

### What is the Spirit Challenge?

Spirit Challenge, our annual spring fundraising event, offers Thousand Waves members and fitness enthusiasts the opportunity to take on both physical and “fiscal” challenges in support of Thousand Waves. Participants sign on for athletic and martial challenges and set a fundraising goal for themselves. They train for the events they will be entering and solicit pledges from family, friends, and colleagues.

Events take place on Sun. May 30<sup>th</sup>, Sat. June 5<sup>th</sup>, and Sun. June 6<sup>th</sup>. Funds raised – the 2010 goal is \$60,000 – support Thousand Waves’ scholarship fund, Adapted Seido Karate and Violence Prevention programs.

### How do I register for Spirit Challenge?

The easiest way is online at [www.thousandwaves.org](http://www.thousandwaves.org). Click on the Spirit Challenge logo and you’re on your way. You’ll be able to set up your own web page (it’s really easy!) and solicit contributions by email. Family groups can register together and create a family web page. You can also register and turn in pledges at the front desk.

Registration fee: \$35 on or before May 15<sup>th</sup>; \$40 after May 15<sup>th</sup> (includes Champion double-dry technical t-shirt)

Bike the Drive additional registration fee (includes BTM t-shirt) \$37 adults; \$15 for youth age 17 or younger

### Fundraising Challenge

As a non-profit, Thousand Waves holds two major fundraising events annually: Spirit Challenge in the spring and the Punch & Kick-a-thon in the fall. We ask our members / families to try to fundraise a minimum of \$200 one time each year. A variety of resources for fundraisers are available on the Spirit Challenge website including templates for emails you can use to solicit pledges and links to video clips about Thousand Waves.

And we’re offering some great prizes to inspire you to do your best. Everyone who raises **\$200 or more** (in addition to the registration fee) will be entered into a raffle and have an opportunity to win great prizes including 4 VIP passes to the Shedd Aquarium, 2 Tickets to Steppenwolf Theater, and many more. Winners will be drawn on Sunday, June 6<sup>th</sup> at the Drucker Center, but you needn’t be present to win.

Those who take on the **Ultimate Fundraising Challenge** and raise **\$1,000 or more** will be invited to a private celebratory dinner at the home of our Executive Directors, Nancy Lanoue and Sarah Ludden, on Saturday, June 12<sup>th</sup>. At the party, five fabulous prize packages will be awarded to the top fundraisers, including a week’s stay at a fabulous beach house in Lakeside, Michigan, a bike from On the Route bikes, an IPOD Touch, as well as fun packages for free adventures, indulgences, and dining, sporting, and cultural excursions.

### Opening Event, Sunday – May 30th

#### Bike the Drive on the TW Spirit Challenge Team

Time: 5:30 to 10 am  
 Location: Lake Shore Drive, Between Bryn Mawr and the Museum of Science and Industry  
 Start: Columbus and Jackson  
 Course: 15 or 30 miles, or do two complete loops for a 60 mile ride  
 Open to: All TW members & their family  
 Children 14 and younger must be accompanied by a parent / guardian.

MB Financial Bank Bike the Drive provides you with hours of bicycling nirvana. Cruise up and down the entire length of Chicago’s famous Lake Shore Drive without a car in sight! Pedal as fast or slow as you want – it’s your ride! Take in the striking skyline as you breeze along sparkling Lake Michigan. Whether you are a racing star or you are bringing your family for a leisure ride, Bike the Drive is the perfect way to kick off your Chicago summer! Bike the Drive benefits the Active Transportation Alliance.

### Events Saturday – June 5th

#### 3 / 6 / 9 Mile Run – Walk

Start Times: 9 Mile Runners & Walkers – 8:30 am  
 3 and 6 Mile Runners & Walkers – 9:00 am  
 Location: Along Lakefront running path  
 South of 31<sup>st</sup> Street Beach  
 Open to: TW members, family, and friends. Children under 12 must be accompanied by an adult.

Free childcare is available for TW parents.

Improve your cardiovascular endurance by training for and completing a 3, 6, or 9 mile run or walk along the lakefront running path. Set a goal of increasing your distance this year or shaving a couple of seconds or minutes off your time from last year. Or join us for your first walk/run challenge. We will have course markers as well as enthusiastic volunteers to support you in achieving your goal. Water and sports drinks will be available for you at the Start/Finish and along the path.

#### Soul Survivor Muscle Endurance

Time: 10:45 am  
 Location: On the lakefront south of 31<sup>st</sup> Street Beach  
 Open to: All TW teens or adults

Improve your muscular endurance by training for and completing a circuit of fitness challenges. Exercises in this event include full body push-ups, sit-ups and three static holds – horse stance, V-sit, and Bridge. Either sets of repetitions or sets of timed periods must be completed with proper form. Judges will monitor and participants will be disqualified as their muscle endurance is maxed out. This event is a challenging but friendly competition to see who will be the “soul” survivor for each exercise.

## Events Sunday, June 6th

### Sparring

Time: 10:00 to 11:00 am  
 Location: Drucker Center, 1535 N. Dayton Street  
 Open to: Jr black belt teens and adult green to black belts

Sparring will consist of a full hour of two-minute rounds of free sparring with 30 seconds of rest in between each round. Consistent training in sparring classes is recommended for those who wish to undertake this challenge.

**New this Year:** In hope of increasing participation and providing more equal levels of intensity and challenge for students of different sizes, ages, experience, and athletic ability, there will be **TWO Divisions** which will run at the same time.

**How to Select your Division:** Assess yourself with regard to the following guidelines, and choose the division that seems to best describe you overall. JS Nancy or K Sarah will be happy to help you decide which division is right for you.

#### Division 1 is for those who:

- Are shorter and/or smaller
- Have less muscle mass
- Have limited mobility
- Are older/ or very young
- Are less experienced and/or skilled
- Have injuries/areas of vulnerability

#### Division 2 is for those who:

- Are taller and/or larger
- Have more muscle mass
- Are faster and more mobile
- Are young adults in their physical prime
- Are more experienced and/or skilled
- Have no injuries

### Shugyo Kihon Challenge

Time: 11:15 to 12:15 pm  
 Location: Drucker Center, 1535 N. Dayton Street  
 Open to: all TW teens and adults

Shugyo means "austere," and this intense, traditional basics training, using Seido karate's most fundamental techniques - strikes, kicks, blocks, and stances - led by Jun Shihan Nancy, will be very stark and formal. Up and down the floor we will move in perfect synchronicity, creating buckets of sweat and a powerful wave of focused energy as we push the limits of our bodies' strength, flexibility, endurance, coordination, and balance. You are guaranteed to feel cleansed and exhilarated by your accomplishment of the Shugyo Kihon Challenge.

### Kata

Time: 1:00 to 2:00 pm  
 Location: Drucker Center, 1535 N. Dayton Street  
 Open to: Jr. black belts and blue to black belt adults

For the 2010 Kata Event, each participant will work with Jun Shihan Nancy to create a personal kata performance plan, incorporating all the katas they know, and then execute the plan during the event. Everyone will have his/her own space to work in, and will work independently. The goal for all participants is to perform their katas with speed, power, and precision, maintaining sharp mental focus and taking few or no breaks, for the full hour.

### Art with Heart Performance

Time: 2:30 to 4 pm  
 Location: Drucker Center, 1535 N. Dayton Street  
 Open to: all TW teens and adults

Commitment Deadline: May 1<sup>st</sup>  
 Final Run Through: Sat, May 29<sup>th</sup>, 4 to 6 pm

**Brown and Black Belt Adults:** Working alone or with other members, create a performance piece (2-4 minutes in length). After registering for the event, give JS Nancy a description of your piece and who is in it. The dojo will be available for rehearsals on Friday evenings and Sunday afternoons during May.

**Brown and Black Belt Teens:** Senpai Carmina will work with this group to choreograph and rehearse a dynamic piece featuring all the things teens love to do! Required rehearsals will be during Wed teen class throughout May.

**White through Adv. Green Belt Teen & Adults:** Kyoshi Sarah will work with students from these ranks to choreograph a piece based on basics, partner work, and kata that you already know. Required rehearsals will be held on Thursdays from 6:30 to 8 pm, May 13<sup>th</sup> and 20<sup>th</sup>.

### Board Breaking Challenge

Time: 2:30 to 4 pm  
 Location: Drucker Center, 1535 N. Dayton Street  
 Open to: all TW teens and adults who have broken at least one board

Commitment Deadline: May 1<sup>st</sup>  
 Rehearsal: Sat May 22<sup>nd</sup>, 4 to 6 pm

The Breaking Challenge will be incorporated into the performance. Performers will be divided into 3-4 groups of breakers, and each group will be assigned a place within the show. During the rehearsal, JS Nancy will work with each group to plan their entry, set up and execution of the breaks. In the performance itself, there will be no "practicing". People should choose breaks that they've done before, and can do with confidence, and/or they should practice on their own and work on the heavy bag or *makiwara* in the weeks leading up to the event.