

## Community Information & Volunteer Centre

### Capital News: Volunteer Centre Column 2012 May 3

#### Help teams play hockey or ride their bikes

Today's column features two events to catch your interest. There is a Street Hockey Tournament and the Heart & Stroke Big Bike event.

Play On! Street Hockey Tournament presented by Hockey Night in Canada is currently seeking volunteers! Play On! returns to Kelowna May 12th- 13<sup>th</sup>, 2012 at Prospera Place.

Volunteers get involved May 10, 11, 12, & 13. Volunteer positions include event set up and assistance, master scoreboard, thirst station, runners, rink monitor, green crew, and much more! Meals will be provided for all volunteers.

The real reward in volunteering is always the good feeling that results from helping to provide an event for the community. For those volunteers who go above and beyond, recognition and references will be offered.

Last year's Play On! Kelowna tournament was a huge success and we need *your* help to make this year's tournament bigger and better!

For more information and to fill out a Volunteer Application, please visit [www.playon.ca/events/kelowna](http://www.playon.ca/events/kelowna) or call (604) 688-7584.

Each year, the Heart & Stroke Big Bike travels through the Okanagan with teams riding together and raising fund for life-extending research.

The Heart & Stroke Big Bike is a team event geared towards community organizations, companies and groups.

Teams made up of 29 enthusiastic riders pedal through Kelowna, West Kelowna, Penticton and Vernon in May in support of heart disease and stroke research.

Not only is this a fun adventure with friends and colleagues, it's an amazing volunteer opportunity and requires a great deal of help organizing teams of riders, registration, helping with pledge forms, jumping on the bike and supporting with cheers!

May 23-26 are the dates for Kelowna and May 28 for West Kelowna. Put your heart into it and volunteer for the BIG BIKE today.

To volunteer or register a team, contact Aleah Zylyk 250-860-6275 or email [azylyk@hsf.bc.ca](mailto:azylyk@hsf.bc.ca).

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