

# westcoastweekend

Check out the North Shore Ripper Super DH tomorrow on Mount Seymour ([northshoreripper.com](http://northshoreripper.com)).

## Tackle the mountain



**WEST COAST  
OUTDOORS**  
DAVE NORONA  
[WWW.NORONALIFE.COM](http://WWW.NORONALIFE.COM)

**W**ell the snow has finally receded up the mountains far enough that it is time to dust off the mountain bikes and head out to tackle the trails. This is the perfect time of year to enjoy our amazing off-road trails, which are spread throughout the Lower Mainland.

If you are new to mountain biking or you're looking to improve your riding skills this year, check out Endless Biking's mountain bike clinics happening throughout the summer. Owners and pro riders Kelli Sherbinin and Darren Butler will take your skills to that next level in a discipline that you need help in and can customize the perfect day out for you and your friends. Details at [endlessbiking.com](http://endlessbiking.com).

There are also tons of great events to get involved with close to home. The North Shore Rippers events take place on the North Shore Mountains throughout the summer. Each race caters to a different discipline and is all about fun.



PHOTO COURTESY OF DAVE NORONA

Dave Norona rides one of the many narrow bridges on Pangor Trail on Seymour Mountain.

Details at [nsmb.com](http://nsmb.com).

Thanks to all the hard working trail builders, volunteers, bike shops and the North Shore Mountain Biking Association, we continue to have the best riding in the world in our own backyard. Become a member and come on out for one of the many trail days to help keep our trails in tiptop shape. Details at [nsmba.bc.ca](http://nsmba.bc.ca).

Dave has traveled the world to challenge a series of his toughest races. He has raced in over 400 events throughout his career, and hopes his passion will create you to get involved in your own trail adventures. Visit [www.noronalife.com](http://www.noronalife.com) for more info.

### » gear guide

#### MARIN MT. VISION

**Description:** This XC bike has a 6066 aluminum hydroformed lightweight frame, shimano XT components and the award-winning QUAD-Link XC 2.0 Suspension System to help you dial those epic trails. **Price:** \$3,100 **Where to find it:** [marinbikes.com](http://marinbikes.com)



#### SHIMANO SH-MP65L SHOES

**Description:** These awesome mountain bike shoes from Shimano are super comfortable yet stiff enough for proper pedalling efficiency. Armoured lace shield, SPD compatible and mid-top ankle protection. **Price:** \$139 **Where to find it:** [shimano.com](http://shimano.com)



### Going Out Friday



#### clubs

**7 P.M.** DeVotchKa performs: Grammy-nominated musicians created the soundtrack for Little Miss Sunshine. At Richard's on Richards. **Tix:** \$1750. **Info:** [richardsonrichards.com](http://richardsonrichards.com).

**7 P.M.** Alternative musician Yoav performs, with guests. At The Plaza Club, 881 Granville St. **Tix:** \$15. **Info:** [plazaclub.net](http://plazaclub.net).

**9 P.M.** Stereotype Fridays, with DJs Steve AOK! At Celebrities Night Club, 1022 Davie St. **Tix:** \$20-\$25. **Info:** [celebritiesnightclub.com](http://celebritiesnightclub.com).

**10 P.M.** The Roots official CD release party for Rising Down. At Shine Nightclub, 364 Water St. **Tix:** \$10. **Info:** [shinenightclub.com](http://shinenightclub.com).



#### comedy

**8 P.M.** Andrew Dice Clay performs shock stand-up routine. At the Red Robinson Show Theatre, 2080 United Blvd., Coquitlam. **Tix:** \$53.50-\$63.50.

**8 P.M.** Joan Rivers, U.S. talk show host here for stand-up routine. At the River Rock Show Casino Resort Show Theatre, 8811 River Rd. **Tix:** \$49.50-\$59.50.

### Going Out Saturday



#### clubs

**10 A.M.** Desi Fest, 10-hour free concert celebrating South Asian Music and Culture featuring En Karma, Cassius Khan and Jagua. In Gastown, on Water Street between West Cordova and Cambie. **Info:** [desifest.ca](http://desifest.ca).

**7 P.M.** Stephen Malkmus and The Jicks live in concert. At Richard's on Richards, 1036 Richards St. **Tix:** \$20. **Info:** [richardsonrichards.com](http://richardsonrichards.com).

**7 P.M.** VHS Or Beta play their best mash-up dance

punk live. At The Plaza Club, 881 Granville St. **Tix:** \$12. **Info:** [plazaclub.net](http://plazaclub.net).

**8 P.M.** Persian Concert: Siavash Ghomeshi and Sattar. At The Centre, 777 Homer St. **Tix:** \$40-\$85. **Info:** [pockettoconproducts.com](http://pockettoconproducts.com).



#### theatre

**TUESDAYS WITH MORRIE**, a story of friendship and love. At the Granville Island Stage, 1585 Johnston. **Tix:** \$30-\$41. **Info:** 604-687-1644. [artsclub.com](http://artsclub.com).

## Adecco Open House!

Work close to home! Tues. May 6, from 9am - 1pm. Lots of work available! Positions include data entry, receptionists, admin assistants, call center reps, office clerks, general labour, warehouse, shipper/receiver, order picker/packer, forklift. Work available from Abbotsford to North Vancouver!

Bring a resume, 2 work references & SIN card to your local branch!

1650 - 505 Burrard St., Vancouver, 604-669-1203

150 - 5890 No 3 Road, Richmond, 604-273-8761

140 - 4664 Lougheed Hwy, Burnaby, 604-421-3005

104 - 19916 64th Ave, Langley, 604-514-5567

**Adecco**

better work, better life

### ROGERS

#### TOP 10 MOBILE DOWNLOADS

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1. 4 Minutes, Madonna           | 6. Touch Mybody, Mariah Carey |
| 2. Low, Flo Rida                | 7. With You, OutKast          |
| 3. Lovin' The Club, Young Jeezy | 8. Lollipop, Lil Wayne        |
| 4. Beeding Love, Leona Lewis    | 9. Sorry, Backstreet          |
| 5. Apologize, Timbaland         | 10. The Way I Am, Timbaland   |

[rogers.com/musicstore](http://rogers.com/musicstore)

### Going Out Sunday



#### clubs

**7 P.M.** Sadie Campbell live: acoustic rock and blues. At Library Square Public House, 300 West Georgia St. **Tix:** free. **Info:** [dmbars.ca](http://dmbars.ca).

**9 P.M.** Finale, featuring The Goodfellas and DJAK spinning the best in hip hop.

R&B and house. At Richard's on Richards. **Tix:** \$15-20. [richardsonrichards.com](http://richardsonrichards.com).



#### theatre

**ALL MY SONS**, a tale of greed by Arthur Miller. Final performance at the Surrey Little Theatre, 7027 184th St. **Tix:** \$13. **Info:** [surreylittletheatre.com](http://surreylittletheatre.com).