

CLUB NEWS

Ouch! That hurts!

- by Sara Maher



As many of us are starting to log more miles, there is also more potential for injury. Also, as runners, many of us seem to want to ignore the warning signs, or “run through the pain” making us more susceptible to an injury. During this critical training time, we must take precautions to make sure we make it to the starting line of our desired race (and also the finish line!) Whether you’re training for River Bank Run, Bayshore Marathon, or even your first 5K, these tips will help you to avoid injury and stay on track for a great race.

Be Consistent. It is important to stay on a consistent training schedule. Missing too many days in between runs and then jumping back in to a rigorous training may lead to injury. Build mileage gradually, adding too many miles too fast can also lead to injury.

Listen to your body. While it is important to stay on a consistent training schedule, it

is also important to listen to your body. When your aching legs are telling you to take a day off, do it! It’s important to build rest days in to your schedule, especially before a long weekend run, to make training more effective. Also, don’t try and do two hard training days back to back. Your body will warn you when an injury is coming on, so if you’re experiencing more than the typical tightness and muscle ache, it may be time for a day off and applying ice.

Stretching. A workout isn’t complete until you have stretched thoroughly. Not only does it help prevent muscle cramping and aching for a couple days, stretching also increases the muscles efficiency/ effectiveness of movement (improving your overall speed, stamina, and form) by:

- Enhancing the ability of muscles to contract/work more powerfully and economically
- Lengthens stride
- Improves your overall form

Wear the right shoes. It’s important to get the right shoes and to also know when to buy a new pair. Visit a running store and have a specialist recommend what shoe may be best for you. Also, keep track of your miles ran on your shoes. Retiring shoes after 300-500 miles is a good idea.

Cross-Train. Cross-training develops endurance and maintains fitness during rehabilitation, while giving your body a break from the repetitive forces of running. For new runners, supplementing running with another activity until the body can handle more running is an excellent strategy. Serious runners who are already covering as much mileage as their body can handle, but want to increase their training volume, can take it up a notch, without risking injury, by cross-training.

For more, visit <http://www.runnersworld.com/article/0,5033,s6-78-169-0-7638,00.html>

DOORS.

For many of you, my testimony this past weekend was a revelation of a side of me that was shocking. For others, although you had some knowledge of my past, it was a revelation of the depth of my struggles, and for some, it was a refresher of what you already knew about me. For all, it was pretty much an open door to my heart.

What absolutely amazed was that even though I was writing *my* story, there was so much revealed to me during the process of preparing for it. There were so many new doors opened!

It's almost as if God knows I can't handle everything all at once, so He gives it to me in bits and pieces, when He knows I'm capable of handling something. He'll give me a picture, a glimpse, a story even, all of which are a part of His divine plan. It's like going through a set of "revelation doors," the keys for which I only receive when it's time to go through.

There were revelations about how I interacted with others. There were revelations of my weaknesses, my strengths, my flaws, and the grace that covers them. There were revelations of how God worked in me then, and how He works in me now.

There seems to be no limit to the time, the manner, or the method in which God reveals things. Take the book of Revelations, and our discussion of it a few weeks ago, as an example. Is it literal? Is

it pictorial? How will the rapture happen? Will it happen?

Just like the multitude of complexities within the book of Revelations, there seem to be multiple revelations in my own life experiences.

Sometimes the revelations come and I discover I have been missing out on something. Or perhaps was merely oblivious.

In my worst of times, I knew there was something better out there, a different way of living, a different way of looking at myself, but I simply hadn't experienced it yet.

It doesn't mean it wasn't there. It just hadn't been revealed to me yet. That door just wasn't ready to be opened.

-Lynell Shooks

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

www.marshillruns.com/blog.htm



SATURDAY TRAINING RUN - PUMP HOUSE/JOHN BALL ZOO ROUTE



This coming Saturday marks our first stab at the Riverbank Course - the Butterworth portion.

It also includes different start times AND locations for the Riverbank and Marathon training groups.

Marathon runners need to be ready to go at 8 a.m. at the Pump House (brick building on the corner of Butterworth/M21).

We'll follow the Riverbank course down past Millenium Park and in by the zoo - and run all the way to the Corner of Fulton & Valley for the turn.

If you are planning to run the Riverbank training course, you will meet up with us at the John

Ball Zoo (by the big rock) at 8 a.m., and will continue to run the course with us. Cindy Hough will meet you at this point to make sure both groups have water support.

This is a great way to get used to running the "hills" of the Riverbank course, and is a popular runners "spot."

Chuck & Jen will be hosting a BBQ afterwards at the park. Jen is trying to get a covered pavilion for us, but just in case, bring warm(er) clothes along. They will provide meat & buns, every one else potluck the rest!



Top: Alissa shares what it feels like to run 11 miles!

Bottom: The crazy gang!

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!

WHO IS A MARS HILL RUNNER? - JAMIE NIEHOF, PEACE CORPS BOUND!

"Jamie Niehof, PCT
c/o Peace Corps/Lesotho
PO Box 554
Maseru, 100 LESOTHO

(mail takes several months!)



Jamie leaves for the peace corps in Lesotho in about two months. Please keep this fellow runner in your prayers as she leaves for Africa!

A father to the fatherless, a defender of widows, is God in his holy dwelling. Psalm 68:5

A high school sprinter, Jamie worked hard last year to take her running beyond short distances, but did it in a way that incorporated her speed expertise!



THE PRAYER CORNER

Please keep the Malmquist family in your prayers as they work as a family through some difficult times. Pray for encouragement, strength and understanding. Wendy Hahn has requested prayers for her grandmother, Tatiana, who was recently admitted to the hospital with congestive heart failure.

Please pray for Sara Maher's family as they also work together through some difficult times.

BOOK STUDY "STORIES" 4/5 - "ADVENTURES IN MISSING THE POINT"

Now that we have finished the section on God, as explained by Rebecca at the beginning of our study, we'll take some time next week to get to know each other better, by sharing the stories of our walk with God.

While not strictly "testimonial time," it will be a time of sharing - but don't be afraid! Take it from me, sharing your story is such a freeing experience!

As always, 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 - \$ DUE THIS WEEK!

This is the final week to order your shirts, and to pay for them.

Please contact Lynell asap if you want to order one, or to make payment arrangements.

If you are unable to pay for yours, please let me know, as we do have people who are willing to step up and help cover the cost for others. If you are one "stepping up," or would like to help someone else, please let me know!

Thanks!

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!

HOW YOU CAN HELP



Each week it takes a lot of time to put together this newsletter, and I want to thank everyone who has been contributing and helping make it a success!

If you are interested in sharing some of your

skills by contributing, please let me know!

MARSHILLRUNS.COM

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.

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

Calendar

March 26, 2005

Saturday Training Run - John Ball Zoo

April 16, 2005

Strider's 10 Mile Race

Tim & Alyssa's wedding!

April 18, 2005

Laura Howell runs Boston Marathon!

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

"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.