

Everyone welcome!

A fellowship opportunity with athletes and friends

IRON PRAYER



Prayer • Worship • Testimonies

Friday, May 17th, 10am



North Shore Park

Swim Start Area

Tri 4 Him Tent

Speakers

Jody Nabors

Tri4Him Team

Mike Hermanson

Pro Triathlete

**COME JOIN US ON SATURDAY TOO
FOR A PRE-RACE PRAYER!**

**6:30AM @ SWIM START
@ TRI 4 HIM BANNER**



"I can do all things through Christ who strengthens me"
Philippians 4:13

Why Do You Race?



www.tri4him.com



www.fcaendurance.org



www.ironprayer.com