

CLUB NEWS

Hokey/Hirt Highlands

- by Rudy Malmquist.



What an amazing year again for Smiley's Hills. Mother Nature saw fit to dump some snow on us the night before again, but the sun was out and the wind was minimal.

Starting this run I was hoping to be able to run fast enough to watch Smiley battle it out for his title. He ran with me until the 2 mile mark where we were just behind Chris and Travis. Then he moved up to challenge them. Near the 4 mile mark, Smiley and Chris had taken the lead and I could see that Smiley was gaining a little on Chris. Travis had fallen back, but not by much. By the final hill, Travis was just ahead of me and I was just rounding the top and noticed that Chris had overtaken Smiley. Looking up though, I could see that there was some confusion as to whether the 5 mile mark was the turnaround. Chris waited and then he and Smiley continued on. Last year we ran the hills later in our training and had to make it a 14 mile run, so Smiley was sure he had to keep going. I tried to yell for them, but they were off. I turned around and caught Travis by the bottom of the hill and told him that he had the lead. At this point Travis was running around 7:30/pace. I faded a

bit and Rod and I kept trading spots through the rest of the run while Travis maintained a small lead.

Smiley and Chris got to about 6 miles when they realized that no one was following them and finally decided to turn around. They caught up with the group around the 6 mile mark (8 for them) and Smiley was spent while Chris pushed on. Travis realizing that Chris had run faster than he had and being the person he is, said that the hills should go to Chris. We decided to split the title and recognize both of their efforts.

Although this might seem crazy, to race 10 miles for the namesake of some hills, it is the challenge of running faster that we enjoy and that pushes us further. We rely on each other for this friendly competition and encouragement. Congratulations to Travis and Chris for an excellent 10 (12) mile run. We hope you come back next year to defend your titles.

Spin Class 1/29

Becky O is organizing a spin class for West Michigan Masters and the Mars Hill Runs group. She is offering chance for all of us to train together in a different way by spinning together:

We have about 30 bikes and in order to do this I would like to see them all filled. It will cost 4\$ and be about an hour to an hour and 15 minutes and of course you get to have me as a instructor and we will play cool music and listen to an Ironman.

Please let me know asap if you want to attend and I will get back with you on the date and all of that.

If you're interested, email Becky at ironchic@marshillruns.com

SATELLITE.

Last night I ran for the first time with Rudy's Garmin Forerunner GPS, just to see what it was like to run with a satellite tracking my every move, and giving me an accurate recording of the distance, pace, and route that I run. It was fantastic! It even recorded when I stopped running to tie my shoe!

Think about how that GPS operates. It communicates with a satellite (or four, if you want to be technical) to constantly keep record of position, movement, and activity. When you are out of range, there is no communication.

I know God isn't an inanimate object, but God is often described in such a way - rock, fortress, shelter, sword, as well as living beings -- eagle, etc. After last night, I think I can picture God something like a satellite.

He is always there, working, observing and trying to communicate with me, noticing when I stop moving, keeping record of what I do or don't do, and knows when I'm moving too slow or trying to push myself through life at breakneck speeds.

The neat thing about these systems (and God) is that they never stop working. It is only when I stop communicating, or I am out of range that the communication is lost.

I think believing that God is like that is reassuring, but unfortunately also allows me to slack off and turn off my internal GPS from time to time. If I know He is constantly there, and will always be there, no matter what I do, where I go, or how often I

turn off my communication, then I don't have to work as hard.

But I don't want it to be that way. I want to live, move and be in constant communication with the satellite that guides me, tracks me, and constantly and lovingly watches over me.

-Lynell Shooks



WEDNESDAY JAN 25 BAIRD "WEALTH OF ADVICE" SEMINAR



Brian Gilbert, Professional Physical Therapist.

of the month, the YMCA & Baird will be offering these seminars, but every week you can meet to run at 6 pm!

On Wednesday, January 25 at 7:30 p.m. Baird and the David D. Hunting YMCA are sponsoring a free seminar, Injury Prevention for Athletes.

No membership necessary. It's held in the Main Floor Conference Room just inside the front door. Our speaker is

AND BEFORE THAT.... Join us at 6:00 p.m. for a short run (5 miles or so). May as well take advantage of the mild winter we're having and get another outdoor run or two in. Once a month, on the last Wednesday



If you are interested in volunteering to be a YMCA runner on Wednesday nights, please email Lynell at lshooks@marhillruns.com

WHO IS A MARS HILL RUNNER? - CHRIS HIRT

"So in Christ, we who are many form one body, and each member belongs to all the others." Rom 12:5 "NO ONE RUNS ALONE."

"Becca and I are pretty much set on running a marathon and a half-ironman (again) this year."



Chris and his wife, Becca, are fast becoming regular members of the Mars Hill Runners Group!

Although Chris Hirt didn't win the overall hill title this year, his command performance of the Smiley-directed course deserves much attention!



THE PRAYER CORNER

An item of praise:

Praise God for the 1.20.06 birth of Samuel Charles to Duane and Kathy VanderWerf. Samuel is also welcomed home by his big sister, Abby, who is celebrating today in Heaven. Duane and Kathy are former mars hill runners, and we're so happy for them and celebrate with them!

A prayer request:

John Ogle will be having surgery in the near future to remove a tumor. Please keep John and his physicians in your prayers, for steady hands & speedy recovery.

From Pat Carey:

I ask as you read this simple message and to just say a few words in you mind and direct them towards God and his peace, for the family left behind. Yesterday a neighbor acouple of doors down from our home past away. The unfortunate thing was that this young mom, named Michelle, was under 30 years old. She leaves behind an 8 year old daughter, who is my daughter friend, a son who is 5 years old, a very grieving husband, and the unfortunate thing she was pregnant for their third child (probably 6 months along). She of all things died of an unknown brain aneurysm but appeared to be very healthy.



SUMMER TRIATHLON OPPORTUNITY

Hey gang, If you are interested in doing the Interlochen Triathlon or duathlon here are the links for the Tri and the Interlochen campground. I have been told that staying in the "north" loop is a better campground and have made my reservation there. If you just want a camping weekend without racing come along and have some fun. We are going

up Thursday night and leaving Monday afternoon. We will be on site 42.

Race is on Sunday July 16. For more info, email Clint at clint@marshillruns.com.

CAMPING TRIP



Our third annual camping trip has been scheduled for August 11-13.

Register for your site now at PJ Hoffmaster State Park. Reservations open on February 7. For reservations, call 1-800 44-PARKS.

This is a great way to have fun, relax, and enjoy Michigan. We hope to see you there!

Contact Clint at clint@marshillruns.com to find out where you should reserve your site.

MARS HILL KIDS



Rod LeCouteur is heading up the recruitment of volunteers to watch the kids on Tuesday nights...and to find ways to get them more engaged, have activities, etc. If you are interested in being a part of

this volunteer effort, please email Rod at skypbrod@yahoo.com.

SERVICE OPPORTUNITY

This Saturday we're helping one of our members, Dianne, move in to her new apartment after our long run. Many of you have already stepped up to volunteer your backs & your trucks, and we're very grateful.

We will be meeting at Dianne's at 336 Pleasant Ave SE, Grand Rapids, MI 49503, the corner of Pleasant and Prospect at 12:30 pm. We should be able to do this in a short amount of time, given the number of volunteers. Thanks to every willing hand!

For more details, email me at lshooks@marshillruns.com.

FUN TIMES

This Saturday brings two opportunities to share in joys with a couple of our members. Laura Siemion is hosting a house warming party, and invites all to attend.

Contact Laura @ laura.siemion@spectrum-health.org.

Scot Sroka is being ordained this Saturday, at Grand Rapids Theological Seminary @ 3:00 pm. He invites all to attend and share in this moment of his life. For information contact Scot by emailing Scot@sroka.com

Calendar

January 25, 2006

Baird Seminar, YMCA

January 27, 2006

Training Runs - Rod's House

January 27, 2006

Moving Dianne!

January 30, 2006

Group Run - East Grand Rapids

How to Find Us

MONDAYS

East Grand Rapids Middle School, 6 p.m. - 4.2 mile lake or 5.0 mile "hood" route.

TUESDAYS

2, 3, or 5 mile runs from Mars Hill Bible Church, 3501 Fairlanes Avenue, Grandville, 6 p.m.

SATURDAYS

Different locations - see website for more information.

ON-LINE

You can find out more about the Mars Hill Runners Group by visiting our website at <http://www.marshillruns.com> or by emailing us at lshooks@marshillruns.com

"We are a community of many individuals united in the common goal of living healthy lives. To that end we seek to run together, encourage each other, support one another, and to be servants in our community."

People of all ages and abilities are welcome.

No One Runs Alone.