

Date: Saturday, October 8th

Location: RACE!

New Vocabulary: Schwag - all manner of logo'd stuff given away by companies to get people to remember them; goodies given to runners for signing up for a race (or sometimes for winning or placing in the top times for a given age bracket).

Previous Lessons:

Week 1: Expect Resistance + guidance on buying new shoes

Week 2: Of running clothes & spiritual armor + guidance on clothing and items

for a more comfortable training session

Week 3: “The plan” – Setting a goal, creating a plan, how to manage the plan when life happens

Week 4: Handling hills – suffering in life produces perseverance, character & hope. Suffering through training produces speed!

Week 5: Getting faster – the more you make use of what you’ve been given, the more you will receive!

Week 6: Hydration is having a full cup...of being filled with the Holy Spirit & of being filled with the right amount of water

Week 7: Fueling for the distance. Filling your spirit with God’s goodness yields spiritual fruit. Filling your body with the right foods yields performance.

Week 8: Managing Injury. How to prevent it, what to do when it happens.

Week 9a: It’s bigger than you! Training for Run4Miles could be considered “temple maintenance”, but your efforts might also be used to inspire others, form a lifelong habit, or raise \$ for charity.

Week 9b Rest. To everything there is a season. As the race approaches it’s time to rest.

Teaching...“Finish strong...get the schwag.”

“I have fought the good fight, I have finished the race, I have kept the faith.”

Those words from [2 Tim 4:7](#) have become my life verse. They inspire me to push through the difficulties of life, knowing that all injustices will be righted in the end, knowing that God allows my pains sometimes but promises not to waste them, and knowing that the prize He offers for enduring all is worth fighting for. It reminds me that the task is to fight hard, finish what I start, and know that as long as my efforts are God-focused there will be fruit from them.

At times the verse lives in a “big idea” cloud over my head, like a macro theme or concept; a philosophy to let my mind wander over. I didn’t intentionally choose this verse, I just can’t seem to escape it or the endless meaningfulness of it. When things get really tough, like the Galer street hill at mile twenty of the Seattle Marathon, this verse moves from philosophy to mantra: a single phrase repeated ad infinitum that moves me forward one step at a time.

Perhaps the next step in your walk is baptism, church membership, joining a home group, faithful tithing, exercising of a gift, turning from a sin, commitment to purity, consistent reading of the Word, prayer out loud...whatever it is, set your focus on completion of the task. Fight hard. Through faith take your next step forward and finish the task set before you, and then bask in God’s “heavenly schwag” reward (cont. on back.)

This week’s assignments (complete before 10/8):

- 1) Read the attached article on common race-day mistakes: <http://www.runnersworld.com/nutrition-runners/right-stuff>

Contact info: Crosstrainers@SHCCweb.org

Website: <https://www.run4miles.com/crosstrainers>

Over the past weeks many of you have trained with your eyes focused on the task of completing a 5K or 10K. Some of you have been able to complete most, maybe even all, of the program. Others may have only been able to complete the program in part, and still others may have had their own plans and different goals, but picked up on bits and pieces and put them into practice. Now, the task at hand is to finish the race and finish it strong.

The night before the race:

- Eat normally (but avoid grease, fiber, spicy foods, etc.) Do not carbo load, do not experiment with a new food.
- Hydrate. If you haven't been hydrating properly don't pick today to start. Just make sure you drink a little more water than normal.
- Lay out your race-day clothes, and bag your post-race clothes, the night before.
 - Don't wear new clothes – especially new shoes that aren't yet road-tested. That also includes the Run4Miles shirt you will receive when you pick up your packet on race day (save it to wear after the race).
 - Dress as if it will be 10 degrees warmer than the temperature forecast for your race time (www.weather.com)
 - Bring clothes to change into for after the race
- Get a full night of rest
- Map out directions to, and know the times for, your race

The morning before the race:

- If you selected an inspirational verse, write it on something (for example your wrist, or sleeve) with a sharpie
- Eat a light breakfast 2-hours before the event (hopefully you've had a chance to experiment with what foods work best for you)
- Drink 8 ounces of water 45 minutes before the race to top your tank
- Allow a few extra minutes for packet pickup and stretching
- The race bib goes on the front of your shirt, not the back. This is so that you can be identified in pictures.
- Plan to arrive at least an hour early in order to allow time to pick up your packet and use the port-o-let once or twice
- Go through your warm-up routine about 20 minutes from race time, then jog for 5 minutes

During the race:

- You can carry your own water, also, water tables are on the course
- Let others run their race. Run YOUR race and don't be concerned with how someone bigger, smaller, older, younger, etc. is doing.
- Work hard – remember your verse (or mine 😊 “I've fought the good fight, I've finished the race, I've kept the faith”).

After the race:

- Stretch lightly then head to the recovery area for food & drink
- Check the Run4Miles website to look for pictures from the race
- Keep going? Why not retain your fitness – find another fall race and continue on.