

# The Barker

## Running from Finals 5K Run/Walk

On Sunday May 4th at 3:30pm The Office of Housing and Residence Life will be hosting a "Running from Finals 5K Run/Walk" on University Heights. The event will begin at the crosswalk above Mills Hall, and loop around campus. This semester, a Faculty/Staff division has been added so that all of the UNCA community can participate! There is no registration fee, however t-shirts from the event will be available for \$10 for non-resident students. See you on Sunday afternoon!



## HEY SONGWRITERS!

UNC Asheville's Birds On A Wire is seeking new members!

- Network/Collaborate!
- Guest Speakers!
- 2 Annual Showcases!
- Create Affordable Demos!



Beatles Dance-a-thon Fundraiser!...Friday May 2nd, 7 PM in Karpen Lobby.

Contact Joe Telegen at [moodykidjoe@hotmail.com](mailto:moodykidjoe@hotmail.com) for more info!

## Stampede Coming to Asheville!

Stampede! The Sunset Stampede, a new community running event, is coming to Asheville, North Carolina on May 3, 2003. The Stampede offers an all-day health and fitness fair at the Grove Arcade, a kids' fun run, the choice of a 10-mile or 4-mile run or walk, a free outdoor concert, and a chili cook-off. This will be the inaugural staging of what event director, Becky Upham, hopes will be an annual event one day mentioned in the same breath as the Cooper River Bridge Run in Charleston, or the Bay to Breakers in San Francisco. Upham began planning the Stampede after helping organize a few smaller local races and really enjoying the process. "Asheville is such a beautiful destination, and the people here are great. I wanted to try to put on a race that would attract really great runners, but also encourage everyone from the beginning runner to the non-competitive walker to come out and enjoy some gorgeous scenery and a festive atmosphere. And I wanted to have the event in the evening so that we could throw a big party at the end!"

Upham hopes that the Stampede will bring out seasoned racers, but also persuade new runners or walkers who have never before thought about participating in an organized event to come on out. "I began running for the first time six years ago when my best friend invited me to train for a half-marathon on Kiawah Island; hopefully, this race will inspire friends and family members to set fitness goals and meet them." The course will be open and well-supported for a full three hours, so even folks doing a leisurely mosey will be able to enjoy the treats and drinks free to all participants. The first 1,000 registered runners get a 100% cotton long-sleeve Sunset Stampede race shirt. Kids in the fun run get their own special t-shirts, too.

The Stampede begins Saturday morning at the Grove Arcade with The East to West Health and Fitness Fair. This is "Event Headquarters," where participants will pick up their race numbers or register for any of the three runs. Then, Stampeders can take in live street entertainment—or sample from among the Fair's many exhibitors representing both Western and non-Western wellness traditions. Mini-fitness classes will also be offered. And after the races, the excitement continues. The "Round-Up" at the finish line, sponsored by Barley's Taproom and Pizzeria, includes a free concert in downtown's City-County Plaza, featuring The Two Dollar Pistols, The Camaros, and The Domino Kings. There's also a Chili Cook-Off (vegetarian chili will be available): a \$5 ticket goes directly to Big Brothers/Big Sisters of Western North Carolina and buys you samples of the various chilis.

Contact: Becky Upham, Event Director, The Sunset Stampede 828-253-0052

[www.sunsetstampede.com](http://www.sunsetstampede.com)

