

Banner tourism year for Coquitlam, rest of Lower Mainland

Coquitlam is on track to have a record year in tourism — a trend happening in municipalities across the Lower Mainland largely due to the low Canadian dollar, the city's tourism manager said.

JANIS WARREN / TRI CITY NEWS
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Nothin' Dragon member Robbin Whachell with Coquitlam Crunch Challenge founder Alex Bell and Brian Kenny, Nothin' Dragon Masters president.

Leadership for the Coquitlam Crunch Diversity Challenge is changing hands this year, with the Nothin' Dragon Masters taking over the reins.

The seventh annual challenge, founded in 2010 by Coquitlam resident Alex Bell, will be held Sept. 10 under the eye of the senior dragon boaters.

Competitors in the Make It or Break It category will be given four hours to see how many times they can scale the full grind, between 9 a.m. and 1 p.m. (last year's overall winner was Matt Sessions, who completed eight loops, while Jackie Senchyna was named the top female at six loops and Gracie Lorensen was named top youth at seven loops).

There are also two other events: the Stair Master, at 8 a.m., to see who can run the fastest up the Crunch's 437 stairs, and the recreational category, for participants who want to take the Crunch easy, between 9:30 a.m. and 1 p.m.

Timekeeping will be done by TRIO Sports Events while registration will be handled by the Running Room. All participants will be given a bib and time chip and medals will be handed out to the Make It or Break It athletes.

• Visit coquitlamcrunch.com to sign up or donate. Proceeds will go to the Coquitlam Diversity Fund set up by the Coquitlam Foundation.