

## Peachland Centennial Celebrations Inspire Physical Activities

December 2008



Peachland residents are ringing in their Centennial year by getting active.

The District of Peachland Recreation Department is generating interest in its active programs and events by linking them to the anniversary celebrations. Residents can choose from a variety of initiatives and events to get them moving, either on their own or as part of a group.

The Active 100 initiative will challenge participants to get active by logging at least 10 minutes of physical activity each day over 100 consecutive days in 2009.

*"We're giving people an opportunity to choose whatever way they want to exercise and wherever they want to exercise,"* said Pelma Haffenden, District of Peachland Recreation Director, who leads Peachland's Active Communities initiative.

Another challenge—The Beach Avenue 100—will get individuals out walking along Beach Avenue 100 times throughout the year.

*"We're trying to target the not-so-active people for this one,"* Haffenden said. *"It's very entry level. But it also includes existing walkers."*

Both the Active 100 Challenge and the Beach Avenue 100 will link with the Peachland Steps Out online activity tracker program ([www.stepsout.com/peachland](http://www.stepsout.com/peachland)). Participants can sign up for Steps Out through the Peachland Community Centre for \$20 for the year or for free if they sign up for a recreation program or class. Registrants gain access to the online activity tracker map, receive a pedometer and get chances to win incentive prizes. When each participant reaches a milestone along the way (i.e. 10 walks, 20 walks etc.), they will be rewarded with an incentive. Prizes range from water bottles or lanyards donated by the Centennial Steering Committee, to fitness room passes or drop-in passes for activities at the Community Centre.

The 100 Treadmill Challenge will also get people using the community centre facilities. Participants will purchase a fitness room membership so they can walk or

run on the treadmill for 100 minutes, 100 times throughout the year. Those who aren't able to walk or run for 100 continuous minutes right away have a year to work up to it and receive recognition for their efforts. Logbooks provided by the centre will track individuals' progress. The logs will also help the Recreation Department measure participation in the program. Users sign in for the treadmills so the staff will also be able to track what times people are using the facility.

*"We are encouraging them to record the distance they went so that we can help them map whether they are getting faster,"* Haffenden said. *"I think we've increased the level of activity out there with our programs and our initiatives but it's really a challenge to get them to record it."*

To get people moving outdoors between April and June, there's another challenge: to climb a 100-step set of stairs at Victoria Street, 100 times.

And the Recreation Department will encourage children to get moving by participating in a challenge throughout the summer to swim 100 metres or 100 laps in the Swim Bay area of Okanagan Lake.

Special events throughout the Centennial year will also get people active in groups outdoors.

The centennial year will kick off on New Year's Day with the annual Polar Bear Swim and a two or five kilometre Fun Run and Walk.

*"We're bumping that up a notch with the Centennial theme to build up some excitement to get more participation,"* Haffenden said.

## Okanagan – Peachland

Haffenden also sits on Peachland's Spirit of BC Community Committee. During Spirit of BC Week (2010 Legacies Now's province-wide celebration of BC and its unique communities) in February, participants can walk or run five kilometres along Beach Avenue for the February Freeze-up event.

*"It's in its third year, so we're still building up the numbers, but people are getting excited,"* Haffenden said. Freeze-up is one of a number of social and cultural events taking place during Spirit of BC Week.

Each weekend throughout the year, volunteers or recreation staff will lead free Centennial Year 100 Walks and Hikes. Participants will walk in town in the winter and get up on the hiking trails in the warmer months. Participants will log their steps through the Steps Out website.

The 100-kilometre Centennial Bike Ride in June will include a historical scavenger hunt. Cyclists will be encouraged to answer trivia questions about local history at each of the checkpoints. The community centre is offering cycling training on its spin bikes and outdoors.

Peachland will host its first-ever half marathon in the spring. The Recreation Department will offer half marathon InTraining clinics, as well as Sun Run InTraining clinics.

*"We're really excited about this because we think we're going to do very well with local representation of athletes, as well as encourage first timers and others to dust off their running shoes,"* Haffenden said. The momentum from all the active activities in the Centennial year is expected to generate increased participation in existing annual events.

The annual Peachland Triathlon in July has traditionally attracted athletes from out of town.

*"It's a very popular event because it is an obtainable distance, a fun course with great scenery, and an all out great race,"* Haffenden said. *"It's an enjoyable one to offer the triathlon community."*

In August, the Rattlesnake Island Swim includes the option of swimming three or seven kilometres. The 7K athletes will swim alongside a canoe or kayak around the island and back. The 3K participants will be taken by boat one way and swim back with their escort.

*"Our triathlon and our Rattle Snake Island Swim are growing in popularity and we're getting very well known for those events,"* Haffenden said.

Historically, Peachland was known as a baseball town, but over the years participation gradually dropped. To resurrect interest, the Recreation Department is organizing a minor ball reunion during Homecoming weekend in July. Former players, coaches and members of the Peachland Minor Baseball Association are being invited to get together for a social event and a game.

Whichever way Peachland residents choose to get active, the Recreation Department is providing plenty of options to make it easy to get started this Centennial year.



## Peachland Highlights

- Peachland Steps Out online pedometer/walking tracking program ([www.stepsout.com/peachland](http://www.stepsout.com/peachland)) part of Okanagan regional Steps Out
- Partnering with Okanagan Valley communities for Steps Out guided hikes
- Centennial-themed active events and challenges
- Developed an Active Community plan identifying target populations
- Hosting a HIGH FIVE® training workshop – the quality standard for organizations providing recreation & sport programs to children aged 6-12
- Peachland Community Centre offers active programs for children and mothers and the Active Sage program for older adults
- Peachland Health & Active Living Fair in October
- Grants from BCRPA for Active Community plan and HIGH FIVE training (\$2,000), Move for Health Day (\$300)
- Grants from Aging in Place program at Peachland Wellness Centre (\$200) and Success by 6 (\$13,076)
- Awarded pedometers from ActNow BC

## Peachland Info

**Population:** 5,290 (BC Stats 2007)

- Celebrating its Centennial anniversary of being incorporated on Jan. 1, 1909
- Recreation opportunities include the Peachland Community Centre, 50+ Centre at the Peachland District Retirement Centre, Wellness Centre, two private fitness facilities, golf course, ball diamonds, sports field, beaches, parks & hiking trails
- Located beside Okanagan Lake between Kelowna & Penticton
- The famed Ogoopogo lake monster's home is near Rattlesnake Island

[www.peachland.ca](http://www.peachland.ca)