



3 RACES YOU WON'T WANT TO MISS

September 12th, Eastman 10K, Kingsport

For only \$9 (yeah, you read right — just \$9!), you get your race fee, a pasta dinner, post-race refreshments, a technical shirt, and dri-release socks. If you are interested in carpooling to this race, [please RSVP on facebook](#).

September 19th, Samaritan House 5K, Carson-Newman

Christian Runners' mission is to "utilize God's gift of running to further His Kingdom through fellowship, community, service, and giving." The Samaritan House is a shelter for the homeless operated by students and staff of the Campus Ministries Department of Carson-Newman College, in cooperation with a network of friends, churches, and community agencies. It offers housing, counseling, social services, and encouragement to people in desperate situations. Lindy Mason, our newest LCR member, and a Carson-Newman student, is coordinating a 5K run on the C-N campus to raise money to support this vital ministry. She has also very generously extended a special rate to LCR members — run for only \$10 (instead of the regular \$20 rate. Thank you, Lindy!) When you register at the Science Building at 7am on race day, be sure to mention that you are a member of Lakeway Christian Runners. ** Even better, wear your Christian Runners t-shirt, and let's promote our group as well! **

November 14th, Chickamauga Marathon and Half Marathon Fort Oglethorpe, Georgia (near Chattanooga, TN)

This is a race that is being aggressively promoted among Christian Runners throughout the region. Early registration (\$35 for the Half; \$50 for the Full) ends after Monday, August 31st. After that date, pay \$40 for the Half; \$60 for Full.

GROUP RUNS & EVENTS

Saturday Morning Runs, 6:45am

Sept 5 Manley Baptist Church Gym
Morristown

Sept 12 ROAD TRIP: Eastman 10K
Kingsport
[Register by Sept 9th](#)

Sept 19 Samaritan House 5K, 8am
Carson-Newman College

Sept 26 Fred Miller Park
Morristown

Weekly Thursday evening runs begin at 6:45pm and always leave from Panther Creek Park's swimming pool parking lot. This time is likely to change in late September.

Always check the website:

www.LakewayChristianRunners.org

Cool Christian Runners merchandise can be purchased online by [clicking here](#).

Also, we have white, short-sleeved cotton Christian Runner t-shirts for only \$5.
[Email Gretchen](#).



** IMPORTANT **

Make sure you're being counted.

If you have not used the portal on our main web site to enter your email address, then the national home office has no record of your membership. There is no fee to join, but we want to make sure they know how quickly our chapter is growing, and we also want to make sure that you receive the periodic newsletter that goes out from the national organization. PLEASE enter your email and be counted.
www.LakewayChristianRunners.org. Thank you.

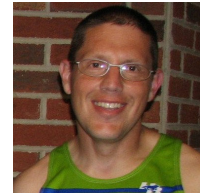
"Setting the Pace"

Looking for that Elusive Finish Line

I found myself standing on the side of a high-school cross country course this past weekend. I had flashbacks to the many years I had once ran on a course with the same smell of grass and the beginnings of Fall, the yelling of parents and coaches, the faces which sometimes reflected a sense of accomplishment, at other times feelings of disappointment, pain, and regret. After the race, there were the usual interactions of those asking runners how they felt, anything they would do different, or any regrets.

One particular young man reminded me of so much. In his case, he had even expected things to go badly before the starter had even pulled the starting gun out to begin the race. You guess it; he found what he was looking for, with his race not going very well. He shared how he felt that he let everyone down; he disappointed everyone, that he lacked confidence. He could no longer see what others knew of him. If you had asked coaches, parents, and fellow runners, they would talk of his strong work effort, endurance, high self-standards, greater experience than most runners, and strong sense of conviction. For some reason, this young man could no longer see this person.

While it may seem that we are simply reflecting on a young man, running along a path, on a warm day with probably four hundred other young men looking for that elusive finish line, I believe that this experience is something all can relate too. We feel called by God to first know His son, then to serve, and to walk with Him closely. We try so hard to get it just right, attempt to control how it should be done, and perhaps even the outcomes. In the process, we forget what was our "first love," why we had come to Him, to serve, and to simply walk with Him. We experience pressure, disappointment, and perhaps no longer have the confidence we may have had. We can no longer see how God sees us - that He loves and that we do not have to work at "being good enough."



That is not to say that we do not have a job. I was also reminded this past weekend by another young man that it takes discipline, practice, and the fortitude to push beyond pain. Another runner running along the path, stopped frequently, making complaints that did not appear to be consistent with his level of fitness, and tended to do this when others were watching. Running the race does take preparation, commitment, conviction, and courage to reach beyond personal pain. In essence, it takes a faith that there is something beyond one's self, that the race can be accomplished, and a willingness to lean upon a conviction that is bigger than one's limited vision.

I had shared Psalm 40 during a devotion one day before a run where there were comments of fatigue, some despair, and frustration. David shares how he waits upon God, how God had lifted him up, and put a "new song" in him - a song of praise and the willingness to trust the Lord completely.

I waited patiently for the Lord; And He inclined to me, and heard my cry. He brought me up out of the pit of destruction, out of the miry clay; And He set my feet upon a rock making my footsteps firm. And He put a new song in my mouth, a song of praise to our God; Many will see and fear, And will trust in the Lord (Psalm 40, NAST).

The challenge before us during our race is to find and keep within us a song of praise, self sacrifice, and trust. Can we worship Him in such a way that our spirit sings, even during times of trouble, frustration, and fatigue? Preventing ourselves from getting in the way of becoming what He desires and to see ourselves through His eyes. Can we follow His lead in working together, encouraging one another, and pushing one another toward that true elusive finish line?



Protein Bars can be pretty expensive. Next time, try homemade!

Put 2 cups of peanut butter (natural is, naturally, healthier) and 1 cup of honey in a microwave-safe bowl and heat in the microwave for about 90 seconds until it stirs easily. Then mix in 2 cups of chocolate protein powder and 2 cups of dry oats. It will be thick. Spread onto a cookie sheet, refrigerate until firm enough to cut, then slice and wrap individually. Yummy!

Unsubscribe? Question? Comment? Email TerryB@ChristianRunners.org.

**** I realize there are a few broken links in this newsletter. Not sure why that is, but I do hope to have that fixed by the time you get your October newsletter. ** –Terry**

