

# CLUB NEWS



Our new shirts are going to be available soon, just in time for the running “season.” These dri-release shirts will be available for pre-order next week.

For just \$20, you can choose either the men’s or women’s style. Both are orange, but are slightly different shades.

They feature our green logo (the bumper sticker one) on the front, and on

the back, “no one runs alone.”

We see these shirts as a great way to identify each other during races, and to also use them as a tool to share the message of the mars hill runners in the running community.

Pre order yours by emailing Rudy at [spiff@mac.com](mailto:spiff@mac.com) or let us know at one of our gatherings.

## 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.

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



DEFINITIONS.

The definition of a word often takes on new meaning when used in a different context, or when used as a noun or a verb (example: run). This week I feel led to define a set of words: no one runs alone.

There has been a lot of discussion recently as to what this phrase means for us as a group, and as individuals.

This phrase can be both loosely and tightly defined, depending on your perspective. Does “no one runs alone” mean that we run in 2s, side by side, or that we never leave someone behind? Or does it mean that in Christ, none of us are alone? Or is it a definition of community? Or all of the above?

As much as we like to say, “no one runs alone,” let’s face it, we’re human. We make mistakes. But hopefully as individuals and as a group, we can learn from those mistakes. Next time we won’t run by someone who is hurt. We won’t leave someone lost on a route. We will reach out to that newcomer. We’ll keep trying.

But to not lose focus, let’s also admit that we do have a good thing going here. So as we learn from our mistakes, let us also learn for our successes. For along with our weaknesses we have strengths. Along with our shortcomings we have ways in which we excel.

We have been part of helping someone who wants to move to that “next level” in

their running. We have supported someone in a time of need. We have done hard labor, given monetary gifts, and welcomed with a smile.

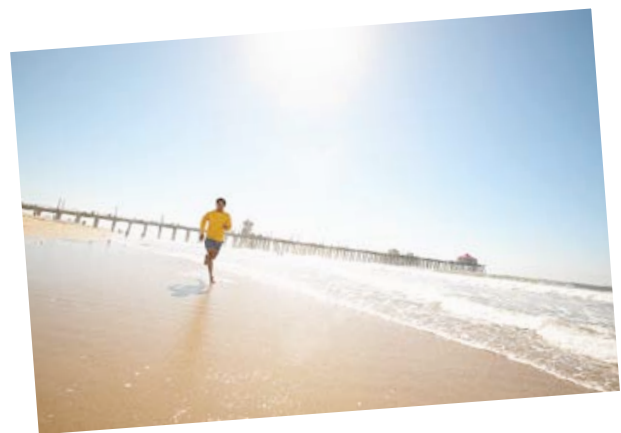
Some of us run faster, together, and some of us run slower, together. Some of us run 30 seconds apart, together. Some of us run side by side, together. The point is that we do it together.

As we learn to continually define and refine what it means to say “no one runs alone,” let us keep in mind that together we are on this journey, and in that journey as the Mars Hill Runners Group, no one runs alone.

*-Lynell Shooks*

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

[www.marshillruns.com/blog.htm](http://www.marshillruns.com/blog.htm)



RUNNERS CLINIC - JEFF MANION, ADA BIBLE CHURCH - TUESDAY, MARCH 8 6 P.M.

Just a reminder, Jeff Manion will be teaching at next week's Clinic. We're looking forward to what this life-long runner and fellow brother has to share with us.

We have invited the larger church community, and are excited about sharing who we are with more members of Mars Hill!

Please be on time so we are ready to start by 6:15, and still get our run in afterwards. We will be postponing book study until the 15th, when we will cover the chapter on "End Times."

SATURDAY DISTANCE RUN - SCHEDULE CHANGE - WEALTHY STREET BAKERY 9:00 AM



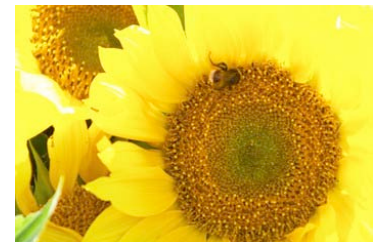
We have had to slightly modify the location this weekend, so instead of Wyoming, we will be running from the Wealthy Street Bakery. Our route will avoid Michigan Street Hill, as it was part of last week's run, and next week's is Tim Stuve's Hills, otherwise known as the Scott Lake Course.

We will run down Wealthy Street into East Grand Rapids, around the lake and back to the bakery. The run is approximately 9.3 miles long.

SERVICE OPPORTUNITY - BUILDERS SHOW - SUNDAY, MARCH 6

Last year Nathan Powell organized volunteers to pick up flowers at the Home & Garden Show and deliver them to area rest homes. This year we have the opportunity to once again bring some joy in the form of flowers to many people.

Plan to meet at around 6:30 p.m. About four vehicles, and/or a truck could be used to haul the flowers to two Holland Home locations, Mel Trotter, and Degage Ministries. Because of the # of flowers, if you have any other suggestions, or for more information, please contact Nathan Powell at [npowellfc@juno.com](mailto:npowellfc@juno.com) or call him at 581-2231.



THE PRAYER CORNER



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 Stuve, and Pat Carey in your prayers. Also, please continue to keep Rob Douglass in your prayers for a speedy recovery from surgery, Tim Postma's wife and Jenny Jenkins for healthy pregnancies, and Becky Malmquist for strength.

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## 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.

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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](mailto: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.

Mars Hill Running Group

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

2 Timothy 4:7



[marshillruns.com](http://marshillruns.com)