

MEDIA ADVISORY: FOR IMMEDIATE RELEASE

February 16, 2010

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**IHOP Flips for Children's Miracle Network and Shodair Children's Hospital
in Fifth National Pancake Day**

What: IHOP's fifth National Pancake Day Celebration to support Montana's Children's Miracle Network Hospital, Shodair Children's Hospital in Helena.

What could be more fun than free pancakes? Free pancakes drizzling with community support for a great cause! IHOP is inviting people of all ages to flip for a free short stack of its delicious buttermilk pancakes in celebration of IHOP's fourth National Pancake Day. Also known as Mardi Gras or Shrove Tuesday, Pancake Day has been celebrated for centuries in England.*

Why: Customers will enjoy a free short stack of pancakes and support Montana's Children's Miracle Network hospital—Shodair—at the same time. For every short stack of pancakes served on National Pancake Day, IHOP guests are invited to make a donation to the Children's Miracle Network. As Montana's only Children's Miracle Network hospital, the money raised at IHOPs across Montana will stay in-state to provide care for Shodair's patients. The goal of National Pancake Day is to raise \$1.75 million across the country; funds will benefit children's hospitals throughout the United States.

When: 7:00 am – 10:00 pm on Tuesday, February 23, 2010.

NOTE: Miss Rodeo Montana 2010, Jourdon Han, will greet customers and serve pancakes from 11:00 am – 1:00 pm.

Where: Kalispell's IHOP restaurant, located at 2425 U.S. Highway 93 North.

**For centuries, the English have 'flipped' for pancakes in celebration of Shrove Tuesday, which heralds the beginning of fasting during Lent. Strict rules prohibited eating dairy products during Lent, so pancakes were made to use up the supply of eggs, milk, butter, and other dairy products—hence the name Pancake Tuesday.*

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