

CLUB NEWS

Riverbank Run

Team Mars Hill!

Mars Hill Running Group										
Pace	5K	5 Miles	10K	15K	10 Miles	20K	Half	25K	30K	Marathon
6:00	18:38	30:00	37:17	0:55:54	1:00:00	1:14:32	1:18:39	1:33:10	1:51:48	2:37:17
6:10	19:09	30:50	38:18	0:57:27	1:01:40	1:16:38	1:20:50	1:35:45	1:54:54	2:41:39
6:20	19:40	31:40	39:22	0:59:00	1:03:20	1:18:40	1:23:01	1:38:20	1:58:00	2:46:01
6:30	20:11	32:30	40:24	1:00:33	1:05:00	1:20:44	1:25:12	1:40:55	2:01:08	2:50:23
6:40	20:42	33:20	41:26	1:02:06	1:06:40	1:22:48	1:27:23	1:43:30	2:04:12	2:54:45
6:50	21:13	34:10	42:28	1:03:39	1:08:20	1:24:52	1:29:34	1:46:05	2:07:18	2:59:07
7:00	21:44	35:00	43:30	1:05:12	1:10:00	1:26:58	1:31:46	1:48:40	2:10:24	3:03:29
7:10	22:15	35:50	44:32	1:06:45	1:11:40	1:28:00	1:33:57	1:51:15	2:13:30	3:07:51
7:20	22:46	36:40	45:34	1:08:18	1:13:20	1:31:04	1:36:08	1:53:50	2:16:36	3:12:13
7:30	23:17	37:30	46:36	1:09:51	1:15:00	1:33:08	1:38:19	1:56:25	2:19:42	3:16:35
7:40	23:48	38:20	47:38	1:11:24	1:16:40	1:35:12	1:40:30	1:59:00	2:22:48	3:20:57
7:50	24:19	39:10	48:40	1:12:57	1:18:20	1:37:16	1:42:41	2:01:35	2:25:54	3:25:19
8:00	24:50	40:00	49:42	1:14:30	1:20:00	1:39:20	1:44:53	2:04:20	2:29:00	3:29:41
8:10	25:21	40:50	50:44	1:16:03	1:21:40	1:41:24	1:47:03	2:06:45	2:32:06	3:34:03
8:20	25:52	41:40	51:46	1:17:36	1:23:20	1:43:28	1:49:14	2:09:20	2:35:12	3:38:25
8:30	26:23	42:30	52:48	1:19:09	1:25:00	1:45:32	1:51:26	2:11:55	2:38:18	3:42:47
8:40	26:54	43:20	53:50	1:20:42	1:26:40	1:47:36	1:53:35	2:14:30	2:41:24	3:47:09
8:50	27:25	44:10	54:52	1:22:15	1:28:20	1:49:40	1:56:17	2:17:05	2:44:30	3:51:31

 marshillruns.com

New Runners
 A few more runners have joined us over the past few weeks. As we experience warmer days, we expect to see even more!

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.

Welcome to: Jon Bosma, Jon Holkeboer, Colleen Gortman, Rachel Kujacznski, Joshua Butts, Karin Knapp, Scott Riblet, Kate Dykgraaf, and David Way

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

The Riverbank Run is just four short Saturdays away, and we are all starting to gear up and get ready! This whole weekend should be a great time of community, fellowship and fun.

On Friday, the Mars Hill Runners Group will be participating in the Expo by hosting a booth all day long. We need volunteers to "staff" it, so please let me know when you're available. Shifts are from 10 a.m. to 1 p.m., 1 to 3, 3 to 5 and 5 to 7. If you've been to a Tuesday gathering, you've already heard this, but here it is again: If you are running Riverbank, please limit the number of hours you will be working, so you don't stand on concrete for 6 hours at a time, and above all, wear comfortable shoes! This is a great opportunity to share with the rest of the running community what we're all about.

Just like last year, we'll meet prior to the race for pictures and prayer, and as we should all have our race shirts by then, it should be quite the event!

Following the run we'll be having a potluck/cookout at Becky & Rudy Malmquist's home. This is a family and friends event, so bring them all, and even invite fellow runners while you're out on the course. The more, the merrier.

For those needing an extra relaxation, our very own Laurie DeYoung, Massage Therapist Extraordinaire, will be providing 15 minute massages after the race. The price can't be beat! (just ten dollars for a fifteen minute massage)

We're still working on plans for a pre-race dinner, but given our booth sponsorship, it may or may not work out. Stay tuned for more details.

SUPERHERO.

Growing up, I never really understood the whole Superhero thing. Superman, Spiderman, Batman, Underdog, and all the rest. There are too many to remember, but they are all the same.

They all had a common theme. The superhero was actually a person you least expect it to be, the one who flies under the radar, who was voted “least likely to succeed” yet inherits amazing powers and seeks to fight injustice and evil in the world.

Right along side that theme is the beautiful woman who lives pining away for her superhero, while the real thing is usually right beside her the whole time. She doesn’t want the real thing, she wants the glamour of the superhero.

Last night I couldn’t get the concept of a superhero out of my head. This morning I woke up with the words of a song “Everything to Me” on my heart. As soon as I got in the car, I popped in the iPod and cranked it up, only to find myself in tears, thinking about the “superheroes” I’ve had in my life.

Adoration for someone other than God.
The right title (and paycheck).
The bigger/better/faster/newer/nicer/
prettier/glitzier _____.
A smaller size.

How often is that we allow the superheroes of our lives become everything to us? Obsessions? Find ourselves pining away for someone other than God?

The chorus of the song (by Avalon) is:

He’s everything to me
He’s more than a story
More than words on a page of history
He’s the air that I breathe
The water I thirst for
And the ground beneath my feet
Oh he’s everything...
Everything to me.

Looking at my life, I guess I really did get the superhero “thing.” I am so grateful that now I get my “everything.”

-Lynell Shooks

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

www.marshillruns.com/blog.htm



SATURDAY TRAINING RUN - STRIDERS 10 MILE RUN - GRAND RAPIDS



For those of you preparing to run Riverbank, the Striders 10 Mile Race on April 16 is a great warm-up to the big race.

This highly competitive course is challenging, yet provides a smooth start and finish to the race.



For Marathon trainers, this week is a welcome relief with a scale back run of thirteen miles. We will run the race, then head back out for a three mile cool-down afterwards.

For Riverbank runners, this is a week you surpass us in mileage and complete a four miler afterwards. As

the course is already marked, it will be an easy way to gauge extra miles - just head back out on the course!

Plan to meet in the gym at 7:30 a.m. for pictures and prayer. Race starts at 8 a.m.

Next week marks the longest run in the marathon training schedule - a 20 miler, so take advantage of a nice easy run (ok, a race, followed by a nice easy run).

A sign up form is available on our website, linked from the main page.

Top: 2004 Striders Run.

Bottom: *Stuive strides for the finish.*

TO WATER OR NOT TO WATER?

Study Cautions Runners to Limit Their Water Intake

An article that hit the news today, just prior to the Boston Marathon makes a claim that many runners are over-hydrating and causing serious injury to their bodies. A link to the article can be found on our website.

I caution you to do what is best for your body, and to research all sides of the story. For instance, this study published said only 13% of runners surveyed of a small portion of the total number of runners had over-hydrated. Yet the problem still exists.

As noted in the article, one of the best ways to determine your hydration needs is to weigh yourself before and after a run. Your loss in water weight can help you determine how much you need to consume during a run.

But above all, follow what is best for your body - it is your best gauge for what you need, and above all, train and learn what your body needs, don't try to figure it all out on the day of a race.

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!

PRAYER CORNER



We have several members who are going through job changes, praying for job changes, or still looking for employment. Please keep these members in your prayers. Please also pray for Tim Stuive & Alissa Beckering this weekend, as they become life partners, not just running partners! For Laura Howell and

Ann Chappell as they run in the Boston Marathon this weekend. Pray for strong runs and a great time. For people traveling to weddings and marathons, pray for safe travel.

BOOK STUDY 4/19

We finished up the first chapter under the section World, and had great discussions as we get to learn more about each other. Head in to the next chapter for our Tuesday gathering.

If you aren't able to join us for the discussion, you can always join the on-line discussion written by Rebecca. Visit www.marshillruns.com/blog.htm for more information.

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

April 16, 2005

Striders Run - 10 Miler

April 16, 2005

Tim Stuive & Alissa Beckering Wedding

April 18, 2005

Laura Howell runs Boston Marathon Monday Run - EGR

April 19, 2005

Tuesday Gathering, Mars Hill

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.