



## Crazy Adventure

Are you up for a challenge? For the exceptionally brave, Summerland is home to North America's oldest free ride longboard competition, [The Giant's Head Freeride](#). The course takes you from the peak of Giant's Head Mountain all the way down, winding around steep corners at breakneck speeds. Where else will you get this kind of thrill, partnered with the world's best skateboarders on hand for skating and skill development?

### Why try it?

It's an extreme combination of insanity and adrenaline and for extra fun, the audience is invited to pelt riders with handy pinecones!

### Ready to take the plunge?

info@giantshheadfreeride.com

## Triathlete 101

If you're looking for an event that everyone can participate in, [The Orca Kids of Steele Triathlon](#) is just the ticket. With a course that runs along Summerland's beautiful beaches, and challenging yet fun distances for people of all ages, the event offers an exciting day of competition that everyone will be happy to train for.

### Want to know more?

Joanne Malar - [orcawimcoach@gmail.com](mailto:orcawimcoach@gmail.com)

## Test of Humanity

Looking for some great single track cycling? Try out the miles of scenic trails on Cartwright Mountain. You can do these any time of year or hone your skill at the [Test of Humanity](#) race held every September. With race categories for children as young as age 3 up to professional racers, everyone can participate in this event.

### Important Cause

The Test of Humanity race donates all financial proceeds to Canadian Humanitarian's work in Ethiopia.

### Interested in more information?

Race co-director, Sherri Seaton  
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