

CLUB NEWS

“Daily Tips”

From Runners World Magazine



Training

Skip to loosen up

If you want to feel a little looser during your race or workout, try skipping fast for 100 meters. This will get blood flowing and make you feel good before you start.

Training

Race your way to motivation

Need a motivation boost in your training? Training expert Jeff Galloway suggests that you enter a race. Fill out the entry form and mark the date on your calendar. The impending race will motivate your daily runs.

Nutrition

Stock up on canned foods

If the selection in your grocer's fresh-produce aisle is looking kind of meager, check out the canned-foods section.

Canned fruits and vegetables - picked at the peak of freshness and flash-processed - make excellent replacements for their fresh counterparts. You can easily toss canned versions of vine-ripened tomatoes, green beans, chard, and corn, to name a few, into casseroles and soups.

Another Classic

This past weekend several Mars Hill runners took to the mean streets of Calvin College to run the Calvin Spring Classic.

Congratulations on great 5K runs to: Andrew Han, 24:10; Wendy Hahn, 32:04; Josh Butts (aka Scott Beers), 25:37, Mary Berrevoets, 33:56; Bill Berrevoets, 33:55, and Kate Jesse, 34:05.

For pictures on the race, and to see some of our runners, visit Calvin's webpage and search for the Calvin Spring Classic.

WAY TO GO GANG!

INDEED.

James 2:14-17 reads: "What good is it, my brothers, if a man claims to have faith but has no deeds? Can such faith save him? Suppose a brother or sister is without clothes and daily food. If one of you says to him, "Go, I wish you well; keep warm and well fed," but does nothing about his physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead."

Faith without deeds is not the faith we are called to live. Growing up in the reformed faith, I learned the "only Christ, only Faith, only Grace" way of living. Don't get me wrong, I wasn't taught that my actions, my deeds, were unimportant measures of my faith. I was taught that deeds without faith was not how we are called to live, and in some way I think I lost something in translation.

As I grow closer to Christ, and learn more about what it means to follow Him, the deeds are a natural outpouring of my faith.

During my time of devotion this morning I thought of our group, and how over the past year there has been a transformation moving us to more deeds with our faith.

Whether it's providing financial support so that our needs are met within the community, or stapling and blowing insulation into a home, we are learning each and every day how to be a faithful community.

We are rushing to our knees to pray for each other through difficult periods and even moments of fear and unrest.

We are dropping everything to bring flowers and a hug of encouragement.

Moving heavy furniture together.

Helping each other grow professionally.

Sitting in a hallway together waiting for a difficult meeting to end.

Our common faith binds us together, but it is our deeds that draw us closer together as we witness the body of Christ alive and at work.

It reminds me of the old phrase "A friend in need is a friend indeed."

-Lynell Shooks

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

www.marshillruns.com/blog.htm



SATURDAY TRAINING RUN - LYNELL'S HOUSE - 11 MILES 8 AM



Planes, trains and automobiles had us halted last week.

Ok, just trains. But still, it kept Spud and Laura waiting a cool 10 (or was that 45, Spud?) minutes at the 10 mile turn during last Sa'turdays long run.

Fortunately, this week's run crosses nothing but intersections, and should be free of trains getting in our way.

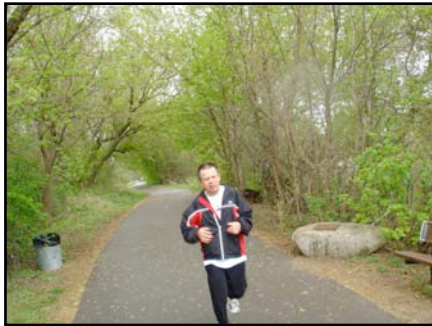
We will meet at Lynell's house at 2657 Jefferson SE for our 11.3 mile run through East Grand Rap-

ids and back. Plan to start at 8 a.m. so we can have the rest of the day to relax or actually get some yard-work done!

No promises on elaborate quiche for afterwards, but plan to hang out and at the very least admire the great job done on my hardwood floors!

Because the marathon training calls for 12 miles, and Riverbank for 11, we're settling on the 11.3 route..

See you Saturday!



Top: The train was real!
Bottom: Come on Ilean....

WHO IS A MARS HILL RUNNER? - LAURIE DEYOUNG

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you.
Jer 29:1-12



I run for the mental burn ~ to keep myself in shape"

RUNNING GOAL FOR THE YEAR:

"10 K and YES, I will make it."



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, Sara Maher, Gary Mallekoote, Pery DeYoung, Pat Carey and Kate Fraser in your prayers. Please pray for blessing on Clint's business as it gets up and running; for Sara Maher's family; for the Malmquist family; for Cathy Ripmaster's family as they deal with an impending diagnosis.

BOOK STUDY 5/3 - "ADVENTURES IN MISSING THE POINT" (REPEAT MESSAGE)

Hey guys! I will keep it short and sweet this week!

Next Tuesday plan to discuss pp. 117-127 "Culture." Lynell, Rudy and I will provide some food for our time together. Even if you have not been able to join us and/or you cannot make a commitment to coming every Tuesday night, you are always welcome to join us FROM 7:30-8:30 in the fishbowl (where we normally meet). :-)

To keep the discussion going from last Tuesday, go to www.marshillruns.com/blog.htm to comment on this question: WHAT SOCIAL ISSUES ARE YOU MOST MOVED BY AND/OR HOW DOES THAT "SHOW UP" IN HOW YOU LIVE?

Even if you already shared this on Tuesday night, please add your comments to share with the rest of our family that couldn't come and hang out on Tuesday night. Peace be with you, Rebecca Malmquist

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!

BAYSHORE



Please let me (Lynell) know if you will be coming up Thursday, Friday, whenever, and for how long you will be staying up north. I'm trying to work out the logistics of it all, and put a "schedule" of sorts together for the gang.

Even if all you plan to do is come and yell until you're hoarse from the sidelines, we want you there!

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

April 30, 2005

Saturday Training Run - Lynell's House

May 7, 2005

Saturday Training Run - TBD

May 14, 2005

Riverbank Run

May 28, 2005

Bayshore Marathon

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.