

2010 events to enjoy in Salmon Arm

MAY

May 30 - The Lady Striders, along with Cool Running Walking & Fitness, is hosting a 5-10 km run to raise money for the Shuswap Trail Alliance. Everyone is welcome to join the fun. The event starts at Cool Running, #5 - 1050 10th Ave. S.W. on Sunday, May 30. You can sign up that day, just show up a little early (between 8 and 8:45 a.m.) as the event starts at 9 a.m. For those aged 7-15 the entry fee is \$5; 16+ the cost is \$10. If kids raise more than \$15 in pledges, they get free entry. Anyone 16 and over have to raise \$25 or more for free entry. Anyone raising \$150 will receive a 'technical' t-shirt and \$250 in pledges gets you a new pair of running shoes. For more info call Ray at 250-832-1381 or email ray@cool-running.ca

JUNE

June 20 - One of Salmon Arm's favourite events of the year is the Father's Day Fishing Derby. It's open to kids 12 and under. Just come on down to the wharf at Marine Peace Park. All children must be wearing a lifejacket. There are all kinds of prizes. Start time is 7 a.m. and it goes to about 11 a.m.

June 26 - The Shuswap Association for Rowing and Paddling (SARP) will hold its Dragon Boat Festival on June 26 from 8 a.m. to 4 p.m. at the wharf at Salmon Arm Marine Park. Come watch the fun as 16 teams will be competing and hopefully a couple of junior teams. This is a fun festival complete with food and craft vendors.



June 26 - The Linda Howarth Memorial Preschool Garden Tour is a popular annual event. You buy a ticket which has the address of the first garden on the tour. At the first stop you get a map with the rest of the tour. The tour, which includes 10 unique gardens, goes from 9 a.m. to 4 p.m. and wraps up with a reception with coffee, tea and goodies. For tickets or more information call 250-832-4292 or go to the website: lindahowarthpreschool.ca

June 27 - Airport Appreciation Day. This used to be an annual event and after a hiatus it will be a welcome event again. The day starts with a pancake breakfast at 8 a.m. There will be a fly-in and a variety of light aircraft on display. Come to the airport, meet some pilots and enjoy the day out. Admission is by donation. It all takes place at the Salmon Arm Airport at 1921, 19th Avenue S.E. Phone 250-832-1000.

JULY

July 1 - Canada Day is for kids in Salmon Arm. A Children's Festival will be held on Thursday, July 1 at the north end of the fair grounds. The festival runs from 10 a.m. to 3 p.m. with a cake cutting at 12:30 p.m. There will be entertainment, games, hands-on activities and an inflatable bounce structure to play in. The event is free but some games cost 50 cents to play. Every child will receive one free coupon to play or two if they're wearing red. For more information or if you want to volunteer phone Karen at 250-832-6192.

AUGUST

August 6-7 - Sunnybrae Artist Show. The Sunnybrae artists are holding an art show at the Sunnybrae Community Hall on August 6 and 7 from 10:30 a.m. to 4 p.m. Admission is by donation, there are refreshments and door prizes. For more details call Jan Scott at 250-835-4625.

August 12 - Salmon Arm's Roots & Blues officially kicks off on the 13th, but on Thursday the 12th check out the buskers around town. The Downtown Improvement Association persuaded a few of

them to give people a Roots & Blues appetizer and there will definitely be some exciting musicians at the Ross Street Parking Lot plaza. A family friendly farmer's market on Hudson Avenue, complete with a bouncy house, will also be set up.



August 13-15 - Salmon Arm's Roots & Blues Festival has multiple stages and musicians from around the globe. It's a week-end of family fun, entertainment and really good music.

August 22 - Ready, set, smash. It's the Salmon Arm Demolition Derby at the fairgrounds on Sunday, August 22. This is seriously fun racing with about 40 participants and there's a Powder Puff competition for the ladies. The event goes from 11 a.m. to 5 p.m. The proceeds go to a good cause, the Salmon Arm Rescue Unit. To take part or for more information call Jason at Lordco, 250-832-7030.

SEPTEMBER

September 8 - The Downtown Improvement Association is having a kick off to the fall fair on Wednesday before the fair.

September 10-12 - The Salmon Arm Fall Fair is one of the highlights of the year. There are animals, rides, displays, contests, vendors, exhibits, cotton candy and a parade.

DECEMBER

Come to the 'Fair Exchange of Gifts' where you bring your donation to the food bank and be entertained by local storyteller James Murray and an impressive array of musical talent. Also in December Salmon Arm residents gather together for the Holiday Train which is also a fund raiser for the food bank.

JANUARY 2011

January 1 - On New Year's Day people take the plunge at Canoe Beach in the annual polar bear swim.

The Reino Keski-Salmi Loppet always takes place in mid January. This event brings in cross country skiers of all ages and from many neighbouring communities. For more information call the Visitor Centre at 250-832-2230.

Try a triathlon

A lot of Salmon Armenians and the people who like to vacation in the Shuswap have been bitten by the triathlon bug. There are three popular ones that attract a lot of people from the surrounding communities and visitors alike.

May: Try A Tri - The first is for kids. On May 9th at 9 a.m. youths from 5 to 17 can take part in the Try a Tri Relay. Distances and courses vary to suit the age groups. Race headquarters is the SASCU Recreation Centre.

June: Beat the Train - This is a fun 35 km bike, a 10 km run, and an 8 km paddle triathlon that takes place on June 20, 2010. The race starts at Blackburn Park at 9 a.m., with registration beginning at 7:30 a.m.

July: The Classic Triathlon - July 25th is the date of the 27th annual Salmon Arm Classic Triathlon. There's a different twist in the usual order, as it is swim, run and then bike. It's a challenging course with a new two-loop course in Shuswap Lake. The run is 10 km. along Lakeshore Drive and down Okanagan to the Downtown Activity Centre. The cycle is 40 km from the Downtown Activity Centre through scenic farmland along Salmon Valley Road. (The best part is it's mostly flat).

For more information on any of these events go to the website: salmonarmtriathlon.com.