

# CLUB NEWS

## Bayshore Marathon

*Are you in the Running?*



As training continues to heat up on our long runs, more and more Mars Hill runners are sheepishly raising their hands and saying “me too.”

I would like congratulate each of you for stepping up to the challenge of a marathon.

Different theories exist as to the best way to the best way to train for a marathon. The decision, of course, is up to you as to how you tackle it.

For some great reference material, check out [halhigdon.com](http://halhigdon.com), [jeffgalloway.com](http://jeffgalloway.com), or ask your fellow runners to which “program” they ascribe.

But above all, listen to your body, and you’ll know you’re on the right track!

Registrations are limited, so be sure to get your name on the list soon (marathon or 10K). You can do that by visiting [bayshoremarathon.org](http://bayshoremarathon.org).

Hosts for the weekend are Rick and Irene Shooks in Ellsworth. As we need to prepare for the number of “campers,” please email Lynell if you’re going up to camp, run, or just to cheer!

All are welcome!

### New Runners

Over the past few weeks, we’ve seen many new faces join the Mars Hill Runners (and Walkers).

I’d like to take a moment to welcome you all, and to let you know how glad we are you’ve decided to join us.

It’s been a while since I’ve listed them, so the list is long, and if I’ve missed you, I apologize! Some of our new members are: Tina Quinn, Dianne Brady, Jay Hokanson, Joanne Dykhouse, Terry Seeley, Aaron Ritsema, Tom Cruttenden, Matt Lind and Niki Wagner.

Thanks to all of you for coming to join us. We look forward to learning more and more about you!

HOPE.

Many gifts we can give each other. Encouragement. Praise. Love. Time. Patience. But one gift we cannot give: the gift of hope.

I recently heard it said that hope is not something you give to someone else. Hope is not something you bring somewhere and offer to someone as a gift. It is something that exists within each of us.

Now it may be dormant. It may be damaged. It may feel distant.

For many years I lived with a dormant, damaged, and seemingly distant hope. But because hope existed in me, *hope* from God, it was never gone.

As I went through the Word today, I noticed many occurrences of the word “hope,” but the theme was not that one person gave another person hope – it is inherently a God-man relationship. A person may have inspired, reminded, or revealed it, but they did not give it.

You can put your hope in the Lord. (Psalm 39:7) You can hope in His name. (Psalm 52:9) Put hope in His word. (Psalm 119:74)

Now when I first said you can not give someone the gift of hope, some of you may have immediately disagreed with me. That’s fine. But I challenge you to think about it this way: Did someone else (human) ever give you hope, or did they simply awaken you to the hope already present in you?

I think in some way, no matter how cloudy life makes things, we all have a small measure of hope that never leaves us. That hope is from God, and is given to us by Him alone.

For years I tried in vain to hope in others, in things, and even in behaviors. It took a long time, but I finally learned, *really* learned what we’re told in Isaiah 49:23, “Then you will know that I am the Lord. Those who hope in Me will not be disappointed.”

And now as it says in the song “On Christ the Solid Rock I Stand,” my hope is built on nothing less, than Jesus blood and righteousness.

May you search, and may you find the hope within.

*-Lynell Shooks*

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

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



SATURDAY TRAINING RUN - TIM'S HILLS - BELMONT (131 & POST DRIVE)



Gang, the course is up for grabs! Defending runner, Tim Stuiwe, will not be running this weekend, leaving the race to name the hill in full effect! This challenging 14 mile course north of Grand Rapids provides some great hill training with a good section of flatland in the middle to even things out for a great run.



To get there, take 131 North to Post Drive. Turn left, and come to a stop at Pine Island Drive. Cross Pine Island into the church parking lot, where we'll meet, explain the course, and pray before we head out.

Because our distances are starting to change, our start times are also changing. Marathon trainees (14 miles) start at 8 a.m., Riverbank (8 miles or less) at 8:30. We are running the same course, but will be spread

out just a little more than usual. Bethany and Niki (representing Hope and Calvin College) will be leading the Riverbank group.

If any of you would be interested in helping with water support this Saturday, it may be helpful to have a second vehicle out watching over our runners. Please let me know if you're available and interested.

Post-run we'll head over to Meredith Care's parents house for coffee & community time. That address is: 2152 Northridge NE, Grand Rapids, 49525.

Let's head to the Hills!

If you're only planning to run the Riverbank distance (or less - it is an out/back course), please let Lynell know by Friday at 5 p.m. so Bethany knows!

**Top:** *Tim Stuiwe takes the course!*

**Bottom:** *Hope vs. Calvin???*

WHO IS A MARS HILL RUNNER? - LAURA HOWELL, BOSTON QUALIFIER

"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."

"You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand." Ps 16:11



"Let the wise listen and add to their learning, and let the discerning get guidance." Proverbs 1:5

"But if from there you seek the Lord your God, you will find him if you look for him with all your heart and with all your soul." Deut 4:29

"I am a runner because physical fitness and good health seem to go hand in hand. Being able to eat a few extra cookies doesn't hurt either!"



## 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 Stuive, 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.

## BOOK STUDY RESUMES 3/15 - "ADVENTURES IN MISSING THE POINT"

After our great teacher this week, Jeff Manion, we're going to be back on track this week with our book study. For the gathering next Tuesday, read the chapter on "End Times."

We have had great conversations so far, and look forward to learning even more as we continue to dig deep together.

If you want to join us at any time, the book (by Brian McLaren and Tony Campolo) is available at Schuler's on 28th Street, in the book club section up front, for about \$16.00



## NEW RACE SHIRTS

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

MARSHILLRUNS.COM



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. We hope to see you there!

For running tips, pictures, and links to useful information, please visit the website.

If you have items you would like to share with the group, information you think would be helpful, or pictures from our gatherings, please email our webmaster, Rudy Malmquist at [spiff@mac.com](mailto:spiff@mac.com).

Help us make this site all that you want it to be!

SPECIAL THANKS



Special thanks go to Jeff Manion, Senior Pastor at Ada Bible Church, for blessing us with his teaching at our March Clinic.

Calendar

**March 12, 2005**

Saturday Training Run - Belmont

**March 14, 2005**

Group Run - East Grand Rapids

**March 15, 2005**

Gathering & Book Study, Mars Hill

**March 19, 2005**

Spectrum Health Irish Jig, 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 Club News article on Saturday run 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](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.