



Vancouver Sun Run

April 17

Lace up your shoes and join 51,000 other athletes in the world's second largest 10K run (page 51). You don't need to be the next Flo-Jo to compete: there's a category for those with baby strollers or walking poles. For even more running madness, try the BMO Vancouver Marathon (May 1; page 50).



La Traviata

April 30 to May 12

According to popular legend, after the March 1853 opening night of his opera, Verdi wrote to his secretary-pupil Emanuele Muzio: "*La Traviata* last night, fiasco. Is it my fault or the fault of the singers? Time will tell." Whether or not the story is true, **time has definitely proven Verdi's work to be a masterpiece.** Catch a performance at the Queen Elizabeth Theatre (page 53).



When I Was a Kid

April 14 to 16

Most North Americans hadn't heard of Shane Koyczan until his mesmerizing slam-poetry performance at the 2010 Winter Games' opening ceremony—in which he used insightful humour and clever turns of phrase to define Canada—but British Columbians long ago discovered this home-grown talent. Now Koyczan has put together a **spoken-word multimedia show about how our fearlessness in youth inevitably turns to fear as we age.** At the Historic Theatre at the Cultch (page 51).