

CLUB NEWS

THE NEED FOR SPEED

By: *Becky "O" Olszewski*



About two years ago, I was new to this running thing, and decided to join a running group. I did not know what I was getting myself into when I decided to join. We met at the East Grand Rapids Track and I had never run on a track before and I was scared. I began my first speed session with Run Gazelle. I think that they were doing like 8 x 800 that day with a 2 mile warmup and cool down. And I did not even know what an 800 was. Well, I finished that speed session (it was like 90 that day) and could not believe how awesome it was. As hard as it was, it was so much fun and it helped me to learn so much about running.

Okay, so we all know that one of the keys to getting better at running is to run faster. That does not mean we need to run fast every day, just one day a week will help to keep you strong and running faster.

We are going to start with some hill workout and tempo runs to get us used to Speed work and then use the track for my favorite track workouts. It is good to do at least a two mile warmup before to keep your legs ready to go.

According to Harvard researcher Peter Weyand, Ph.D., short-but-fast workouts help maintain the function of your spinal cord's "motor nerve" cells, the ones that control fast running. Without high-quality Speed work, these cells deteriorate as you get older, slowing you down. And researchers at the Institute for Olympic Sports in Finland recently found that for average runners, "there is much to be gained from running sprint intervals of 50 meters to 200 meters once a week."

Runnersworld.com

Since many of us are training for longer events, we will probably do more miles than just 50 meters and 200 meters, but it is the same thing. It is so important to remember that after a hard speed session, the next day should be an easy recovery run or some may choose to take the day off. Rest is just as important for your body.

Speed work is good for increasing your leg turnover, which sometimes can get slower when we train for longer runs and marathons, hence the Marathon Shuffle. When doing Speed work it will also help with the mental "junk" that runners go through at certain points during a race. When that happens to me, I just try to tell myself how hard my last Speed work session was and then I can make it through this tough point. It allows us to have the ability to out "kick" another runner at the end of a race:)

Overall, Speed work is a great way to improve your running and I am excited to be a part of it.

(Becky will begin speed work training sessions on Monday nights, starting June 20, during the Monday night group runs in East Grand Rapids.)

Speaking of Speed....

Congratulations to all of our Riverbank 5K & 25K finishers, many of whom achieved PRs, came in under two hours, or placed high in their age categories.

Check out the link from our main page to find out how the Mars Hill Runners did this past Saturday.

If your name is missing, please let Lynell know.

INSPIRATION.

Each week as I prepare to put together the newsletter, I pray for God to inspire me as to what I should write about. For days ahead of time, I'll keep my eyes, ears and heart open to the things around me, because often it is revealed in an inanimate object, a conversation, a song, and sometimes a single word.

Today I started writing on "management" and "leadership" but neither of those words moved me the right way. I looked around my office, and simply asked "please inspire me today." And there it was, in the request. Inspiration.

To me, being inspired means to be in the Spirit, and to be in tune with the ways God speaks to my heart. Many times I've been asked "where do you come up with those topics?" or "how do you see things like that?"

It's how the Spirit speaks to me, plain and simple. I strive to constantly be aware, and open to how He moves me to experience God in the simple things of life. I desire to be open to not only his direction, but to His way of seeing things.

How beautiful is it that the root of the word inspire is "to breathe in to," relating to a divine or supernatural breathing a thought or idea in to someone. Inspiration leads us to build, to create. Inspiration calls us to go, and to serve. Inspiration encourages us to push forward or back off.

In my experiences, inspiration is a picture of God whispering in my ear, gently nudging me in His direction, or turning my head at the right time, tuning my ear - all the things He does to reveal Himself to me.

Each one of us is created by an Inspired God, who inspires us in many and unique ways. I pray that each of you opens your eyes and tunes your ear to the inspiration of the Spirit, for it is all around you.

Lord please inspire me, so that I may more admire Thee.

Have a blessed week, full of inspiration.

-Lynell Shooks

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

www.marshillruns.com/blog.htm



SATURDAY LONG RUN(S) - TWO OPTIONS

Two options exist for this weekend's final long run before the Bayshore Marathon: 8 miles on the Kent Trails in Byron Center, or 5 miles and a 5K at the Blanford Nature Center.

For those of you wishing to do Kent Trails, Ed Chapin will be hosting this weekend's run at 8 am, meeting at 2211 Ancient Drive in Wyoming.

For those of you interested in supporting the Grand Rapids Police Department & the Thin Blue Line of Michigan, we will be meeting at the Blanford Nature Center at 8 am for a five mile run. Following the run, we will participate in the "Runnin' With the Law" 5k race. This is a trail run incorporating tasks, prizes, and a great cause. For more information or to register for the race, visit www.tblofmi.com.

We're in the final stretch before Bayshore now, so visit the quick article below on tapering!



BOOK STUDY - ADVENTURES IN MISSING THE POINT

Shema! The LORD our God is One, the LORD alone. We must strive to love the LORD our God with all our hearts, all our souls, all our minds with all our strength.

Thanks so much for a great discussion Tuesday night with lots of freedom and honesty. It is such a pleasure to work through these topics and Scripture along with you all.

Reminder: We will not be meeting next week after our run. The following week we will be discussing the chapter

about seminary. Tim Postma and Tim and Alyssa Stuive have graciously offered to feed us that week.

For our web conversation regarding leadership, please visit the blog and respond to the following question(s) whether or not you were there Tuesday night: you are a part of the Greater family and are welcome to share your voice with all of us. As always, either respond directly to the prompting questions or say something altogether different as long as

it relates to the topic of leadership.

1. What is your leadership style?
2. How has someone else, either wittingly or unwittingly, effectively lead you somewhere?
3. Do you actually see yourself as one of the "Royal Priesthood" that God describes believers to be in His Word? In what way?

Shalom,
rebecca



TAKING IT SLOW - BY BECKY O.

We all know about the taper. The 2-3 weeks before a race that we need to rest and recover. It can be hard to do both mentally and physically. We want to keep running our normal distance, our brain tells us that if we do not, we will not do well. That is not the case the goal of the taper is to give your body some rest and recovery before the big day. Even though you are cutting milage, you can keep your runs quicker to maintain your speed and cardio and to stay sane. Which is my problem during the taper. It is so hard to do less and know that it is going to benefit you when race day is here. I love the theory that rest makes you stronger, and it

does in these last weeks before the big day. I have read that research shows that all of the muscle glycogen, and all the stuff you need for a long race that is depleted during training is restored during the taper. Many studies show that athletes who do taper, perform 5-10 minutes faster in a marathon than those who do not.

MEN'S HIKING TRIP



What: Mens hiking trip (you do not have to be in the running group and no hiking experience needed)

When: Saturday June 11 - Sunday June 12

Logistics: Leave from Church at 8:00 Saturday morning, drive up to the Manistee loop trail & hike about 10 miles to a camp site, on sunday hike the other

side of the loop back to the vehicles. We will have to decide as a group when we need to be back in town.

Gear Needed: back pack, sleeping bag, sleeping pad, pillow, tent, hiking shoes, rain gear, extra set of clothing, snacks & meals. What ever you do not have, it can be borrowed, rented or we can improvise in some way.

Please Email or call Tim Stuiwe if you plan to go and let me know if you need to borrow anything. 616-355-2095 or tstuiwe@sbcglobal.net

DISCOVERY SEMINAR - TIM STUIWE

After going through the seminar I would say the best way to describe it gave me a much clearer picture of who I was, who I wanted to be, who God made me to be and the vision for my future. I had a lot of plans for my life that were never happening and that experience has helped me change some of that. I have also seen some close friends go through it and have seen amazing things changes in their lives. This all sounds like pretty lofty talk but seriously it was a great life focusing experience. Although the seminar is great I am only encouraging everyone to come to an informational meeting next Tuesday night to see for yourself. It is well worth your time. Here are the details.

Brochure info...

- Discover the effect of your pre-existing, ever continuing, internal conversations.
- Clarify your vision for future and prioritize your commitments to better serve your calling.
- Develop ways of thinking that will have you relating to mystery, risk and change as opportunities.
- Experience making the difference your life was intended to make - step into an unprecedented future.

Discovery Seminar Informational Meeting (put on by ACCD, Association for Christian Character Development and I Am His Ministries)

Tuesday, May 24, 2005 7:00-9:30PM

at Vinard North Church

4700 E Beltline Grand Rapids, MI 49525

Please call or email if you have any questions

Tim Stuiwe

616-355-2095

tstuiwe@sbcglobal.net or visit www.accd.org

Calendar

May 21, 2005

Training Run - Chapin house

May 21, 2005

Runnin' With the Law - Blanford Nature Cntr

May 23, 2005

Monday group run - East Grand Rapids

May 24, 2005

Community Run - Mars Hill

May 28, 2005

Bayshore Marathon & 10K

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.

RIVERBANK EXPO BOOTH - CLINT HOUGH



The Riverbank Expo was a blast for all who were there. Special thanks to all of our sponsors who helped pay for the space, the volunteers at the booth and those helping out behind the scenes.

Our booth had the large Mars Hill Runners Group banner hanging and a slide show off the last years' worth of running , training, and party pictures.

It was a wonderful opportunity for people who did not know of us to ask questions and for the many who have heard of us but weren't sure "where to find us". I was actually taken back a bit by the amount of people who know

"who we are". As we handed out pace cards and a few bibles it was really neat to listen to the people who thought our group was really a cool way to get involved and carry the message.

We had 30 people sign up to receive the weekly club news and had several new faces at the Monday and Tuesday group runs. I am sure many on Saturday heard people running around them comment on the orange shirts that they had become familiar with from the booth.



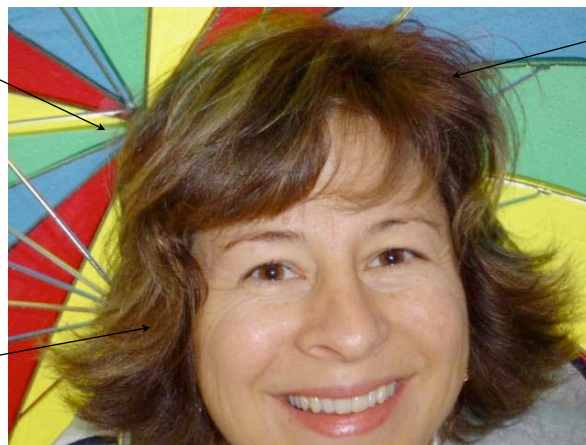
top: The Setup
bottom: The Delivery

Booth Sponsors: Millbrook Tack, Pampered Chef, Stampin' Up, Old Orchard, Highland Chrysler Jeep, and Onit Logistics. THANK YOU ALL!

WHO IS A MARS HILL RUNNER - CINDY HOUGH

I run for health reasons, both physical and mental. Physically to burn off the extra calories from my big sweet tooth - ha! and mentally - helps clear the fog and helps me think - it gives me a mental release that no other exercise does.

Describe Cindy:
sincere compassionate,
driven, focused, determined,
with a HUGE heart - Clint



Why are you a part of the Mars Hill Runners Group? I love you guys! I first came to the group out of curiosity and to meet the runners Clint often talked about. I stayed because I was very welcomed and encouraged even as a new runner. I love the community it has grown into - where we truly carry each other!



BAYSHORE MARATHON WEEKEND

For those of you who I know are attending the festivities of the Bayshore Marathon weekend, I will be sending you another email about sleeping arrangements, food, and hopefully an update on the number of available showers. If I don't know you're going, email me soon! lshooks@marshillruns.com