



Important sports centers and events in Nanjing's districts

LISHUI DISTRICT

The district has established a kart training center and a large-scale training center for residents.

The Wanchi Kart Training Center provides professional training. It also holds summer and winter camps for teenagers and aims to promote karting among the young.

The district also established a sports park in 2011. Many national basketball games have been held at the venue.

The district also has established five centers to produce soccer, basketball, badminton shuttlecocks, rubber balls and amusement park equipment. One of the enterprises in the centers produce badminton shuttlecocks among the finest in the world.

More than 3,000 people work for the seven sports enterprises in the district. The total sales of the enterprises have reached 600 million yuan.

JIANYE DISTRICT

The district, where most of the Youth Olympic Games competitions are being held, has an international exhibition center that occupies an area of 360,000 square meters.

The center is the venue for the boxing, taekwondo, fencing and weightlifting competitions for professional athletes as well as common folk. It is also equipped with professional doping test equipment.

The district's Longjiang Stadium, which is 12.7 kilometers away from the Olympic Village, provides a convenient training venue to locals.

It occupies an area of 25,000 square meters and provides excellent playgrounds for badminton and ping-pong enthusiasts. More than 300,000 people play in the stadium's badminton center every year.

The stadium also provides a tennis center. It features 11 professional playgrounds, a VIP lounge and restaurant.

PUKOU DISTRICT

The district provides venues for the country's mountain biking fans. In the Laoshan National Forestry Park, mountain biking tracks that span 15 kilometers have been laid out, of which five kilometers are for amateurs.

The Laoshan National Forestry Park occupies an area of 80 square kilometers, 80 percent of which is covered by forest.

Fun and games in the city

By Qin Aohui

The city of Nanjing has invested heavily in building playgrounds and sports centers for its residents in recent years.

The city now boasts more than 9,100 playgrounds covering about 16 million square meters. All of its 112 communities and townships have established their own sports centers to provide fitness facilities.

More than 206,000 trainers and volunteers provide advice and help to residents as they strive to keep fit, which means that for every 10,000 residents in the city there are about 20 trainers.

The local government said it has endeavored to provide convenient sports centers within 10 minutes' walk in each community.

"By the end of 2013, 70 percent of the sports centers were established in the city's urban area," said Yin Baolin, director of Nanjing's sports bureau. "By 2015, every community will have sports centers that are within a 10-minute walk.

"Many sports centers, for example the Wutaishan Stadium, provide free equipment and playgrounds for people. We hope they make good use of those centers to exercise better and improve their health."

The city also holds more than 1,000 competitions, of which 400 are large-scale events, for its inhabitants every year. They include a long-distance race during the new year's festival, a bodybuilding competition on Aug 8 and a "Walking Day" in September.



Government statistics show that more than a million people participate in the events every year.

About 100,000 residents take part in long-distance race, which has been staged for 31 years.

On "Walking Day", which has been held for 12 years, the participants enjoy beautiful scenery while strolling along the ancient city wall and through the Xuanwu Lake Park.

Also, the city has more than 100 *qigong* centers, in which experts teach people how deep-breathing exercises for free.

In the yearly dance competition, which has been held for more than 10 years, about 1,000 enthusiasts from around the country compete with each other and show the

audience the beauty of dance.

To attract younger spectators, the competitions, which used to be broadcast on TV, are now shown on the Internet.

Nanjing also holds many activities for local farmers.

Since 2009, a series of activities have been held in seven rural communities and more than 20,000 people have taken part.

Also, according to local government, every year more than 10,000 residents receive physical examinations for free.

The local government said it allocates at least 50 million yuan (\$8.12 million) to sports a year to support its development and that more can be expected in the future.