

CLUB NEWS

Grand Rapids Marathon

10-30-05 The Challenge is On



Once again the challenge is on to be the best, brightest and most encouraging aid station in the Grand Rapids Marathon. Thank you to all of you who have already signed up to volunteer, for you are greatly appreciated!

In fact, you all did such a great job last year that GR Marathon winner Erik Bush has asked to wear a Mars Hill Runners Group shirt while he competes again this year. That kind of enthusiasm and encouragement doesn't go unnoticed.

Because of the overwhelming response by our volunteers, the Marathon Committee is asking for volunteers from our group to help out at the finish line. If you are interested in switching spots, please contact Bob Karel.

New Runners

It has been a few months since we've listed new runners, so I'll try to get you all in here. Thanks for joining us, we're glad you're part of our community!

Alisa Volbeda, Jen Goodman, Jackie Dykwell, Jessica Perberg, LuAnn Goodman, Mike Monterusso, Tara VanderMolen, Tom Dowd, Megan Zendian and Erin McCormick.

I know I've missed a few of you, but just the same, we welcome you to the Mars Hill Runners Group. We hope and pray that you are blessed by your time with us, and that you come to feel part of this community.

We will announce a meeting time & location next week for all the volunteers, so stay tuned for more information.

Following the race will be a gathering at the Hough household in Jenison. Please bring a dish to pass, and be prepared to put your feet up and relax, watch a football game, and celebrate with our finishers!

If you have any questions, please contact Bob at bob@marshillruns.com

LEAST.

Running along the streets of downtown Grand Rapids last night I passed many people sitting on park benches, conversing with their friends, enjoying the remaining sunlight while lightly chilled by the crisp fall air. They weren't couples out on the town, or businessmen finishing up their workday, they were the homeless of Grand Rapids. The "least of these," you might say.

As I dodged puffs of cigarette smoke, I tried to be careful to make eye contact, to look beyond their outward appearance, and think about what may have led to their situation being as it is. What was it that made them the "least" in our community?

Finding the signs that God leaves along the way is easy, if only we open our eyes and ears to what He is teaching.

This morning my daily scripture reading was Matthew 25, "I tell you the truth, whatever you did for the least of these brothers of mine, you did for me."

Fast forward (ten minutes) to the car ride to work, WCSG, Rex Rogers quotes "whatever you did for the least of these."

More often than not, I find God isn't very subtle in His messages to me.

It was all a common theme, reminding me that as a follower of Christ, I am to not only care for and about those I know and love, people like myself, but am to enter in to His work and love and care for the least of this world, whether a world away, or right outside my door.

For many years I was scared of the homeless, afraid to go near them, and certainly wouldn't make eye contact with them. God has opened my heart to be more like His, and as He continues to shape, form and direct me in to pursuing that leading, I will remain open to what He teaches and where He leads me.

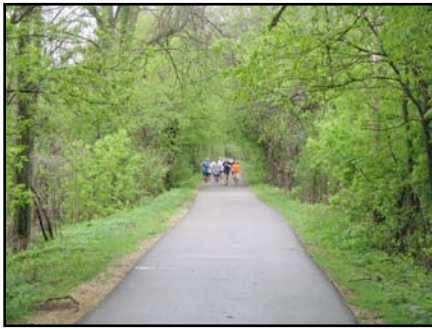
In the mean time, the least I can do is look them in the eye.

The least.

-Lynell Shooks



SATURDAY LONG RUN - BYRON CENTER - 84TH STREET - KENT TRAILS



Grand Rapids Marathon trainers....only one more 8 mile run to go! Then...YOU ARE DONE! GR Marathon time!

will start out at 8am so please be there by 7:45 / 7:50 or so. Visit the website for details and a map.



This Saturday we will be running from the trail head of Kent Trails off from 84th street to 52nd street and back.

We will be deciding soon what we want to do for Long Runs now that the Marathon Training period is over. If you have a suggestion please email Bob at bob@marshillruns.com Great job this year with your training!

This is a nice flat course for your final run and this time of year is very scenic due to the leaves turning color. We

Many thanks to everyone who supported all of our distance runners this summer and fall. We appreciate you so much!

Top: Flat & Fun Kent Trails
Bottom: The Chicago Gang

WHO IS A MARS HILL RUNNER? - WENDY HAHN

Wendy's favorite place to run:
One of my favorite places is Pickerel Lake in Rockford.

I like the exercise and the social aspect of joining a bunch of people for a run



Wendy finished her first marathon this summer, the North Country Trail Run.

One of Wendy's favorite verses:
"I can do everything through him who gives me strength."
Philippians 4:13

Wendy and her husband, Andrew, have been long time members of the Mars Hill Runners Group, and have been great at recruiting others to join us!

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THE PRAYER CORNER

Thank you to all of you who continue to respond to our prayer requests. As our members struggle with illness, injury, job concerns, family concerns, joys, celebrations and triumphs, we will try to keep you all updated so we can keep each other lifted in prayer.

If you have any prayer requests or needs at any time, please let Lynell know by emailing lshooks@marshillruns.com. Please note that unless you state otherwise, our prayer requests are also shared with the Mars Hill Bible Church team, and are shared with an even wider group of committed prayer team members.

MARS HILL RUNNERS COMMUNITY SERVICE TEAM - CHUCK & JEN AMES

We are organizing a new part of the running group. We have already shown many times over that the group is a servant minded and servant hearted group through the service efforts not only in helping with other running events, but helping friends to move, repaint houses, etc. In addition we have shown our generosity by helping families in need around Christmas time. We would like to continue these service oriented projects, therefore, Chuck and I are coming to you to help us in finding areas that we can help not only those in running group in need of a hand, but those within the Grand Rapids community. Some ideas that have already been tossed around are having a sign up to cook some meals for a member that just had a baby or undergoing some medical issues and could use a little relief about what to make for dinner, or volunteering in the soup kitchen one day this winter. If anyone has any ideas for what we could do in the future or if you know of someone in need now, let us know.

Jen's email: amesjenniferd@yahoo.com

Chuck's email: charlesaames@yahoo.com

RACE SHIRTS

We are currently out of race shirts, however, we are looking at a new order. If you are interested, please email me at lshooks@marshillruns.com so I can get an idea on count. If you would like a shirt prior to then, you may purchase one on your own, and contact the Malmquist Family at rebecca@marshillruns.com for information on how to get an iron on logo.



Old Navy currently has long sleeve wicking shirts in the men's department, at a decent price, and word is they are carrying Mars Hill Runners Orange.

We see these shirts as a great way to identify each other during races, and to also use them as a tool to share the message of the mars hill runners in the running community.

CHICAGO RESULTS



Congratulations to all of our Chicago Marathon finishers! You all trained well, ran strong, and finished the race. For those of us on the sidelines, it was a joy to be able to share in your special day. Brad Smit, 3:54:22; Colleen Gorton, 4:31:22; Phil Nienhuis, 5:37:13; Lynne Oosterhouse, 4:23:49; Rudy Malmquist, 3:38:06; Bob Karel, 3:49:04; Sara Maher, 4:20:29; Spud Potapa, 4:52:29; Julie VandeRee, 3:42:44; Scot Sroka, 5:10:03; Holly Visser, 4:30:34; Clint Hough, 4:06:40; Pat Carey, 4:22:15; Becky Olszewski, 4:54:53; Gary Mallekoote (I don't know what name you ran under??); Karl Schmitz, 5:21:24..

Congratulations all!



SPECIAL THANKS

Special thanks go to Bill (pictured on the right) for putting up with all of us for the entire weekend. Bill gave of his time, money and home to support the whole gang (all 31 one of us).

Bill, we appreciate your servant heart!

If you would like to help us thank Bill, please contact Pat Carey at longrun262@marshillruns.com

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! If you are also looking to get one of those snazzy marshillruns.com email addresses, please contact Rudy Malmquist and he'll get you set up with this free, web-based email service.

Calendar

October 22

Saturday Run - Byron Center Trails

October 24 & 25

Group Runs - East Grand Rapids & Mars Hill Bible Church, 6 pm

October 30, 2005

Grand Rapids Marathon & post-race party

for more info & events.....

visit the website, under calendar!

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.