

WSU Outdoor Recreation/Special Events

Salmon River Yoga, Camp, and Rafting

This summer, rejuvenate your mind, body, and spirit! This is the quintessential outdoor yoga experience coupled with world class white water rafting on Idaho's Salmon River. The price of this trip includes transportation, yoga instruction, raft guides, all necessary group camping gear, rafting equipment, and a gourmet lunch. The trip will involve traveling to the Salmon River Saturday evening and camping near the river. Lucile, Idaho is 136 miles away - a scenic drive that takes between two and a half and three hours. Friday night or Sunday morning, amidst the tranquility of the river, a certified Yoga instructor will take you through a beginner's progression while ensuring the most relaxing environment possible. Saturday, we will paddle Class II and III water and drive back to Pullman Saturday evening. **Registration Ends: Jun 28**

Location: Riggins, ID

SaSuJul 10-11 10:00am-8:00pm

Member: \$69 Non-Member: \$85

Outdoor Recreation Center Equipment Rental Shop

Looking to rent outdoor gear this summer? The ORC Rental Shop is a great resource for students and community members who are looking to take a trip, but don't have the gear they need. All equipment is reliable and in great condition to allow users a fun outdoor experience at a very low cost. Choose from outdoor or recreational sports equipment as well as winter and water sports gear. Rentals are available at the Outdoor Recreation Center located in Hollingbery Field House Annex Room 101. For questions regarding specific equipment, call 335-1892.

Hours:

Monday-Friday: 10:30am-6:00pm.

*The ORC is closed for all University holidays.

**Rental Shop Special Promotions:
Memorial Day Weekend and
July 4th Weekend:**

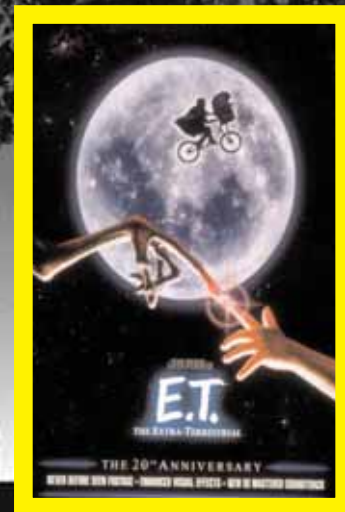
3 days for the regular weekend rate!

"Movies in the Park" Reaney Park



July 16th
**"Cloudy With a
Chance of Meat Balls"**
@ 9:00pm

July 30th
"E.T."
@ 8:45pm



August 13th
"Monsters vs Aliens"
@ 8:30pm

4th Of July Celebration @ Sunnyside Park

Join the community
Independence Day
Celebration for
Fireworks & Festivities
which includes
Barbeque, Cotton
Candy, Sno Cones,
Popcorn, Homemade
Pies, Entertainment by
Professional & Local
Performers throughout
the evening.



Sponsored by Pullman Chamber of
Commerce & City of Pullman

Pullman Parks & Recreation 2nd Annual *Care-To-Share*

Fun Run

Running, Jogging,
Walking, Talking

Make it a Family Affair!



Saturday, October 2, 2010
10:00am

Race Distance Options:
5K & 10K

Entry Fee:
With T-Shirt

By Sept 17 \$15
After Sept 17 \$17

No T-Shirt

By Sept 17 \$7
After Sept 17 \$9

Contact

Pullman Park & Recreation
at 509-338-3227
for the entry form go to
www.pullman-wa.gov/recreation

Lentil Festival August 20-21

- ◆ Friday Night Street Fair
- ◆ Lentil Pancake Breakfast
- ◆ Grand Parade
- ◆ Kids' Area Stage
- ◆ Grand Lentil Cook-off
- ◆ Farm Exhibit
- ◆ Tour de Lentil
- ◆ Lentil Lane Food Court
- ◆ Lentil Land Children's Area
- ◆ Tase T. Lentil 5K Fun Run/Walk
- ◆ Lentil Festival Marketplace
- ◆ 3-on-3 Basketball Tournament
- ◆ Boards & Blade Skateboard Competition
- ◆ For information visit www.lentilfest.com



Sponsored by: Pullman Chamber of Commerce, City of Pullman, &
Washington State University