

# CLUB NEWS

## Bayshore Marathon



The Bayshore Marathon and 10 K are finally over, and we can all breathe a sigh of relief, both those of us who completed it, and all of you who put up with us while we were training for it.

I want to thank our support team during training, Rebecca Malmquist and Cindy Hough, for the way you carried us through every step of the way. We could not have done it without you both.

Thank you for being there, and for loving us through the process, even when we got a little ugly (speaking for myself here).

The weather was beautiful, the course was gorgeous, and all who started the race completed it! To those of you who cheered until you were hoarse or ran us in after you had completed your own race, on behalf of

all of us, thank you from the bottom of our hearts.

For those of you who weren't able to be there with us, please check out the pictures on the website, read the comments on the blog, and get ready to go with us next year!

### Recent Race Results

Bayshore Marathon:  
 Chuck Ames 3:40:47,  
 Pat Carey 4:19:20  
 Clint "Recruiter"  
 Hough 3:55:51 (PR),  
 Laura Howell 3:32:38,  
 Jerry Johncock 3:48:00  
 Bob Karel 4:16:14  
 (PR), Rod "Cooter"  
 LeCouteur 3:39:54  
 Sara Maher 3:53:00  
 (PR), Gary Mallekoote  
 3:57:37 (PR),  
 Rudy Malmquist  
 3:37:14 (PR), Bob Na-  
 vis 3:49:05, Lynne  
 Oosterhouse 4:31:29,  
 Spud "Go Spud Go"  
 Potapa 4:22:48 (PR),  
 Jen "I'm not Cindy"  
 Rice 4:08:44 (PR) and  
 Lynell Shooks 4:03:51  
 (PR)

Bayshore 10K: Mere-  
 dith "Run 'em in" Care  
 50:27

Snug Harbor 5K: Paul  
 McMullen 16:24, Scott  
 Sroka 26:13, Holly  
 Visser 33:08, Marissa  
 Visser 33:09.

Ambucs Jenison 5K:  
 Dave Hodson 19:48.

Disney Half Ironman:  
 Becky Olszewski  
 6:53:55.

If you have any recent  
 results to share, please  
 email Lynell.

CHARACTER.

I have a habit of reading books not just once or twice, but often time after time, year after year. I will even finish a book, and start right back at page one just to learn more.

I love analyzing the character development in a story more than I do the plot, trying to figure out how this “person” became who they are, what influences led to certain actions, the battle between nature and nurture in their experiences, and how their personal character is reflected throughout a story.

I am fascinated by how an author has a vision for a character and the manner in which they not only create the personalities in a story, but their entire life; their hopes, dreams, struggles, failures, and accomplishments.

In the same way I am fascinated by the fact that God has already written each of our stories, has woven an exciting plot for us, cares about the intimate details of our lives, and like an author, has created an entire story around us for all to see.

He created me. He even made me with this ridiculous way of looking at myself, my quirky sense of humor, my “like the guys” attitude, and my great love for nature, children, and the color pink.

Everything about my story is exactly what He wanted it to be.

Psalm 139 verses 15 and 16 read: “My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth,

your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.”

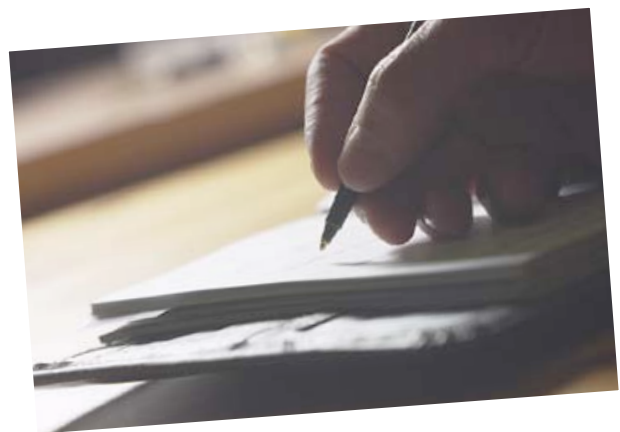
Maybe someday someone else will read my story, and be fascinated with the character God has developed in me, and will be drawn to learn about the Creator from his Creation.

As you go about your week, may you know that God, the author of your life, has written a beautiful story with you as the main character, and has set down his pen with a big smile on His face knowing you are exactly what He wanted to write about.

*-Lynell Shooks*

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

[www.marshillruns.com/blog.htm](http://www.marshillruns.com/blog.htm)



BOOK STUDY - ADVENTURES IN MISSING THE POINT



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

Thanks for a good discussion Tuesday about seminary! I was pleasantly surprised that we had such strong feelings about it and that we were able to speak freely to one another!



Please read "Missing the Point: Environmentalism" for next Tuesday. Mary and Pat Carey along with Laura Howell will be providing food for that evening.

Remember to go visit [www.marshillruns.com/blog.htm](http://www.marshillruns.com/blog.htm) to log your comments on this study and to read what others

are thinking about it too! We are a royal priesthood – when two or more of us are gathered we emulate Jesus more than when we are alone. When you blog your comments, it helps the greater family of believers.

A reminder to those who committed to pray for another this week: it is a great privilege given to believers to be able to pray directly to God for your fellow believer and is regarded most highly by Him (James 5:19,20).

May you have a week filled with insight and wisdom, good health and safety.

Please join us for next week's discussion of "Environment," or join the on-line Blog at any time to discuss the book & your thoughts on the subject of the week.

**Top:** A few of the gang  
**Bottom:** The Thinker

WHO IS A MARS HILL RUNNER? - BOB KAREL

I run to stay healthy primarily. Being a big guy...it is way to easy to pack on weight....especially the way I eat. The other half of my "why" coin is pure competition. I love it. Competing against people your own age and seeing where you rack up (realistic or not) is my spice for life.

John 5:24 : Truly, Truly, I say to you, he who hears my word and believes him who sent me, has eternal life; he does not come into judgment, but passed from death to life.



"MY DADDY IS #1" - Ryen Karel

The blessings this group has had and the open heart that each of it's members are gifted with can't help but make you feel blessed to be a part of it....and want to be to every function and event. (not to mention so many things are just off the cuff and fun....you just never stop laughing!!)

Bob's Mantra: "If Christ could carry his own cross to die for MY sins....I can at least finish the race that is front of me now"



## 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 Tim Stuive, Clint Hough, Pat Carey and Gary Mallekoote in your prayers. Please also lift our many members with injuries, illnesses and friends and families who are experiencing the same in your prayers. We praise God for the graduation of Laurie DeYoung from Massage Therapy School. We also ask for prayers for Rachel Olexa as she prepares for her first Triathlon.

## PUTTING IT ALL TOGETHER - CLUB NEWS OPPORTUNITIES

Many of you have great talents out there that I would love to have shared with the entire group. Your knowledge of training tips, nutrition, spiritual development and service opportunities are all needed.

Each week I look for great material to add to the Club News. If you are interested in contributing, or if there is something in particular you would like to have included, please share it with me!

Please email me at [lshooks@marshillruns.com](mailto:lshooks@marshillruns.com) with your thoughts and ideas.

## VOLUNTEER & SERVICE OPPORTUNITIES



The YMCA Buck Creek Run in Grandville is in need of several volunteers to help in various roles (i.e., course monitors, aid station, finish line, registration, etc.) on the day of the race. The race is scheduled for Saturday, July 2, at 8:30 am. Volunteers will most likely have to report by 7:30 am; more specific details will be available as the race day gets closer.

If you are interested in volunteering, please contact Meredith Care at [meredithcare@hotmail.com](mailto:meredithcare@hotmail.com) or 616-893-4325.

We will also be helping out, as a group, for the Kentwood Community Church 5k race on August 6. They need about 20 volunteers to help out along the course, and with food, medical and registration. If you are interested, please email Lynell at [lshooks@marshillruns.com](mailto:lshooks@marshillruns.com).

Host families are needed for 14-18 year olds students from Spain. The students that are selected to participate in our program are top-notch students. The students will be here for the whole month of July and need good families who are open to an experience that will change the way they see the world. The students are coming through Global World International, Contact Brent Taylor at 318-2880 for more info.

CAMPING TRIP

MARSHILLRUNS.COM



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!

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](mailto:spiff@mac.com).

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

SPECIAL THANKS



Special thanks to Rick & Irene Shooks for opening their home and hearts to the Mars Hill Runners Group. If you would like to send them a note, their email is [rshooks@charter.net](mailto:rshooks@charter.net)

Calendar

**June 6, 2005**

Group Run - East GR, 6 pm

**June 7, 2005**

Group Run & Book Study - Mars Hill

**June 11, 2005**

Brian Diemer Amerkam 5K Race

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](mailto: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.