

Everyone welcome!

2017 IRON GIRL COLUMBIA

A fellowship opportunity with athletes and friends

IRON PRAYER



&



Prayer • Worship • Testimonies



Pasta Dinner

Sat., Aug. 19th @ 4:30 to 7pm

Columbia Presbyterian Church

Across from Event

With Speakers...



Corinne Baronner

FCA Rep, WA
Competed in Big 12 Conference
'16 XC All American, Queens Univ.
1st @ Frederick Festival 5K



Suzy Serpico

Elite Triathlete
16 Time Ironman, 520K Ultra Tri
Columbia Tri: 1st Tri, Won '16 & '17
Elem. PE Teacher



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

Why Do You Race?



www.fcaendurance.org



Ministries

www.ironprayer.com