

2025 UMAC KICK-A-THON



CHAMPIONS 4 CURES SUPPORTS:



SATURDAY, APRIL 5 TH, 2025

9 AM START



For more information, contact
914-945-7100
Briarcliff@umacnation.com



About the Kick-A-Thon

When: April 5th 2025

Where TBA

- **9am:** Registration opens
- **9:30am:** Welcome speech and demonstrations
- **10am:** Kick-A-Thon Begins
- **11am:** Fundraising prizes and raffles are distributed
- **12pm:** Championship begins

"Give without memory, receive without forget," Grandmaster Byung Min Kim

The goal of the Kick-A-Thon is to bring together the UMAC community in support of those who are fighting illnesses in the hopes that we can support them through their struggles and help in the fight to find a cure. The Kick-A-Thon aims to raise money by doing what we love, taekwondo, and inspiring students to influence their community positively!

The Kick-A-Thon is a fundraising event where students will do a thousand kicks between their taekwondo classes and the event and ask their community to donate to their campaign. All money raised will be donated to the societies that Champions4Cures supports.

These include:

The Leukemia & Lymphoma Society
The National Multiple Sclerosis Society
The Susan G Komen Breast Cancer Foundation

How to Participate:

1. Register for the Kick-A-Thon online.
2. Ask friends, family, and your local community if they will donate (Please see page 4 for more information on what to say).
3. Show them the attached QR code where they can donate and put your name as the participating kicker or collect checks and cash in an envelope (all envelopes MUST be handed in before the Kick-A-Thon).
4. Track your donations and hand in donations before the event to receive prizes!
5. Attend the Kick-A-Thon and do a thousand kicks!!!

Fundraising tips!

Tell family and friends your WHY and ask them to donate
Use phone calls and email to reach people
Host an event and donate all proceeds
Use social media to connect and share your why
Ask companies if they will match or donate
Remember to have fun!



IN HONOR OF SHELLA RENG



In 1997, Master Steven Reng's mother, Shella, was diagnosed with breast cancer. Luckily through the latest medical research and advances at the time, she was able to beat it. Then, 27 years later, in August 2024, she was diagnosed again. Due to frequent testing and early detection, she was able to remove the cancer before it could spread. She had a double mastectomy and reconstruction and today can move forward with every hope of a long life ahead. Shella, Master Reng and their family are so grateful for all the medical research and advancements that have been made, and for having access to great medical care. Not everyone is so lucky. That is why it is so important to support organizations like Susan G. Komen, whose approach is to end breast cancer through research, care, community and action.

Let's kick hard for Shella Reng



WHY WE KICK!



Karl (Grandpa) Anderson



About five years ago, Mrs. Berlow received a phone call letting her know that her father, (Grandpa) Karl Anderson, had been diagnosed with Lymphoma. The initial shock was extremely hard to handle, however we immediately thought of LLS, and within minutes, she was on the phone with the director of the local LLS chapter and was told who the leading doctor was that he should see. Within hours, Mrs. Berlow had a conversation with the doctor's office, and an appointment was made. Within a week, (Grandpa Karl) met with the doctor and was told that his lymphoma was treatable. Last summer, Karl Anderson, who has been positive since day one and an example of Black Belt character, passed away.

Every 3 minutes, one person in the US is diagnosed with blood cancer, and we have become passionate volunteers and advocates for LLS – so that one day, we truly can win the battle and end the suffering that so many families have to endure.

Let's kick hard in memory of Mr. Anderson!

Annie (Nana) Pearl Lowe Edwards

Annie Pearl Lowe Edwards, affectionately known as Nana, battled with MS for over 30 years. No matter how the disease progressed, even after limiting her sight and taking her ability to walk, she always had a smile, a word of wisdom, and a blessing for all she met. As a devout Christian and member of Park Street AME Zion Church in Peekskill, NY, she credited her faith in God and her love of her family as her strength. Her departing wish was that people donate to someday find a cure for Multiple Sclerosis, the disease that, although it physically forced this angel to sit down, was unable to stop her unyielding soul and spirit from soaring. "We," her family and friends, intend to honor that wish and raise as much as we can to help to do just that! We are asking for your help. Will you join us by making a donation?



Let's kick hard in memory of Annie Edwards!

Catherine Glaab



Catherine Glaab is the mother of our very own Master Savannah Glaab and her sister Casey. Anyone who walked into a room with Catherine would immediately feel her warmth and cheery personality. What is truly remarkable is how Catherine easily kept in touch with those she cared for. Whether through letters, birthday cards, or really long phone calls, she was sure to make everyone she spoke with feel special. Catherine passed away on July 13, 2023. In 2005, she was diagnosed with Breast cancer, which she fought bravely in 2005 and 2012 when it returned, and it was discovered again in 2018 when it spread to her bones and eventually spread throughout her body. Catherine was not one to bring to attention her fight and fought this battle with few knowing the truth as her love for others overrode her pain as she continued to live a life full of love and selflessness, celebrating and supporting others even under such limiting circumstances.

Let's kick hard in memory of Catherine Glaab!

FUNDRAISING INCENTIVES!

Our goal as the C4C & UMAC community is to raise money and awareness to support these charities. We know that having a challenge makes what we do fun.

Based on how much students raise, you can reach the different incentive levels listed below. Take a look and challenge yourself to see which level you can reach!

MASTER LEVEL



RAISE \$5,000

Earn a top fundraising plaque, “top fundraiser” hat, event t-shirt, portable battery pack, and event sweatshirt

BLACK BELT LEVEL



RAISE \$2,500

Earn a fundraising trophy, event t-shirt, portable battery pack, and event sweatshirt

RED BELT LEVEL



RAISE \$1,000

Earn a fundraising medal, event t-shirt, portable battery pack, and event sweatshirt

PURPLE BELT LEVEL



RAISE \$500

Earn a fundraising medal, event t-shirt, and portable battery pack.

GREEN BELT LEVEL



RAISE \$250

Earn an event t-shirt and portable battery pack.

YELLOW BELT LEVEL



RAISE \$100

Earn an event t-shirt

TRACK YOUR HARD WORK!

Participant Name: _____ UMAC Location: _____
 Fundraising Goal: _____ Contact Info: _____
 Your Why: _____

Name Of Donor	Donor's Email:	Amount Donated:

Total Raised: _____

DONORS CAN ALSO SCAN THIS QR CODE TO DONATE!

PLEASE NOTE: ALL CHECKS SHOULD BE MADE OUT TO CHAMPIONS4CURES WITH STUDENT'S NAME IN MEMO

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