

Pyoca Weekend Tri/Training Retreat!

When: May 24th-26th 2013

Where: Pyoca Camp and Conference retreat Center
886 East County Road 100 South
Brownstown, IN 47220



TEAM SWEATY SHEEP

What: We have been approached by one of our church camps to see if we would like to "take over" the property for a little Triathlon Retreat. We wanted to make this a weekend that folks could devote to either racing, training, or relaxing and hope that you join us!! All the events on the schedule are optional and you are more than welcome to come out simply to enjoy a vacation weekend.

Schedule:

Friday 2pm: We will be hosting a bike ride for those interested in biking to the camp. The route is just under 60 miles and we will be leaving from the Brown Forman amphitheater at 2pm. We will have the Sweaty Sheep Trailer down there at 1pm and you are welcome to put anything that you would like to have with you for the weekend in it (it has plenty of room and will beat you to the camp!)

7pm: Spaghetti Dinner (donation of \$10)

8:30pm: Campfire time! We will have a short service, marshmallows, etc!! You are free to utilize the camp trails and lake and we will have optional games and fun going all evening from the time that folks arrive until they all collapse!

SATURDAY:

Breakfast whenever you wake up! Free for anyone doing the tri, \$5 for non-racers

7:15am: Morning devotional and music, warm-up!

8am: Sprint Tri Start!!!

The remainder of Saturday is yours! We will have several options including hikes, swimming, sports, etc for those interested and are completely open to and will help anyone that would like to lead an activity, ride, run, etc...

Other stuff: -This is a really great family weekend so please bring the kids, the neighbor, etc...
- You have the option as well of staying Saturday night if you would like to continue to enjoy the retreat! Let us know!
-There IS tent camping available for those who would like to save some money!
-You can come out at any time on Friday starting at 2pm or on Saturday just to spend the day!

Additional Info available by emailing Alex@sweatysheep.com or Ryan@sweatysheep.com

Camp Website: www.pyoca.org

You can call Ryan at (443)223-7334

WE HOPE TO SEE YOU THERE!!!