

## SPORTS

## Ready to take off

### Dare to Fly Trapeze swings into Asheville

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Letting go is the hardest part about learning to fly.

Climbing the ladder to the narrow pedestal at Dare to Fly Trapeze, my heart gains a fearful weight as nervous hands question the logic of reaching for the next rung.

Luckily, a friendly face awaits. Sadye Osterloh stands on the pedestal singing an impromptu song with the explicit lyrics, "coming up the ladder." Her enthusiastic singing speaks to how much she loves her job.

"I'm up there with people when they come up the ladder and with them when they take their first, second and third leap," Sayde says. "It's really neat to just watch people go through the process of just com-

ing up the ladder experiencing the range of emotions they feel when they get up there."

Sayde handles my fear and excitement nonchalantly, singing to these emotions like a chanteuse psychologist.

"If they're excited I get excited with them. If they're scared I talk them through their fears and help them hop off," Sayde says. "It's cool to see them when they experience their first swing and then come back up feeling more and more confident."

Dari Layne, co-owner of Dare to Fly Trapeze at 456 Broadway in Asheville, stands beside the net guiding the swing, pulling safety lines and giving instructions.

"The two things people find the scariest initially are the ladder and taking off from the board," Dari says. "We do have

a saying: first time for fear, second time for fun, third time's a charm. First time, you will be scared. Everybody is."

For a basic class at Dare to Fly Trapeze, instructions are legs up, hook your knees, hands off, arch your back and reach, hands up, legs down. Following this recipe of movements result in the exhilarating basic swing and knee hang. The final set of instructions may produce a backflip off the bar with a cannonball landing on the net.

Of course, this is what takes place if I can follow the instructions.

"I will expect you not to do anything I tell you because most people have a hard time listening when they are that scared," Dari says. "Some people pick it right up, but nine times out of 10, people are in sensory over-

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Photo by Alysha Harris - Contributor

**Matt McGregor dares to fly.**



Photo by Jason Perry - Staff Writer

The Bulldogs leave their opponents in the dust.

## Men's and women's cross country teams push forward

**JASON PERRY**

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Runners swept along the woods at Asheville Christian Academy for UNC Asheville's home cross country meet this past Saturday.

The meet consisted of a men's 8k race and a women's 5k. After the college races were finished, two high school 5ks followed.

The course was mostly flat and snaked along the woods and farm behind the academy. The whole area is surrounded by the Appalachian Mountains, and the view was just as good as the racing conditions being 65 degrees with little to no wind.

Overall, the men's team placed second, with a third place finish from Dominic Collichio, 25:32.66, who was seven seconds off the top pace. Andy Thornburg placed sixth with 26:09.36, and Nathan Kirse finished seventh with a time of 26:13.19.

Adam Puett, head men's distance coach, was hoping for the win, but he was pleased with his top three runners.

"I thought that our front three guys did a great job of sticking to the game plan and racing hard," Puett says. "I think what happened is our 4, 5, 6 and 7 runners didn't push hard enough in the middle miles."

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