



Best of the Fests

There's no need to be blue: Blue Rodeo (pictured) is coming to town, filling Deer Lake Park with countrified rock tunes as part of the Burnaby Blues and Roots Festival (Aug. 10; page 68). The line-up for the **14th annual festival** also includes Charles Bradley, ZZ Ward, Shakura S'Aida, Ndidi Onukwulu, David Gogo, Jon and Roy, The Sojourners, John Lee Sanders, Vince Vaccaro, Brickhouse and dozens of other acts. Miniature music fans in tow? Keep kids busy with art activities, face painting and guitar making.

Funny Guy

Whether he's getting fired from MTV for dressing up as Osama bin Laden or arriving on an elephant at his elaborate Indian wedding ceremony, Russell Brand is **always full of surprises**. The eccentric British comedian has put away the bin Laden costume and called it quits on his 14-month marriage to pop star Katy Perry, but he's still **bringing on the laughs**. Catch his stand-up act Aug. 24 at the Queen Elizabeth Theatre (page 70).



Run for It

Lululemon (page 41), a company long-synonymous with yoga, has turned its attention to running. The second annual SeaWheeze half-marathon (page 69) takes place Aug. 10, winding around **some of Vancouver's most stunning scenery**, guaranteeing great photo ops. Also on the agenda: outdoor yoga classes (pictured), a concert in Stanley Park with Xavier Rudd and Passenger, and a pop-up store in the Vancouver Convention Centre.