



TEAM SWEATY SHEEP

TRIPLE CROWN TRAINING TEAM STARTING TUESDAY JAN. 22ND

- *Monday Zumba at Cardinal Towne
- *TUESDAY 6:30 PM GROUP RUNS AT CARDINAL TOWN (UofL)
- *Wed. Optional 6:30 pm Yoga
- *Thursday Christian themed spin Class 6:30 at Cardinal Towne
- *Sunday Morning Coffee Run in Cherokee (FREE COFFEE and snacks!)

Optional tuesday Bible Study at 5:30pm starting in February
Sunday morning Pre-run devotionals and optional post-run discussion

ALL THAT FOR A SUGGESTED DONATION OF \$25!!!

You will have a team of coaches that run a variety of paces including both Triathletes and endurance runners. Your contribution gets you a dri-fit racing shirt and more training options than any program in Louisville! You will be making a difference in our community and the world being part of a team supporting Waterstep, FCA Endurance, Bluegrass Achilles, and Sweaty Sheep Ministries

Join at anytime during the program, which lasts through the April 27th Derby mini/marathon. Simply email Ryan at Runningmango@msn.com, call (443)223-7334 and come out to run! or check out www.sweatysheep.com

Hope to see you soon... GODSPEED

