

## RUNNING SHORTS

### **Parallels exist between running and life**

By Niki Swearingen

I have mentioned before my amazement at the parallels that exist between running ultra distances and the Christian walk. Though I would never call the two equal, they do share similarities that are sure to occur.

Over the course of a fifty mile foot race, there is a significant degree of fluctuation in environmental, physical and psychological conditions. At times, everything seems to be going for you and then suddenly everything is going against you.

At the sound of the gun, the thermometer may read an icy twenty five degrees, but by mile thirty, the mercury displays a steamy seventy seven. At mile four, the legs are in full flight, but at mile twenty, the thighs pull tight. At mile twenty-nine, you feel fine, but at mile thirty-five you're barely alive. The feet are dead beat! Thankfully for you, you've got "GU". With all the aching and chafing you wish you knew what to do. Your stomach bubbles with trouble, so you sink into a slump and sit on a stump to think on your rump. Now left feeling lonely and wondering "if only..." and "why?" all you want to do is cry!

In these situations, we must gather ourselves, dig deep and search for the confidence that brought us to the starting line. With courage we must move forward one step at a time.

Through the journey of life we experience these highs and lows as well. Sometimes we find ourselves drifting along with no real direction and at others we move forward fiercely focused. We ebb and flow from elation to devastation. At times, it feels like the whole world is caving in around us. When we think nothing else could possibly go wrong, we find ourselves saying, "Boy was I wrong!"

In the whirlwind of life's events, it is easy to fall into the trap of being hung up on the "if onlys" and "whys?" I have learned that the "if onlys" are simply a waste of time and that knowing the "whys?" doesn't leave us anymore wise.

Wisdom is not sorting out our past experiences, but rather using those past experiences to endure the next endeavor with expanded insight. Don't get tied up in what should have been or what could have been. Embrace the circumstances and know that if you seek to use the knowledge gained to serve God and those around you that blessings will begin to overflow.

Unlike the ultra-marathon, there is no need in culminating the internal confidence to continue. In the race of life we have faith in our eternal Father. We know that we will prevail with God's helping hand. Unlike ourselves, He will never fail us.

Go Run!

### **Race Results:**

June 16 -

June Bug Results- 5K Run/Walk

5K

James Spencer 21:14

Robert Duncan 22:17

Andrew Murray 23:51

Curtis Barton	27:14
Hans Jaeger	29:01
Chris Wilson	29:02
Cherish Spencer	30:25
Hsiao Fong	32:42
Skipper Nethery	33:17

1-Mile

Marilynn Johnson	21:54
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