

Sports & Fitness

MVP

Tackle Time

Rugby guru **Hadleigh Crysell** tells us what it's like to smash into another man

How did you get started in rugby? Being a New Zealander, I have been watching it on TV pretty much since birth. As a small child, I played cricket and rugby. When I was 13, I was walking around school and the under-14 coach asked me if I'd like to play since they were short a player. I've been playing ever since.

What's it feel like to smash into another human at full speed? Some people on the Devils find it thrilling and exciting but with my non-massive frame I don't usually come out on the winning side of a tackle.

Rugby or American football—which one is more bad-ass? Not wanting to upset either side, in terms of physicality/impact, they probably even out. But I feel that rugby is more technical,

complex and just a beautiful game.

How is rugby different? No matter what your physical size or fitness level, there

is a position there for you. It's also a very caveman-like sport. **Do you ever get used to the pain?** Luckily for me I play way in the back so I don't get hurt that often.

We do have some players on the Devils that love the pain. The more pain they can inflict or receive, the better they play. ■ Interview

by **Chris Louney**
Beijing Devils Rugby
www.beijingdevils.com

We do have some people on the Devils who love the pain

Hadleigh Crysell will impress you in the scrum



Dance

EVERY TUE-SUN

Flamenco Classes

Beginner and intermediate flamenco dancers can learn and improve with these classes. Beginners will learn sevillanas, tangos and alegrías. Intermediate dancers will learn tientos, segurías, gujiras and zapateados. Classes for both levels cost ¥600 a month, with one class a week. Compas training is ¥400 a month for one class a week.

Casa Flamenco 139-1091-4251
flamencobeijing@gmail.com

EVERY FRIDAY

Latino Fever

Get in shape and get sexified at this Hilton Latin dance favorite. Show up early to pound a few rum cocktails on special and then strut your dancing skills on the open floor. ¥50. 8pm

Hilton Beijing 5865-5050
zeta.bar@hilton.com, beijing.hilton.com

Football

EVERY TUE + SUN

Beijing Guardians

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 all welcome. Call or email in advance and they can get equipment ready for you. Check online for full schedule. ¥400-¥600 per season. 7pm

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

Hiking

SUNDAY, NOV 13

Zhuangdaokou Great Wall and Walled Village

Get a peek at a rarely explored section of the Great Wall, then stroll along the impressive walled village nearby. ¥330 includes hike, transport, guide and lunch.

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

SATURDAY, NOV 19

Nine-Eyes Tower and Great Wall Spur

This hike is mostly uphill, so get yourself in shape and get on the road for the Chinese Knot Great Wall then Nine Eyes Tower, both of which afford stunning panoramic views. ¥350 includes transport, guide and snacks.

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

SUNDAY, NOV 20

Big Black Mountain to Walled Village

This longer-than-normal hike covers 12 km of hill climbing for a breathtaking, muscle-burning view of the walled village and Big Black Mountain. ¥280 includes hike, guides and snacks.

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

SATURDAY, NOV 26

Gubeikou Great Wall

These scenic sections of the Great Wall are far outside the tourist zones, so you can get a bit of serenity and peace as you stroll. ¥350 includes transport, guides, snacks and lunch.

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

Riding

EVERY SUNDAY

Horse Riding on the Great Wall

Work on your equestrian skills every Sunday from 9am on as your ride a horse around the wild area 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.

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

Soccer

EVERY SUNDAY

Women's Soccer

Beijing has a dedicated women's football club. Contact oddsandendswomen@gmail.com to find out when you can join the fun. Practices are every Sunday with friendly games throughout the season.

The Odds and Ends Women's Football/Soccer Club 8526-2420 ext. 111
oddsandendswomen@gmail.com



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