



Valleyfest 2019
September 20-22, 2019
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FOR IMMEDIATE RELEASE

Valleyfest 30th Anniversary Celebration

Valleyfest, Spokane Valley's premier community festival, is celebrating its 30th anniversary this year with three days of fun family events, challenging physical activities, live entertainment and plenty of good food. Events will fill Mirabeau Point Park, the CenterPlace Regional Event Center and the Plantes Ferry Sports Complex from Sept. 20-22.

Most events are free, but some require small registration fees and advance registration. The weekend includes a car show, astronomical viewing, STEM activities, a dance competition, fishing for the kids, TotFest and AKC Responsible Dog Ownership Day. Events taking place on the Centennial Trail and the Spokane River include a 5K run, a 10K run, a duathlon, a triathlon and free family bike ride.

Friday, September 20

Sprague Avenue closes between University Road and Pines Road at 6 p.m. to make way for the Lions Club Bed Races at 6:15 p.m., which are a crowd favorite, followed by the Hearts of Gold Parade at 7:30 p.m. The parade starts in front of Appleway Florist and ends at Perrine Road. If you get hungry, check out the 30 restaurants along the parade route.

Saturday, September 21

Start your day with a pancake breakfast (by donation) at the CenterPlace Regional Event Center from 7 to 10 a.m. CenterPlace Regional Event Center will also host planetarium shows all afternoon, a car show on the north lawn, STEM and robotics activities from noon to 5 p.m. and the hugely popular Fishing at the

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Falls for kids under the age of 14 from 10 a.m. to 3:45 p.m. Meanwhile there will be live entertainment, food and vendor booths in Mirabeau Point Park all day. End your day with the Swinging in the Valley Country Dance Competition for all skill levels – even the kids – from 8 to 11 p.m. at CenterPlace Regional Event Center. The competition is \$30 per couple and registration is required. Or you can end the day by viewing the night sky through telescopes provided by the Spokane Astronomical Society from sunset to 10 p.m. or take in an outdoor movie at 7:30 p.m.

Sunday, September 22

Sunday's events are all about getting outside. Participants can choose from a 5K run, a 10K run, a run/bike duathlon, a run/bike/boat triathlon or a family bike ride of varying lengths. Each event except the family bike ride requires a small fee and all require advance registration. Visit www.valleyfest.org for registration details. The AKC Responsible Dog Ownership Day activities will be held in Mirabeau Point Park along with the live entertainment, food and vendors. CenterPlace Regional Event Center will host Totfest, designed for parents and caregivers of children up to age 6, from 11 a.m. to 3 p.m. There will be tons for the kids to do at TotFest, including outdoor activities, a bounce house, karaoke and more.

Parking

Not sure where to park? There are 400 parking spaces at the CenterPlace Regional Event Center at 2426 N. Discovery Place, but they will fill early. You can park for free at the Spokane Valley Mall at 14700 E. Indiana Ave. and catch a free STA shuttle bus by Red Robin to either CenterPlace Regional Event Center or Mirabeau Point Park. Buses run continuously on Saturday from 8:30 a.m. to 7 p.m. You can also park for free at the Pinecroft Business Park at 12310 Mirabeau Parkway, which is within walking distance. Planes Ferry Park, located at 12320 E. Upriver Drive, has ample parking for events held there.

The Valleyfest mission is to produce community driven, safe, family oriented, visually dramatic festivals. Valleyfest exposes the talent that enrich the Spokane Valley region and celebrates the visual and performing arts, education, science, and recreation so the entire community can experience them.