

# Mountain Sports Fest pumped up

Asheville feeds the active lifestyle with food, music and sports galore

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Before you know it, the annual sports and music extravaganza in Asheville, N.C., known as the Mountain Sports Festival will be upon us.

The 11th annual festival is set for May 27-29. If you've never been, the festival is a weekend jammed with music, outdoor sports events, demonstrations and clinics. Count on everything from a typical 5K, to disc golf, to a century bike ride, rock climbing and even dodgeball.

Oh, and don't forget the music, says Tee-la Waggoner, the festival director.

"This year, the lineup is one of the best we've ever had," she says. "We've got national and local acts."

And it's all free. Sure, you have to pay for food and drink, and if you want to participate in an event there are fees for that, too, but spectating at all sports events, participating in clinics and demos and listening to music costs nothing.

Headquartered in Festival Village at Asheville's Carrier Park, the weekend offers a little something for everyone. New events this year are cyclocross, longboarding and skateboarding competitions, Waggoner says.



JOHN FLETCHER / Asheville Citizen-Times

Try Ultimate Frisbee or Disc Golf Challenge.

"We look for new events and then people approach us about hosting," she says. "Cyclocross is typically a November-December-January event, but there's a new group in town and this is their, 'Hey, we're here debut.'"

"We're excited about it. If you've ever been to a cyclocross event, they're crazy. People yell and ring cowbells and everything."

Everything explains the fact that there is a dodgeball tournament at an outdoor festival.

And Waggoner explains that's because Asheville is a little weird and quirky.

"We have a dodgeball league and a kickball league in town and people love these," she says. "It's a big crowd-pleaser. It draws huge crowds, and the women are just as good as the men. It's fantastic."

## Saturday

■ The second annual French Broad Challenge Triathlon would more accurately be called a quadrathlon – if there is such a thing. Consists of 1.5-mile run/2.5-mile river paddle/11-mile bike/2.9-mile run course. Info: [www.gloryhoundevents.com/french-broad-challenge-triathl/](http://www.gloryhoundevents.com/french-broad-challenge-triathl/).

■ The Mountain Sports Festival 5K is a much easier alternative to the Rock2Rock 10K, or a great second-day event for those who can't get enough. This year's race is flat and fast – imagine that in Asheville! – and held entirely within Carrier Park. For more information, e-mail: [wrasheley@hotmail.com](mailto:wrasheley@hotmail.com).

■ The Wheel Ride for Food offers half-metric, metric-century and 100-mile rides. Info: [www.mowabc.org/events/wheel-ride-for-food](http://www.mowabc.org/events/wheel-ride-for-food).

■ You don't associate dodgeball with the mountains, yet dodgeball it is. The 2009 World Champion Black Mountain Dodgeball officiates this adult, coed tourney. Info: [www.bmrecreation.com](http://www.bmrecreation.com).

■ Here's a more typical mountain sport, rock climbing. The Bouldermax 2011 is open to all ages. Info: [www.climbmax.com](http://www.climbmax.com).

## Sunday

■ The Urban Bike Challenge is a unique, multi-surface cycling event. Start with two laps around a track, then ride a road course, then hit the trails, and then back on the roads. Info: [www.pisgahareasoba.org](http://www.pisgahareasoba.org).

## Multiday

■ Can't get enough ultimate Frisbee? At the sports festival, you can play all weekend long. Ultimate tourneys are set for Friday, Saturday and Sunday in youth, high school and adult divisions. Also check out clinics throughout the weekend. Info: [www.ashevilleultimate.org](http://www.ashevilleultimate.org).

■ Even more flying discs will go airborne at the Disc Golf Challenge all weekend. Expect two putting competitions plus a full tourney during the three days. Info: [www.wncdiscgolf.com](http://www.wncdiscgolf.com).

## SPORTS FEST INFO

To see the full lineup of musical acts, or for more information on the Mountain Sports Festival, visit: [www.mountainsportsfestival.com](http://www.mountainsportsfestival.com).

## BREAKING OUT



STEPHEN MILLER / Asheville Citizen-Times

Everyone can give paddling a try at the Mountain Sports Festival.

### YOU CAN GO

Some of the top events:

#### Friday

■ The Rock2Rock 10K is a rigorous event on a technical and demanding course. Expect roots, rocks, downed trees, stream crossings and more. Info: [www.rock2rockrun.com](http://www.rock2rockrun.com).

■ One of the new events for the festival is a cyclocross contest—off-road cycling complete with barriers to tackle. There are three divisions. Info: [www.ashevillecyclocross.com](http://www.ashevillecyclocross.com).

■ Also new is a longboarding and skateboarding event. Skaters will compete in both track and slalom racing. Info: [www.ncdsa.com](http://www.ncdsa.com).