

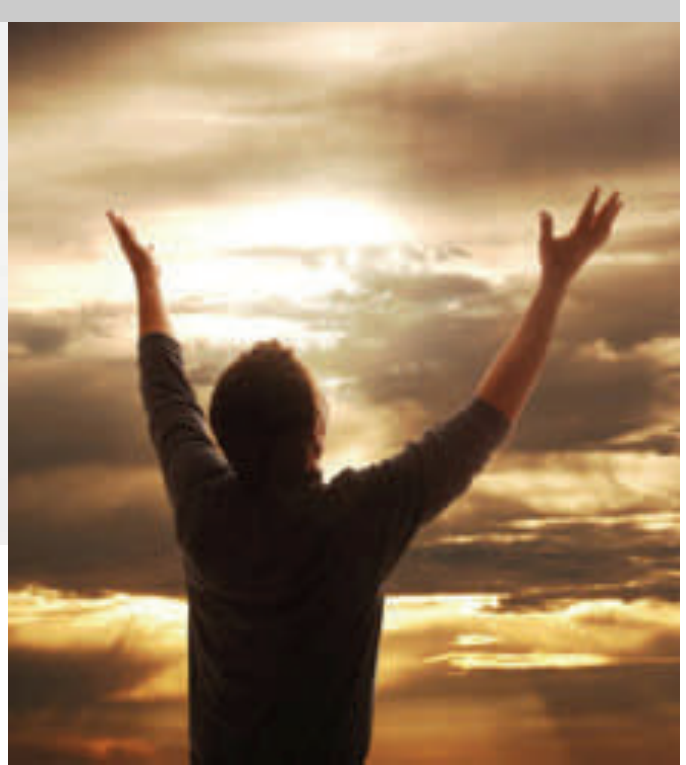


# North Country Ministries Invites You to Two Great Events



**FREE Ironman Pancake Breakfast**  
**Saturday, July 24, 2010**  
**7:30 - 9:30 AM**  
**At the Oval (Expo Area)**

All Ironman participants, their families and friends, as well as Ironman staff and volunteers are invited to attend this FREE Pancake Breakfast. No reservations are required. We hope to see you all there.



**Ironman Prayer  
& Celebration Service**  
**Saturday, July 24, 2010**  
**At 5:30 PM**



**At Lake Placid Baptist Church**  
2253 Saranac Ave. Lake Placid, NY 12946  
(At the corner of Saranac Ave and  
Victor Herbert Road)

- \*Everyone is invited
- \*Uplifting music
- \*Inspirational stories by Ironman athletes
- \*Message by Pastor Derek Spain
- \*Time of prayer for the Ironman athletes, asking God's blessings on them as they compete in Sunday's race
- \*Special activities for kids in the church gym for ages 10 and under
- \*Childcare for kids 4 and under in the preschool/nursery rooms

## Ministry Partners:



For more info:

**[www.ncministries.net](http://www.ncministries.net)**

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