

CLUB NEWS

March Clinic 3.08.05

Jeff Manion, Senior Pastor, Ada Bible Church



Jeff Manion started preaching at Ada Bible Church 21 years ago while still in college. In addition to leading a growing church, Jeff enjoys running and hiking.

His hiking claim to fame is doing 100 Miles of the Appalachian Trail in 3 ½ days last summer. He holds a marathon PR of 3:41 (Bayshore 2004),

and a Riverbank PR of 1:57:31 (2004). Jeff says that after meetings or studying all morning, his lunchtime run is a break that gives him a fresh start on the afternoon.

He has been married to Chris for 21 years, and is the father of Sarah, Andrew and Alex.

As most of us have heard Jeff teach at

Camping Trip

Our second annual camping trip has been scheduled for August 19-21.

Many sites are still available at PJ Hoffmaster State Park. For reservations, call 1-800 44-PARKS.



Mars, we're excited to learn more about him as a fellow runner, a "brother from another mother" and a teacher.

Please join us at 6 p.m. in Room 509 on Tuesday, March 8.

BLESSINGS.

We sang it last Sunday at our gathering: "I have been blessed, now I want to be a blessing." It was one of the scriptures used in our teaching, and was even a point in the first chapter of our book.

I received a postcard in the mail this week, my dental reminder. I often write notes to myself on them, to make it interesting. This time it said "Have you been a blessing to someone today?"

I'm intrigued by this idea of "blessed to be a blessing." Why do we receive them? What is the point, the purpose, and the meaning behind being blessed?

So that we can be a blessing to others.

There are so many stories among this group of blessings being received, and then quickly shared.

Someone out of work supports someone else who is out of work. A car breaks down, and the repairs are paid for. Someone else's car breaks down, that "loaner" goes to the next person.

A \$50 gift card for gas for our trusty water support mysteriously shows up at our group meeting.

The cost for producing our cards for the Riverbank expo is covered before the quote arrives.

An anonymous donor covers a major portion of our booth.

The stories seem to never end, and they aren't all monetary. A word of encouragement, a prayer offered. A helping hand to nail up insulation, a shoulder to lean on when the world has you down.

They are all blessings.

My charge to you is that you live each day as a blessing machine. Live to be blessed, and to be a blessing to others.

-Lynell Shooks

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

www.marshillruns.com/blog.htm



BOOK STUDY -

Last night we kicked off our book study with a great discussion on "Salvation."

For those of you who weren't able to join us, be sure to check out the blog on marshillruns.com for a way to continue the discussion.

This coming week we'll be reading the next two sections, up to page 54.

Copies of the books are available at Schuler's on 28th Street, cost is \$16.95 with tax.

ADVENTURES IN MISSING THE POINT



SATURDAY DISTANCE RUN - "WEST SIDE TOUR" - DAYS INN 9:30 AM

Braving cold winds this past weekend were 16 runners and one baby jogger carrying our youngest member, Ryen. A great time, despite the winds, was had by all. Thanks to Cindy & Gary for your hospitality, and the especially the warm coffee when we returned.

This weekend schedules call for 7 (Riverbank) and 12 (Bayshore) milers. We'll meet at the Days Inn

on Pearl Street downtown at 9 a.m., for a 9:30 start time.



COMMUNITY OUTREACH OPPORTUNITY - RIVER BANK EXPO

As mentioned last week, we're going to be hosting a booth at the Riverbank Expo this May 13th. We're still looking for financial support (corporate and individual sponsors) to cover the cost of the booth, which is approximately \$425.

We'll also be publishing a schedule for volunteers to work the booth. For more information, please contact Clint Hough at clint@marshillruns.com.

RUNNER FOOTBALL - SW MICHIGAN JAGUARS.

Some of you may remember last year, when one of our members, Tessa Pernsteiner, joined the SW Michigan Jaguars football team. A few people travelled down to Kalamazoo to watch Tessa tear up the field. Well, it's time again.

The schedule has been published on www.swmichiganjaguars.com, and tickets are \$10, can be purchased from Tessa. Go JAGS!

(P.S. from Tessa, there's an article about the defensive team in the "on the sidelines" portion of the website.



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. Rob Douglass had an emergency appendectomy this past weekend, so please keep him in your prayers, look up his information on the website (under directory) and let him know you’re thinking of him.

WHEN AND WHERE -
HOW TO FIND THE MARS
HILL RUNNERS

The Mars Hill Runners (and walkers) 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.

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.



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



2 Timothy 4:7