

Breathwork & **Team** Crucible Event

Saturday, October 18, 2025

Fundraiser for the
Mark Divine Courage Foundation



Location & Date

 **Plaza Fitness**
131 Moore Lane Billings,
Montana 59101

 **Saturday, Oct 18, 2025**

 **8–11 AM** Breathwork
Training

12–6 PM Team Crucible
Challenge

What to Expect

Morning: Learn and experience, calming and performance-enhancing breathing techniques in a classroom-style setting.

Afternoon: Apply breathing and awareness skills during team-based physical challenges. Activities are scalable for all fitness levels.

Coaches will step in anytime a participant feels overwhelmed, guiding them through breath and awareness resets.

Expect teamwork, encouragement, and moments of **"Wow, I never thought I could do that!"**

Event Objectives

- **Raise funds for the Courage Foundation**
- Introduce participants to CF's training program
- Apply mindfulness and breathwork in real-life challenges
- **Build teamwork, resilience, and confidence**

Fundraising & Registration

Entry Fees

\$150 – Morning Breathwork or Team Crucible

\$200 – Both sessions

\$600 – Full 6-person team package

Corporate Sponsorship Levels

\$500 • \$1,000 • \$5,000

Fundraising Contest: Top fundraiser wins dinner with Dave, Pam, and Jim.



All proceeds are tax-deductible through the Courage Foundation (501c3).

Free Prep Zoom Session:

Meet event facilitator Dave Weber on
Tuesday, October 7 – 7:00 PM (MT):
ask questions, get ready for the event (details below).

Detailed information
on the next page



Detailed Event Information

Save The Date: Tuesday, October 7 – 7:00 PM (MT)

Free Prep Zoom Session

Meet event facilitator Dave Weber, ask questions, and **get ready for the event** (share these links with anyone that is interested in learning more about the event).



[Join Zoom Meeting](#)

Meeting ID: 830 5318 7423 | Passcode: 738086

Event Schedule

8:00 – 11:00 AM

Courage Foundation Breathwork & Mindfulness Training

- Interactive session led by Dave Weber
- Learn breathing and awareness techniques to stay calm and perform under stress
- Learn day to day living skills to optimize your mindset and wellbeing

11:00 – 12:00 PM

Lunch & Changeover

- Light lunch (please bring your own food/snacks)
- Change into exercise clothes

12:00 – 6:00 PM

Team Crucible Challenge

- Teams of 6 work together to complete scalable physical and mental challenges
- Coaches provide support and guidance throughout

6:00 – 7:30 PM

Event Debrief + Team Social Dinner & Campfire

Event Overview

- Fundraiser for the Mark Divine Courage Foundation (CF)
- **Two parts:**
 - 1. Breathwork Training** (8–11 AM)
 - 2. Team Crucible Challenge** (12–6 PM)
- **Participants may choose to join either or both parts.**

Meals

- **Morning snacks (provided):** Coffee, water, juice, fruit, muffins
- **Lunch (bring your own):** Nutrient-dense food/drinks encouraged
- **During the Team Crucible:** Please bring/ provide the hydration and snacks that work best for you. The event will have very limited selection available.
- **Dinner (6:00 PM):** Food trucks available onsite (alcohol-free event recommended)

Please
register or
donate via QR
code.



Detailed Team Crucible
information: next page



Detailed Team Crucible Information

Team Crucible Challenge

- Teams of **6 participants**
- **Work together** to complete the 3 mile circuit around the 1-mile loops with activities after each lap
- **Event scaled for all levels:** “hard chargers” to casual pace
- Teammates must remain within arm’s reach at all times (except restroom breaks)
- **Focus is on teamwork**, not just individual physical ability
- Teammates **can assist each other with all activities** (including pull ups)
- **All activities are 100% optional**
 - If you are not able to do pull ups, you do not have to do them, your teammates will help out
 - If you do not like getting in an ice bath, you do not have to, **your teammates will help out**

Example Circuit (repeat this circuit as many times as possible):

- **Loop 1:** 1-mile sandbag carry + ice bath (2 teammates, 1 min)
- **Loop 2:** 1-mile weighted ruck + 5 to 20-min recovery breathwork and guided meditation by Dave Weber, to help you apply the training real time
- **Loop 3:** 1-mile run/jog/walk + 100 pull-ups, 200 push-ups, 300 air squats (shared by team)

For further information reach out to David Weber via david.weber@couragefoundationusa.org, or join the zoom meeting on October 7, 2025 - 7:00 PM (MT).

Equipment

- Pull-up rig (TRX and elastic bands available)
- Sandbags (10–60 lbs; participants can bring their own)
- Ice bath tub
- Whiteboards for course instructions and mindfulness reminders

Divisions

- With weight vest/ruck: 20 lbs (men), 10 lbs (women)
- Without ruck: Bodyweight only

Team Options

- Corporate teams
- Friends/buddies
- Families
- Veteran-sponsored teams
- Random assignment

What to Wear

- Clothes suitable for exercise: sweat, dirt, and water (non-cotton, quick-dry recommended)
- Durable hiking shoes/boots (broken in)
- Optional: hat, belt

Families Welcome!

Families are encouraged to attend and cheer on participants. Bring lawn chairs, make signs, and support your team!

Please
register or
donate via QR
code.

