

Annual Event Calendar 2008



Summer	Jan	14th Jan				Notes
		Evolution Outdoors starts				8 week challenge: An optional challenge. Choose your goal of fat loss, endurance or both. Training sessions are geared towards this end and there are also continual assessments throughout the 8 weeks. You're incentivised to keep improving by a simple and fun rule called "if you gain you lose ". Trainers take on the challenge too. Prizes will be awarded!!
	Feb	18th Feb	19th Tue			Notes
		8wk challenge starts	Athletes Foot Evening			Athlete's Foot Evenings: sign up to understand more about your own foot structure and gait with expert advice from a podiatrist and AF sales staff. Evening based at Athlete's Foot store, Westfield, Bondi Junction.
Mar	10th March	20th March			Notes	
	Summer Cleanse ends	Summer Cleanse ends			10 day cleanse: A fantastic way to cleanse, detox, and reinvigorate yourself. At the same time you will increase your knowledge base, improve your fitness, reduce body fat levels and treat your body to 10 days of wholesome food.	
Autumn	Apr	12th Apr	9th Apr		28th Apr	Notes
		8wk challenge ends	Social Evening and Awards		24 again challenge starts	24 again challenge: A great little incentive to attend 24 sessions over an 8 week period (that is only 3 sessions per week). Achieve that goal and go into a draw to win a prize.
	May	18th May		26 - 30 May		Notes
		SMH Half Marathon		Skins' ordering week		SMH Half Marathon: Sydney's premier half marathon event. Always a popular event at Evolution. We schedule optional longer runs to help people train and there will be others from Evolution to cheer you on. Jump in, sign up, surprise yourself!
Jun	2nd - 8th June	21st June	22nd June		Notes	
	Evo "Beat It" Heart Week	24 again challenge ends	Kathmandu Sprint Series Event		Evo "Beat It" Week: we will be focusing on the heart during sessions, teaching you how to measure heart beat and use it as a guide during training.	
Winter	Jul		8th Jul	14th Jul		Notes
			Athletes Foot Evening	8 wk challenge starts		Kathmandu Sprint Series Event: This partner event in June is a great introduction into adventure racing. Based over manageable distances, it involves biking, trail running and paddling. This one is set in the Royal National Park, SYD.
	Aug	13th Aug	23rd Aug			Notes
		Winter Cleanse starts	Winter Cleanse ends			Social Evening and Awards: There are 2 mid-week social evenings in the calendar, coinciding with the end of 8 week challenges. These evenings are a great opportunity to see Evolution from a different perspective, acknowledge your achievements and make friends.
Sep	6th Sept	10th Sept		21st Sept	Notes	
	8wk challenge ends	Social Evening and Awards		SYD Running Festival & BBQ	SYD Running Festival: With different distances on offer, this event caters for all those looking for a challenge. Full / half-marathon / 9km Bridge Run / 4km Family Run. We will be there cheering you on. Enjoy a BBQ afterwards to celebrate.	
Spring	Oct	11th Oct	20th Oct	24th Oct		Notes
		Inter KLIK Challenge & BBQ	24 again attendance challenge starts	Weekend Retreat		Weekend Retreat: The retreat runs from Friday evening until Sunday afternoon at a beautiful location less than 1.5 hours from Sydney. It is a weekend of fun, relaxation, fitness, nurturing, learning, kicking back, relaxing, great food. Inter KLIK Challenge: A Saturday of inter KLIK games and fun. Meet other members from other KLIKs and compete against them for the title of "Crème de la KLIKs". Fun, food and socialising with a BBQ afterwards.
	Nov	4th Nov	12th Nov	22nd Nov	22nd Nov	Notes
		Athletes Foot Evening	Spring Cleanse starts	Spring Cleanse ends	Urban Max Adventure Race	Urban Max Adventure Race: this is a great, fun physic and mental challenge as you and a partner tear across Sydney to solve clues, find check points and unearth the finish line.
Dec	7th Dec		13th Dec	15th Dec	Notes	
	End of Year Christmas Drinks!		24 again challenge ends	Casual Holiday Timetable Starts	The 2008 training timetable finishes on 15th December. Memberships frozen till the New Year. But in case you want to train over the Xmas / NY period we run a casual (pay-as-you-go) timetable.	

Red - events incorporated into the program to keep you focused, motivated and having fun

Blue - challenges focused on fitness and weight loss

Green - much needed get always to nurture and replenish

Black - social evenings and events to support the evolution community

ETW contact details: Mike: 0438 13 15 17 e-mail: mike@etwgroup.com www.etwgroup.com



Jackie's Sports Massage Therapy T 02 9261 4071

Level 6, 185 Elizabeth Street,
Sydney NSW 2000

E info@jackiessportsmassage.com

W www.jackiessportsmassage.com



www.healthemporium.com.au

02 9365 6008