

# EVENTS 2010

## Evolution Outdoors



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### Colour coded Events

Red - events to keep you motivated & focused on your fitness goals

Blue - social gatherings to unwind & support the evolution community

Green - events to transform the way you feel, nurture and replenish

### SUMMER 2010

JANUARY	FEBRUARY	FEBRUARY	FEBRUARY	FEBRUARY	MARCH
Monday 11th	Monday 1st	Saturday 6th	Monday 8th	Saturday 27th	Saturday 27th
First session of Evolution Outdoors for 2010	"FebFast"	Dragon Boat Racing	Sweet 16 Attendance Challenge starts	Evolution Lawn Bowls Afternoon	Inter-KLIK Challenge 2
Get the year off to the right start. Make sure you set some goals for yourself and speak to your Evolutionary about them	An annual education, awareness and fundraising campaign that invites people to participate in a booze-free February, and at the same time raise funds for charity	Come and get your dragon on!!! Join in the fun of this ancient Chinese rowing & drum-beating smackdown	Challenge yourself to attend a total of 16 sessions during a 4 week period and be rewarded for your efforts. You'll feel empowered and will help your KLIK win the challenge	Get your feet on the grass and have some fun in the sun with barefoot bowls. It's lawn bowls gone casual and just the thing to do on a Saturday afternoon	Come along and represent your KLIK as you compete against the other KLIKs in different races & games during a fun filled day

### AUTUMN 2010

APRIL		MAY	MAY		JUNE
Thursday 15th		Saturday 15th	Monday 31st		Friday 25th
Social Night		"Relay for Life"	Sweet 16 Attendance Challenge starts		Evolution Oscars Awards Night
Join your fellow KLIK members for an evening out full of great food, drinks and camaraderie		It's not a race, teams of 10-15 people take turns to walk or run around the track. A huge part of Relay For Life is the atmosphere - it's a carnival and celebration, but also a heart-warming time to reflect & share experiences	Challenge yourself to attend a total of 16 sessions during a 4 week period and be rewarded for your efforts. You'll feel empowered and will help your KLIK win the challenge		Get dressed up and have your acceptance speech ready.... if your Evo performance has been worthy!

### WINTER 2010

JULY		AUGUST	AUGUST		SEPTEMBER
Saturday 3rd			Saturday 21st		Sunday 19th
Tough Bloke Challenge			Amazing Evolution Pub Crawl Race		Sydney Running Festival Bridge Run
Join Team Evo for an off road running event that combines the challenges of cross country running, man made and natural obstacles, water crossings, mud and some unexpected surprises.			Part adventure race, part scavenger hunt with a mix of the amazing race. Teams will race through the heart of the Eastern Suburbs completing a variety of activities along the way		Join Team Evo in running over the harbour Bridge in a fun run. Choose either 4, 9, 21 or 42km, and run for your life!!

### SPRING 2010

	OCTOBER	NOVEMBER	DECEMBER	DECEMBER	DECEMBER
	Saturday 16th	Saturday 20th	Saturday 4th	Saturday 4th	Saturday 11th
	Inter-KLIK Challenge 3	"Urban Max" Adventure Race	"Mud Run"	Evolution's End of Year Party	Last session of Evolution Outdoors for 2010
	Come along and represent your KLIK as you compete against the other KLIKs in different races & games during a fun filled day	Part adventure race, part scavenger hunt with a mix of the amazing race. Teams of two race through the heart of the city completing a variety of activities along the way	A cross country run with some natural and often muddy obstacles to challenge competitors. Get ready to get messy!	After a long year of training hard, it's time to unwind and celebrate amongst all Evolutionites	You've trained hard all year. You deserve the break. See you in 2011 for another great year.