

# **Athletes Set New Records for 1000 Arrow Challenge**

January 28, 2010 by Guy Krueger

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Guy Krueger USA Archery

Chula Vista, CA – The Resident Athlete Program held the Annual 1000 Arrow Challenge on December 11, 2009. This year's challenge began around 5am as the athletes attempted to conquer the task of shooting 1000 arrows in 1 day.

Several new records were broken this year including the fastest time to shoot 1000 arrows by a male archer, the fastest time to shoot 1000 arrows by a female archer, and the most arrows ever shot in the 1000 arrow challenge. Tyler Schardt completed his 1000th arrow after an amazing 5 hours of shooting. Heather Koehl had the second fastest time and fastest time by a female at 5 hours and 50 minutes. Cassandra Wolf, a local athlete who trains on site, shot the most number of arrows ever in the 1000 Arrow Challenge of 1100 arrows!

The 1000 Arrow Challenge marks the finale of the fall training for the Resident Athletes. The following athletes completed the challenge this year: Brady Ellison, Joe Fanchin, Nick Kale, Josh Smith, Tyler Schardt, Kristin Braun, Emily Blake, Heather Koehl, Jessica Gibbs, and Cassandra Wolf.



## Training Break

# The 1000 Arrow Challenge

THE 1000 ARROW CHALLENGE is a test of both the mind and the body's ability to cope with pain, boredom, strength, and endurance. In one solid training session, archers will shoot 1000 arrows consecutively, a feat lasting easily eight hours. The fastest time on record is a few minutes more than six hours. At this rate, the record-setting archer knocked one arrow, shot it, *and* pulled it from the target every 21 seconds, for 1000 shots in a row. The ultimate test of the human body, technique, and biomechanics, only archers who shoot with correct form can maintain such a physical performance for eight hours straight. All of the techniques described in this book have stood up to the 1000 arrow challenge and have kept archers who use them effectively safe from injury. (Any archer attempting this should have professional supervision and months of prerequisite training to avoid injury).

Dozens of archers have all completed the 1000 arrow challenge without adverse physical effects. If 1000 arrows seems excessive for a single day, it is not for strength that archers attempt this grueling training experience. The psychological benefits are the biggest gains made during this difficult day. Shooting a 144-arrow FITA will have never before felt so easy. A 300 or 400 arrow training day will barely touch the physical and psychological depths an archer must reach to finish the 1000 arrow day. Even the most proud will find himself humbled by the ache in his fingers and the ever present thought, "Am I done yet?"

The 1000 arrow challenge is a wonderful capstone to mark the end of a long training cycle. By giving athletes a goal to strive towards, its successful completion can give anyone the confidence and maturity to step away for a few weeks. With a big task under the belt and some relaxation with loved ones, athletes can come back ready for competition.

It is hard enough to pull the bow back 1000 times, but pulling 1000 arrows out of the target is also quite a feat. When attempting the challenge, have a good target buttress and plenty of arrow lube nearby!

