

CLUB NEWS

Greg Meyer Visits



Greg Meyer blessed us with his long run training tips this past Tuesday for another Mars Hill Runner's Clinic. For those of you who missed it, Greg Meyer is the official Riverbank Coach and has an extensive list of running accomplishments himself. He is the last American man to win the Boston Marathon, finishing in 2:09:00 in 1983. He is also a seven time Riverbank champion, and now serves as the elite athlete recruiter.

He shared with us some great running tips and encouragement for the upcoming Riverbank Run and Bayshore Marathon. Some of the tips included the basics such as hydrating well and often, eating right, and finding the right shoes. He also advised upper body strength training, active recovery after long

runs, and above all, spending a lot of time on our legs during training. He also made sure to add, as a courtesy to the other runners, not to eat Mexican food the night before a big race!!

A special thanks to Greg Meyer for fitting us in to his busy schedule and for his great advice!

Saturday Run

This coming Saturday is the next of our Riverbank & Bayshore Marathon training runs. Only 7 weeks to Riverbank, and 9 for Bayshore!

This weekend we'll be meeting at Rudy & Becky Malmquist's home, 344 Eola SE, in Grand Rapids, and running 10&11 miles together - our Grand Rapids - EGR and return route.

Plan to meet at Rudy & Becky's for a joint start time (that's run time) of 8:30 a.m.

The following week is the John Ball Zoo - Pump House run (11 & 17 milers!). We're still looking for a post-run host for that one, so if you're interested, please let me know.

DIAMONDS.

They are a girl's best friend. They are precious. They are rare. And they are beautiful.

How are we like diamonds? Consider the process of diamond formation. Deep beneath the earth's surface, carbon is squeezed through great pressure and heat, and by passing through another substance, is brought to the surface.

The process doesn't stop there. A diamond is harvested, cut, shaped, and molded into an even more beautiful stone. It is polished, mounted, and presented. Or it is used for making tools that withstand heavy use. "Resistance to wear" and "longworking life" are phrases used to describe tools made of diamond.

How like our life with Christ is the rare and beautiful diamond. Hidden deep beneath the crushing load of sin, with so much pressure applied that it is often too much to take. Through a narrow doorway, Christ himself, we are brought to the surface, and through the refining work of the stone cutter, we become a beautiful diamond.

Deep beneath the surface we contain the potential to be a diamond, but the process is often long and laborious. It is only when the master has completed the process and we are exposed to the light that we begin to shine.

More importantly, a diamond isn't beautiful because it absorbs the light. It is beautiful because it reflects the light.

2 Corinthians 3:18 says "And we, who with unveiled faces all **reflect** the Lord's glory,

are being transformed into his likeness with ever increasing glory, which comes from the Lord, who is the Spirit.

May you shine like a brilliant diamond, reflecting the Glory of Our Lord.

-Lynell Shooks

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

www.marshillruns.com/blog.htm



DOIN' THE JIG - BY SARA MAHER



Top: The whole gang gathers....
Bottom: Bob Karel finishes strong

This past Saturday 1500+ runners ventured out on the streets of East Grand Rapids for the Irish Jig 5K. Of those 1500, 24 of them were our very own Mars Hill Runners. The conditions were sloppy as the runners slogged through the snowy covered, slippery streets, but that didn't prevent us from some impressive accomplishments!

We were excited to start the morning off with prayer and pictures with Saranac Community Church. It was an inspiration to see such a big group! The excitement didn't stop there either. We had a first-time 5K runner, Dianne Brady, finishing with a time of 32:39! Add to that a few group PR's and also a medal. Laura Howell placed 2nd in her age group with a time of 21:40; Lynell

Shooks PR'd with a time of 24:03 (yes, Spud, she's still got you beat.), and Matt Lind PR'd with a time of 23:57. Some of our other quick finishers were Chuck Ames and Tom Cruttenden, both with a time of 21:13. Not far behind was Bob Karel with a time of 21:50 and on his heels, Rudy Malmquist with a time of 21:56.

Congratulations to all on a great run!

For a full list of our results, visit the website. To search Irish Jig results, visit www.classicrace.com

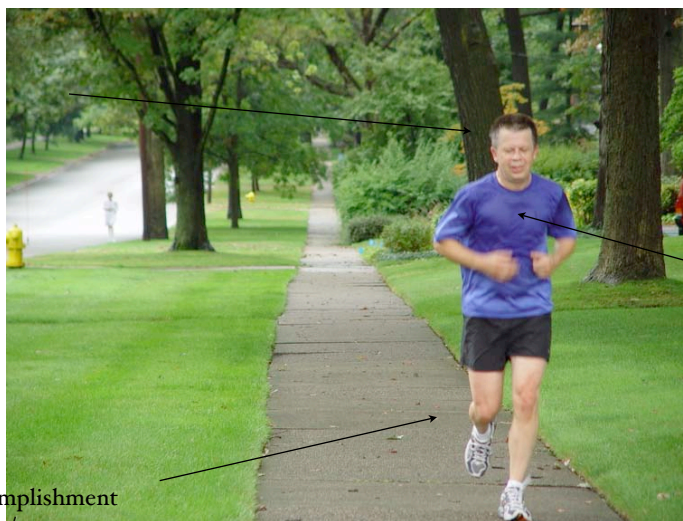
WHO IS A MARS HILL RUNNER? - JAMES "SPUD" POTAPA

Romans 12 V 2

"Do not conform any longer to the pattern of this world, but be transformed with the renewing of your mind. Then you will be able to test and approve GODS will, his good, pleasing and perfect will."

I run for various reasons.

1. To stay in shape
2. To relieve stress
3. To have a feeling of accomplishment
4. To experience new things/areas



Why do I belong to the runners Group??

I truly believe that GOD directed me to belong to the runners group. I feel I was a very small piece of the plan that GOD has set in motion since day 1 when the group/club/community got started. The key word here is plan. GOD'S Plan. I belong to serve/experience/help in any way to accomplish GODS will and plans he has for us.



THE PRAYER CORNER

We want to give praise that Tim Stuiwe has found a new job, and is excited about this new venture in his life. Please pray that he is blessed as he continues to follow God through his life and career. He also offers thanks to whomever it was that snuck a gift into his running jacket. Your generosity was very well timed!

Clint Hough asks for prayer as he starts a new venture as a self-employed businessman! "Prayers would be appreciated and are needed that this whole thing stays in Gods Hands. also that my legs will start feeling better. I ran short Tuesday because my my knees were very sore. This morning my shins are aching quite a bit. I think its just from the increase in mileage the last 2 weeks, and partly the conditions of the 2 long runs. They will be fine with a little rest I am sure."

And from Rachel Olexa: I wanted to say thank you to this community that god has put me into. I have rarely felt God's presence in the way that i feel it in the running group. thank you to everyone who has reached out to me whether it was through words or resources or prayer, my life is changing and you all are a part of it. I only hope that you all feel that you can count on me too. I thank God for guiding me to this group and i know that great things are and will happen in it. God has truly blessed my life in so many ways and all of you are part of those blessings.

BOOK STUDY RESUMES 3/29 - "ADVENTURES IN MISSING THE POINT"

We'll continue our study as planned for this week, by reading the last chapter in the "God" section, following our run next Tuesday.

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 - FINAL WEEK

Next week is the final week for ordering your race shirt. If you have already ordered, but not paid, please either bring cash or a check payable to "mars hill runners group" to the gatherings 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. If you are unable to attend one of our gatherings, but would still like a shirt, please email lshooks@marshillruns.com or spiff@mac.com and let us know.

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. We hope to see you there!

MONDAY STUDY



Starting the First Monday in April, the Monday night runners will be adding a new activity to their run.

Thanks to the suggestion by Ed Chapin, we will be travelling through scripture to-

gether. The format is simple - bring your bible to Starbucks after the run.

Each week, the reading will be announced at that time, and we'll just spend time reading & discussing what we read together.

No formal study, no scripted questions, just us diving in to the Word together.

COACHES NEEDED (JOB OPPORTUNITIES)

I have been receiving a number of requests for coaches for various groups and organizations.

If you are interested in working as a coach for either running, or triathlons, please email me and I will get you the information.

Calendar

March 26, 2005

Saturday Training Run - Malmquist Home

March 28, 2005

Group Run - East Grand Rapids

March 29, 2005

Gathering & Book Study, Mars Hill

April 2, 2005

Shirt orders complete & Riverbank sponsorships due

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

"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.