

RUNNING SHORTS

Sizing up other runners

By Niki Bellnoski

If you have ever stepped foot at the start line of an event, the first observation you might make is the diversity of those who accompany you.

Your first instinct, perhaps, is to size up the competition. You find yourself scoping out superficial signs that illuminate to reveal their level of threat. What shoe is she wearing? How about her calves--slow twitch or fast twitch, should I be worried about her final kick? And her shirt- is she sporting her racer back singlet that discloses her experience? What about her physique--is she slim and trim and running to win?

As the threat scan continues, so does the increase in anxiety level. The mind races with thoughts of doubt as you try to convince yourself of your own capabilities. By the time the race starts, you have entered a self inflicted state of solitude that has added nothing positive to your performance.

I encourage you to reprogram the approach you bring to the start line. Upon entering the judgmental scan and analysis of your competitors, click--drag--and press the delete button. Instead, install a frame of mind that equates the product of the multitude of data to be camaraderie. Embrace the fact that you stand in the midst of individuals of all ages, races, genders, shapes and sizes. Though each of you bring a unique set of demographics to the start, you all unite in sharing the passion of running with one another as you strive and encourage each other to reach the finish line.

As Christians in the race of life, we too, should discontinue our hypercritical assessments of one another. All too often, we find ourselves criticizing and judging our fellow brothers and sisters. Just as the runner, we scope out superficial signals that we have labeled as "Christian" or "non-Christian". The truth is, we were beautifully and uniquely created as a diverse population; a "kaleidoscope" and masterpiece of our Creator. Let us rejoice in our differences and encourage one another as we all have a place in God's Kingdom.

GO RUN!!!!

Race Results:

October 6

Kats for the Cause 5K – Huntsville, TX

John Slate	21:48 (Overall Winner)
Hans Jaeger	27:58 (2nd AG)
Lavonne Zaiontz	31:02 (1st AG)
Ken Johnson	34:41

Race for the Cure Results- Houston, TX

Blake Broussard 27:36

Ryane Broussard 35:08

Toad Trot 5K – Bastrop, TX
James Spencer 21:16 (1st AG, 3rd overall)

October 13 -

Lone Star Trail 25K-Coldspring, TX
Curtis Barton 2:24:00 (3rd Overall)

Upcoming Events-

October 20- Raven Run in Huntsville

October 20- Shiitake 5K in Madisonville

October 25- Club Meeting and Election of Officers, 7 p.m., The Junction Restaurant.