

RUNNING SHORTS

The splendor of spring makes it a good time to start running

By Niki Swearingen

If there has ever been an ideal time to begin running, it is now! The spring season offers an invitation to enjoy its essence like no other time of year.

The cold, rainy days of winter are quick to become stale, leaving us all under a cloud of funk. We eagerly count down the days until our short lived spring arrives. At the dawn of spring, our world comes alive. How wonderful and reviving it is!

When we rise at the beginning of a new day, early morning birds sing to us a melody that is sure to put an extra spring in our step. The young sun bathes us with its energetic rays that radiate throughout our bodies giving us new vitality. The crisp, gentle breeze fills our souls and lifts our spirits. The flowers bloom with a spectrum of brilliant colors. Every breath of fresh air is graced with the scents of spring. The night time sky glistens with shining stars reminding us of our minuteness in the enormity of the universe.

As such splendid beauty is unveiled, how could you not be stimulated to run? The warmth of spring sends my inner most being into a joyous dance of celebration as the majesty of our God is revealed through His creation. Our God is alive!

Spring also gives way to rain and lingering humidity. Many of us find the two to be rather nuisances as they put a damper on our plans or leave us sluggish throughout our runs. We develop negative attitudes and grumble with the rumble of a developing afternoon storm. I challenge you to think differently. The glass is half full, not half empty.

Next time you find yourself caught in a rain shower, listen to its rhythm as it beats the ground. Feel its calming coolness as it trickles down your skin. Imagine rain drops of heaven cleansing all the impurities and fatigue that are within. Allow the soul to be flooded with new life.

After the rain has departed we are left with a residue of hovering humidity. Do not wither under such conditions. Think positively! Ignore the suffocating, sultry surroundings. Instead, envision the sustaining, never fading presence of God. Stop fighting, be still and know that God is near. Run in the halo of His presence.

There is no better time than now to experience God's kingdom. Step out the door, place one foot in front of the other and discover the invigorating splendor of spring. Look for the beauty in every element. The power of positive thinking will take you to amazing places. Soon, your cup will no longer be half full but overflowing with gladness at the works of our glorious God!

Go Run!

Contact: go_run_finish@yahoo.com

Race Results:

Summer Kick-Off 5K :

Ben Harvie 19:43 (1st AG)

Mary Patterson 35:48.

YMCA Trail Run (5K).

Jan Parks 30:55 (2nd AG).

Ken Johnson 36:56 (3rd AG)

CBI Triathlon 500 meter swim, 15 mile bike, 5k run

Marvin Dittfurth 1:32:40

Magan Langely 1:34:03 (1st AG)

Nathan Winkelmann 1:05:44 (1st AG)

Jack Rabbit Run for Hope 10K

Skipper Nethery 1:11:58 (1st AG)

Sprint for Life 5K

Ben Harvie 20:10 (1st AG).

Pacesetter 5K

Jerry Flanagan 25:30 (1st AG)

Upcoming Events:

May 28th -Monday- Memorial Day 5K and 1-Mile Run or Walk, 10 a.m., Gallilee Springs Water Park, Timberwilde Sub-Division