

CLUB NEWS

February Clinic 2.15.05

Phil Nienhuis, MSW, CSW "Wellness Coach"



This past Tuesday Phil Nienhuis, MSW, CSW, presented his program on steps to wellness.

As a Motivational Coach for Wellness, Phil taught the attitudes and skills that one needs to become and stay healthy and physically active, such as setting realistic goals with realistic role models. For example, picking an olympic athlete as a role model may not

be a realistic goal, but picking the person down the street who not only runs well, but has integrated it in to their entire lives.

Thank you to Phil for sharing your gift with the entire group.

If you have specific questions for him, please email Phil at enduretherun@marshillruns.com

Mars Hill Walkers

The newest addition to the Mars Hill Running Group is not more runners, its walkers!

We love that they are joining with us and expanding our group. So if you know anyone else who has expressed an interest in walking in community, tell them to start showing up on Tuesdays to join the Mars Hill Walkers!



SATURDAY DISTANCE RUN - GARY AND CINDY MALLEKOOTE, HUDSONVILLE

This past Saturday we ran the Heart & Sole 5K (see Recent Race Results) with great weather and a nice race + run. This Saturday we'll be at the home of Gary & Cindy Mallekoote for our next training run.

The Riverbank Training Schedule calls for a seven miler this week, and the Bayshore Marathon training calls for 11. Shorter routes will be available if you just want to come run in community.



We'll plan to run at 9:30 a.m., so please start arriving around 9:00 a.m. to get ready to go. Gary & Cindy live at 4719 Salem Court in Hudsonville.

Please visit the website for a map and directions to the Mallekoote's, and come for a great run and fellowship.

REALITY.

One of the greatest obstacles I face on a daily basis is coming to grips with my own limitations in life. Frankly, there is no way I can do it all. There is no problem that I can solve on my own, no mountain that I can climb by myself, and no wall I can tear down with my bare hands.

My own limitations, physical and otherwise, can prevent me from doing so many different things in life. That is my reality.

But there is another reality.

I recently heard someone explain why he took on a pretty serious mission this way: "My response is to the size of the need, not my means to address it."

Those may not have been his exact words, but they spoke to me in such a way that it put in to perspective many challenges I face in my own life.

I decided that if I focused on the greatness of the problems I face, I know that with my own limitations and skills I will never be able to deal with them. I am choosing instead to focus on the limitless skills and resources of the Creator of the Universe to address the challenges in my life, and have simply asked to be a part of His work in my life, my community and throughout the world.

Have you ever looked at a problem and said, "I can't do that." Seen a need go unmet because you didn't believe it could be met? Not taken on a new venture because

the risk seemed too great, despite knowing the risk needed to be taken?

I mentioned that the reality is that my own limitations may prevent me from doing so many things. But the OTHER reality is that my God is bigger than my limitations, my skills, and my abilities.

I wonder how often we shy away from a challenge in life because we've put the challenge in perspective of what we can do to meet it, rather than our God's ability to use us to engage in His work.

God spoke and the universe came in to existence. He still speaks, and that is our reality.

-Lynell Shooks

To comment on this club news, please visit the blog at:

www.marshillruns.com/blog.htm



BOOK STUDY - ADVENTURES IN MISSING THE POINT



The book study will finally begin this coming Tuesday, February 22. "Adventures in Missing the

Point" by Brian McLaren and Tony Campolo is the book that will take us on journey towards becoming a community dedicated to growth and building deeper relationships.

If you ordered, but have not yet paid, you can make your check payable to "Mars Hill Runners Group" for \$16. If you did NOT pre-

order your book, they should now be available at Schuler's on the book club table for the same price of \$16.

For the first week we're reading Pages 1-29. Please see the website for more details.



RECENT RACE RESULTS - HEART AND SOLE 5K

This past Saturday, 11 Mars Hill runners participated in the Heart and Sole 5K, most were legit, a few were, well, bandit runners! Out of those 11 runners, we had one first time 5K runner, Rebecca Malmquist, who breezed in with a sweet 30:07 for her first ever race!

In addition to this great accomplishment, we had 5 medalists and a few PRs among the group. Laura Howell placed 1st in her age category with a time of 21:17 (this after running 8 miles prior to the race). Finishing second in that category was Lynell Shooks with a PR of 24:16. Aaron "Smiley" Baker ran a smooth 18:27 to place second in his age category, and 9th overall. Also medalling was Bob Karel, placing 3rd in his age category with a time of 21:05. Sailing in to third place in her category was Sara Maher, with a run time of 24:50.

Matt "I'm out of gas" Lind PR'd with a time of 24:37. Perry DeYoung tore up the course with a 23:08, not far behind the other half of the Malmquist duo, Rudy, who finished in 22:34. Gary Mallekoote and Nathan Powell claim they had great runs, but there's no official time to corroborate those stories.

Congratulations to all of our runners for an excellent job this race!

MARSHILLRUNS.COM

Our website is not just a place on the great worldwide web. It's a place where our community comes together, and where others can learn more about us. As it continues to develop, we look to you for suggestions and comments on how to make it better for you.

If you find a great article on running tips, healthy living, or something on the Christian life you would like to share, feel free to submit it and we'll post

it to the site, or include it in the club news.

To comment on the club news, and to share your thoughts with the rest of the community, there is a "blog," or web log, where you can post comments for every one to read. It's like a message board, only a little more structured.

Recently added are new pages devoted to long distance training, social events, and the Book Study. To access either



page go to the Running Tidbits on the home page.

Finally, you too can get your own "marshillruns.com" email. Just ask me how!

Above all, remember that this is your "homepage," your forum, and your place. Please help us make it the place you want to call home.



**MEMBER NOTES:
MANY HANDS MAKE
LIGHT WORK**

I just want to express my heartfelt thanks to Sara, Nathan, and Joel for giving me there time on Sunday to help with insulating my house and to

the group for providing pizza and break sticks.

I have been carrying the burden of this house on my shoulders for many months and it was such an encouragement to my heart to receive help that I didn't deserve.

You guys are so awesome and I am thankful to have you as friends.

To the entire running group: I love you all and you have impacted my life in so many positive ways. I am so grateful to have you as my family in Christ.

This verse written by Paul in II Corinthians chapter 5 verse 15 summarizes our group, "And Christ died for all, that those who live should no longer live for themselves but for him who died for them and was raised up." I haven't observed a single instance where our group has gotten together and in some way, big or small, the light of Christ was shining brightly from within us. It is one thing to say you love Christ and it is another to live it out--and you guys definitely live it out!

In Love,

Laura Siemion



If you have a need like Laura's, please feel free to email Lynell at any time, and we will see what can happen when we all join together in service!

COMMUNITY OUTREACH OPPORTUNITY - RIVER BANK EXPO

This Sunday a group gathered to discuss "where we've been and where we're going," and out of that came an expressed desire to share the Mars Hill Runners Group story with a much larger community...the Riverbank Runners!

We will be hosting a booth at the Runners Expo the Friday before Riverbank. As this is an all-day affair, and will be an extensive project.

Part of what we need to get it going is your financial support. To host a booth costs approximately \$450, and to provide "giveaways," such as pace cards with our logo/business card attached, may cost around \$200-\$250. So as you feel led to give, please consider supporting this outreach program.

We also need your time. The booth will need to be "manned" (or wo-manned) all day and through the evening, so any time you are available to give, we'll take. If you are planning to run Riverbank, please keep this in mind as you sign up to work. Your time standing in one place, on a concrete floor, should be limited. We'll have some sort of seating at the booth, but be conscious of this when signing up.

For more information, please contact Clint Hough at clint@marshillruns.com.



**FIFTH THIRD
RIVER BANK RUN**



THE PRAYER CORNER

The “prayer corner” is where I’ll share the numerous prayer requests that come to my attention. A few of our members are still seeking jobs, career changes and God’s direction for their lives. For this, please keep Miah Simieon, Tim Stuiwe, Pat Carey and Becky Olszewski in your prayers. We thank God for the healing from Kim Chapin’s surgery, and ask for continued healing. For Tim Postma’s wife, relief from morning sickness. Alex Ippendorf and Lauren Hodson are still struggling with injuries, please pray for speedy recoveries.

WHEN AND WHERE -
HOW TO FIND THE MARS
HILL RUNNERS

The Mars Hill Runners meet every Monday night in East Grand Rapids at the Middle School, at 6 p.m. for a 4.2 mile run around the lake or a five mile “hood run.” On Tuesdays we meet at 6 p.m. in Room 509 of Mars Hill Bible

Church, for 2, 3.1 or 5 mile runs, and 2 mile walks.

Coming soon, we’ll have a person designated each night as our “speed work director,” who will be available to work with you on speed building techniques. Rather than have a designated speed work day, we will have the option available each day for you to choose when you want to focus on

a tempo run or a speed training session.

Saturday runs are always changing location and distance, so look to the website under “Riverbank & Bayshore Training” page or watch for the Saturday Run column in this newsletter.

CHILD CARE NEEDS

As a growing community we continue to have child care needs. Because of the size of the group, the start of our study, and the amount of time they would have to “entertain” themselves, if you have a viable alternative for childcare, please exercise that option. We don’t want our kids to be bored, and just as important, to be distracting us from the study. Rachel Olexa is still asking volunteers to sign up on a rotating basis for Tuesday nights. For each Tuesday, we would prefer to have one male and one female available to stay with the kids during the run portion of the evening. Given the number of runners in our group, we can easily manage this, so please see Rachel to sign up. We want all of our parents to be able to participate, and want to truly support our community.

Mars Hill Running Group

“...I have finished the race, I have kept the faith”

2 Timothy 4:7



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For more information on how to receive this newsletter, or to learn more what we’re all about, please email Lynell Shooks 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.