

**September 19th-21st  
Endurance Athlete Fall  
Training Retreat**

**Cedar Ridge Camp  
and Retreat Center**

4010 Old Routh Rd, Louisville Ky 40299

[www.cedarridgecamp.com](http://www.cedarridgecamp.com)



**Featuring:**

- Several Daily Run options (varying distances, pace, and terrain) for beginners to ultra runners
    - Cooking classes and nutrition lectures
    - Cycling and Open-water swimming options
  - Recreation time with canoeing, zip-lining, kickball, hiking, etc...
    - Yoga/Pilates classes
    - Nightly bonfire and ecumenical worship
  - Private and group cabin options as well as tent camping
    - Family friendly
- SUNDAY OLYMPIC TRIATHLON OPTION!!**

We hope that you will all feel welcome at our first try at an Endurance camp. All levels of athletes and/or aspiring athletes are more than welcome. This is not an elite camp but an opportunity to get to know the great community that we have here in Louisville! Feel free to come out and not bring running shoes (loungue by the pond and listen to the birds) or to treat this as an intense weekend of training... whatever your goals, we want to make this camp yours!

**How are you prepping for the best fall racing season of your life?  
Join our community in sweat, fun, fellowship, and learning in the  
beautiful Floyd's Fork Park**

**BYOB Beer, Wine, and snacks (BRING YOUR FAVORITE TRAINING DISH TO SHARE)**

**Registration:**

**1 night (fri or Sat) + meals- \$80 bunk, \$50 tent**

**2 nights + meals- \$120 cabin/ \$80 tent**

**Day only- \$50 all classes, meals, activities on Saturday  
or tri registration on Sunday**



**TEAM SWEATY SHEEP**

Register at [www.headfirstperformance.com](http://www.headfirstperformance.com) or send a check and specify your package, made out to Headfirst, to 1040 Cherokee rd #f2 Louisville 40204. Questions? Contact Ryan Althaus at 443-223-734 or [Ryan@sweatysheep.com](mailto:Ryan@sweatysheep.com)