBITS</b>												
ARCHERY RANGE presented by Upstate Archery Academy - 310												
MOUNTAIN BIKING, KAYAKING and STAND UP PADDLEBOARDING instruction by REI Co-op Experiences - 304 & 412												
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HERITAGE TRAILER / Nature Museum and Real Fur Exhibit presented by the SC Dept. of Natural Resources - EOF Playground												
ZEN TENT presented by Tented Greenville												
PLAYGROUND featuring popular games, toys and activities for everyone!												
<b>MUSIC STAGE sponsored by Greenville Water</b>												
		Taylor Winchester					Elonzo Wesley					

GATES CLOSE AT 4 PM