

Upcoming Events

Visit us at www.sweatysheep.com for Info!

3rd Tuesday Church: This is an alternative and FUN service to break up your week and add a little community fellowship to an otherwise dull Tuesday evening. Come out and bring a friend to an upbeat service the third Tuesday of every month (Aug.16) (Sept. 20)... **James Lees Presbyterian Church 1741 Frankfort Ave. 40206 @ 7:29**

IRONMAN VOLUNTEERING: Philip Lotspiech and Ryan Althaus will be competing in the Ironman this year on August 28th and would love your support. If you would like to volunteer with the Ironman event, email runningmango@msn.com and we will send you a link to sign up. It's a Free Tshirt and a wonderful experience! We have a "sweaty sheep" support group set up with the volunteer coordinator. As well if your church members have interest in "Tri-God" Tshirts we are doing a fundraiser and they are free with any donation. The back reads, "Run Fast, Bike Hard, Swim like you can walk on water."

SKI TRIP: We are planning a ski trip for late winter 2012 out to Colorado! This is an all ages retreat. Exact prices and times are dependent on interest, but the trip will likely be around \$300 for rentals, lodging 4 nights, and 3 days skiing! We will be needing a \$50 deposit in late September. Email runningmango@msn.com to get on the info list!

Mid-KY bike tour: September 24th we will be riding from Central Presbyterian to 2nd Presbyterian by way 8 different Presbyterian churches! This is a beautiful fellowship opportunity and we need riders, drivers, and water stops at our local churches along the way. More info @, www.sweatysheep.com. Total distance: 61 miles, ride part or all!

Bible Study 5k: Hopefully out later this summer we will have available the 4 week bible study/ 5k training plan for local churches. The plan includes 4 group sessions with yoga, and daily devotionals, workouts, and prayers geared towards the participation in a 5k walk or run. We hope that you will take on the challenge as a church and give it a try!

Other Stuff: We are in the midst of planning additional sporting leagues, pickup games, field days, etc... Keep posted, friend us on facebook, join the flock and PLAY WITH US!

www.sweatysheep.com Facebook us @ Sweaty Sheep or follow us on Twitter!