

➔ Sports & Fitness

MVP

Harness Potential

Rock climber **Katariina Rahikainen** reaches new heights in Beijing

How did you get started with climbing? Well, that is a funny story. I wanted to start climbing but never really got around to doing it. Then, I won a beginner's climbing course in an internet competition. **Is this a sport that takes a long time to learn?** I have seen many "naturals" who, after just a few months of climbing, become really good. For me personally, it took years before I could actually say that I had learned to climb. And still, I am far from perfect! A small hint for beginners: Use your feet! People tend to think that climbing is only about how strong your arms are.

How are the climbing facilities here in Beijing? Compared to Europe, they are still in their toddler phase. For a city as big as Beijing, it is amazing how

few climbing gyms there are compared to Helsinki. And their size and quality are still far from that

of their European counterparts. I guess things will develop gradually. **What is the climbing community like in Beijing?** Most people rarely climb outdoors—some never. Many Chinese climbers focus on climbing indoors, for example. I think it takes a certain kind of person to go climbing outdoors almost every weekend. **Is climbing an expensive sport?** It depends, of course, on what kind of climbing you do! When bouldering indoors, all you need is a gym membership, shoes and chalk. Outdoors, you have to add a crash pad. You could climb for around ¥200 a month in Beijing.

Find it: O'le Climbing and Touchstone Climbing at Ritan Park
<http://beijingclimbingclub.com>

"People think it's about how strong your arms are"



Katariina will break your fall

Bowling

ONGOING

★ Mashup Bowling League

This new bowling league is the perfect way to meet friends in Beijing. Join as an individual and mashup into competitive teams. Games are every Thursday night starting September 1. For more information, check out the website and register now.

Mashup Sport and Social
info@mashupasias.com
www.mashupasias.com/leagues/bowling

Dance

EVERY MONDAY + WEDNESDAY

Brazilian Samba Dance Workshop

Learn to samba with a real professional from Brazil. Instructor Secco teaches the sensual Latin dance to beautiful tunes, so you'll retain your instruction forever. ¥120 walk-in fee. 7pm

Lan Ting Dance Studio
showbrazil.beijing@gmail.com

Dodgeball

ONGOING

Mashup Dodgeball League

Now you can practice your dodging skills with a new league that plays every Tuesday starting August 30. Check out the website for more details and to register as an individual or team.

Mashup Sport and Social
info@mashupasias.com
www.mashupasias.com/leagues/dodgeball

Football

EVERY TUESDAY

American Football

Join the Beijing Guardians for a two-hour, full-contact American football practice that includes warm ups, skill drills, tackling, training and more. Beginners and experienced players are both welcome. Check online for a full schedule. Free. 6pm

Chaoyang Park 158-1148-0812
info@beijingguardians.com
www.beijingguardians.com

ONGOING

Mashup Flag Football League

A new division of the popular coed flag football league has opened in Beijing. Games are held every Saturday starting August 13. To register or to find out more information, head to www.mashupasias.com

Mashup Sport and Social
info@mashupasias.com
www.mashupasias.com/leagues/flag-football

Hiking

FRIDAY, JULY 29

Bashang Prairie Hike

The Bashang Prairie is a beautiful, cultural grassland with countless hidden wonders. Take a day off work and head to the prairie for a two-day trek. ¥1,600 includes transportation, guide, snacks, meals and accommodation. Reservation required.

Beijing Hikers 6432-2786
info@beijinghikers.com, www.beijinghikers.com

SATURDAY, JULY 30

Intelligence Valley Hike

Hike through gorgeous valleys surrounded by mountains on this medium-difficulty hike that culminates in a stop at a farmer's guest house for lunch. ¥320 (adults)-¥200 (kids).

Beijing Hikers 6432-2786
info@beijinghikers.com, www.beijinghikers.com

SUNDAY, JULY 31

Jinshanling Great Wall

Hike the eastern sections of Jinshanling and several towers of neighboring Simatai. ¥380 includes transportation. Advanced booking required.

Beijing Hikers 6432-2786
info@beijinghikers.com, www.beijinghikers.com

Pool

EVERY TUESDAY

Pool Competition

Get your cue, slick back your hair and head to Luga's for a night of pool, booze and fun. Entry is ¥25. All participants will get a free small Hoegaarden. Winner will receive a cash prize. 9pm

Luga's 6416-2575, lugas.villa@gmail.com

Sailing

ONGOING

Kid's Sailing Camp

Weekly sailing adventures for children aged 8-18 will teach them how to handle themselves in the water on small sailing vessels. Costs vary, starting at ¥4,900. Call for reservations and more information. 8am

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www.cityweekend.com.cn

★ Editor Recommended Event

• Multiple Locations

• Family Friendly

• Editor's Pick