

➔ Sports & Fitness

MVP

Dodging Hammers

Maxime Pourrat tells us why mullets are de rigueur at Mashup's new **dodgeball league**

What skills can you gain from doing dodgeball? By playing dodgeball you can gain the aptitude to avoid a ball coming right to your face, to learn to use your best friend's body to protect yourself, to have no mercy for a man on the floor and throw things at him. **Do you practice with wrenches like in the film Dodgeball?** Wrenches are pretty old school. We use hammers now. They have better wind penetration. We also practice by trying to cross the Second Ring Road without getting hit. **What kind of people does this sport attract?** Anyone who likes to throw balls at people, so pretty much everyone! The league is open, it's coed and it's fun. You could be a pirate or a small gym owner,

Half will smile and shout, the other half will cry



Maxime Pourrat can dodge your balls

it doesn't matter. **Would you suggest any special equipment (AKA a cup)?** No special equipment required, but for a cool look I recommend glasses, an inflatable cup, leggings and maybe grow out a mullet. **What's the stance on performance enhancing drugs?** What you do with your body is your problem, but I would never recommend anyone take steroids and it would not really help with dodgeball. You need to be quick and good with your hands, not pumped with muscles. **How did you get started with dodgeball?** Like pretty much everyone: in school. It was always fun to see the faces of the other kids when the PE instructor shouted: 'dodgeball!' 'Half will smile and shout yeah! The other half will cry. You know what I am talking about.

Mashup Dodgeball League, www.mashupasia.com/leagues/dodgeball

Bowling

FROM THU, SEP 1

★ 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.

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

Dodgeball

EVERY TUESDAY

★ Dodgeball League

If you are tired of getting clipped by bikers on the sidewalk, then you need dodgeball to help prepare you for travel in Beijing. Now you can practice your dodging skills with a new league that plays every Tuesday after August 30.

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

Football

ONGOING

★ Flag Football League

A new division of the popular coed flag football league has opened in Beijing. Games are held every Saturday. Sign up anytime. To register and get more information check out the Mashup website.

Mashup Sport and Social
info@mashupasia.com, www.mashupasia.com

Hiking

SUNDAY, AUG 28

White River

Cross rivers and travel through a canyon in Miyun District where you'll see beautiful cliffs and nature's best artwork. ¥280 includes transport and guide. Call to reserve a spot.

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

SATURDAY, SEP 3

★ Great Wall Camping at Wohushan

Although a relaxed stroll once you reach the summit, this hike takes a bit of endurance as you and your

gear must scale the Lying Tiger mountain before camping. ¥750. Must book in advance.

Dandelion Hiking 156-5220-0950
info@chinahiking.cn, www.chinahiking.cn

SATURDAY, SEP 10

★ Nine-Eyes Tower

This trip to Nine-Eyes Tower will be done in reverse, looping over steep and rocky terrain and requiring hikers to scramble and climb their way to the summit. On a clear day, the view from the tower will let you see as far as the Great Wall in all directions. Be warned though, this will be four hours of tough hiking and rock climbing. ¥280 (¥250 for members) includes transportation, guides, water and snacks. You must register online to attend.

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

Horse Riding

SAT, AUG 27-SUN, AUG 28

★ FEI World Cup Jumping China League

The first-ever China League of the FEI World Cup Jumping competition is coming to Beijing, with rounds in August, October, and November. Competitors in this equestrian event will have to get over gates and various other obstacles in the shortest time and best form if they want to emerge victorious.

Beijing International Equestrian Club
www.iecbj.com

EVERY SUNDAY

★ Horse Riding on the Great Wall

Work on your equestrian skills every Sunday from 9am on as your ride a horse in the wild areas around the Great Wall. Tour village farms and escape the city for a full day of nature and animal interaction. ¥400 includes transportation, guide, food and horse.

PTP Club 136-9302-6428
voipxu@yahoo.com.cn

Netball

EVERY WEDNESDAY

★ Netball Beijing

Free weekly training sessions in this fun sport kick off every Wednesday at 7:30pm. Netball, usually a women's pastime, is a fun, basketball-like sport that combines jumping, running and hand-eye coordination. Check it out and join the fun. 7:30pm

Harrow International School Beijing
6444-8900, enquiries@harrowbeijing.cn
www.harrowbeijing.cn

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