



The RFG News – July 2010

Upcoming Classes

Cross Pointe Christian Center	Dalton, Georgia
Erieside Church	Willowick, Ohio
First Baptist Dalton	Dalton, Georgia
First Baptist Ft. Oglethorpe	Ft. Oglethorpe, Georgia
Grove Level Baptist Church	Dalton, Georgia
McFarland Hill Baptist Church	Dalton, Georgia
Narrow Road Community Church	Newark, Ohio
Oakwood Baptist Church	Chickamauga, Georgia
Pleasant Grove UMC	Dalton, Georgia
Rock Bridge Community Church	Dalton, Georgia
Salem Baptist Church	Dalton, Georgia
Samples Memorial Baptist Church	Cleveland, Tennessee
Sumach Presbyterian Church	Chatsworth, Georgia
Boynton UMC	Ringgold, Georgia

Visit WWW.RUNFORGOD.COM for additional information.

July's Pointers – Beating the Heat!

Go Early - Sunrise is typically the coolest part of the day. Wake up early and enjoy God's creation.

Try a Visor – Wear a visor which will keep the sweat and sun out of your eyes but will not trap heat as a hat will.

Hydrate – Drink eight ounces of fluid before heading out on a run and several sips every fifteen minutes during your run.

Slow Down – You can lose 20-30 seconds per mile for every 5 degree increase over 60 degrees F.

Don't Chance It! – If you feel light headed or dizzy, STOP, walk, and get some fluids and electrolytes in your body. Don't think you can push through it, it's not worth it!

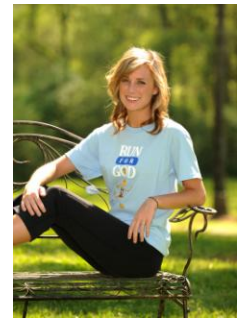


*Team Run for God
Riverbend Run 5K and 10K
Chattanooga, TN*

RUNFORGOD.COM July Specials

25% off all in stock Cotton T's

Use Coupon Code : COTTON



July Scripture

"Let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us." Hebrews 12:1

What kind of snares do you have in your life?

*Team Run for God
Freedom Run 5K
Rainsville, AL*



Want to Start Run for God in your community?

Visit WWW.RUNFORGOD.COM to find out more about how to start a team Run for God at your church or in your community



A letter from Melody

I am a recent graduate of the RFG program and it has changed my life for the good in so many ways spiritually and for health. In addition to that, it has changed the life of my family. It didn't take long for my children, Harmony 7, Hannah Grace 4, and Hope 5 months when I began RFG, to notice mommy was doing something new. They became very, very involved with my new lifestyle wondering if this was a healthy choice to eat and asking when I was going to go "Run For God" (that's how they referred to it every time which was a great reminder. I wasn't going running, I was going running for God.) Well they attended my first race and really loved seeing their mommy run, and cross the finish line and I loved being a good example and taking care of God's temple, a good example of healthy living.

So after that, Harmony told me she wanted to run a race and get a number and more than anything she wanted to cross that finish line. She REALLY was begging. The thing about my daughter Harmony, our oldest, was, she adopted from China. Sometime after being home we discovered she'd had a stroke at some point in her pre-natal life. In an adult, this stroke would be debilitating, but children have a way of rerouting their brains. Harmony is fine cognitively, but suffers right side weakness much like you would in your minds-eye visualize when you see an adult who's had a stroke. Her right arm/hand/foot/leg are all very weak. In fact she can barely make a fist with her right hand, cannot turn her hand/palm up, and has no pinch function at all. Her right leg has severe spasticity for which she has to wear a leg brace which in return makes her leg muscles very weak. She has no "toe lift" in



that foot which is what you use when you walk to get your toes "up." We never use her disability as an excuse or reason to not do something. We say yes to any dream or endeavor she may have. So when she said she wanted to run a race; well that's exactly what we did.

I was asked to run in a local 5k which included a kids 2k. We "trained" together going for one mile walk/runs at the park. It was awesome family time. My four year old asked if she could run too. In our training TONS of great conversations about winning vs. finishing were had. To a child, the vision of a race is to the end

of the driveway and back. When they would ask if they would win, I could tell them again and again, "It's not about winning, it's about finishing." Relating it to hard work, and stick-to-itvness and God will be with us. All kinds of great lessons.

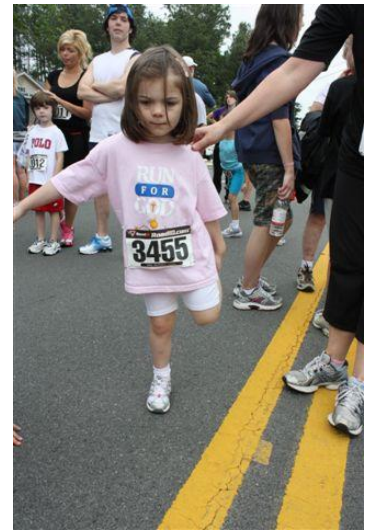
The big day came and Harmony and Hannah Grace got their numbers. We were all very concerned about Harmony's leg giving out and her falling. We talked with her about it before as she was worried too. We talked with her about how running and falling is just like life. Sometimes we may hit a bump and even fall, we may be sore, but you just get right up and keep on going. GREAT life lesson. She runs in a halting, limping run. Since she doesn't have toe lift, she has to really spring off her healthy leg to get enough height to get that leg up and under her and then in turn, she doesn't have nearly the lift on her (we call it) "helper leg". A fellow Run for God mate fell during our 5k straight out of the gate. As I saw his bloody knees, he told me he'd tripped over some road cones that weren't marked clearly. I told him I was



so sorry, but could he talk to Harmony before her race. He showed her his blood knees and told that it was ok. She looked and listened but didn't say much.

As we headed to the finish line they were SO excited and finally, off we

went. My four year old got a little tuckered out and had to be carried some and did a great job. Harmony didn't want to be carried at all. We walked some, we jogged some. It wasn't the easiest course ever either. We got just to the top of the last hill and she rounded the corner and fell. We helped her to her feet and she wouldn't look up at us. We dusted off her bloody knees and told her, "Remember when Mr. Rick fell? And remember how we talked that this race is just like life. If you fall, you just get up and keep on running. It's ok, you can do it." I saw one lone tear fall down her cheek and my mother's heart was wrenching. I was cheering her on inside and outside, "You can do it, you can do it." She lifted her little chin and began her last leg of the race down to the finish line. As we approached we had a small little group of fans and tons of people at the race watching and they began to cheer and cheer. The girls got SO excited and without prompting my two angels grabbed hands and took off for the finish line giving each their best ability. And needless to say, as they crossed the finish line, Run for God shirts proudly worn and observed by many, there was barely a dry eye in the house.



They were SOOO proud to receive their participation awards which are proudly displayed with their numbers on our family bulletin board. They did it! They put in the hard work, sweat, we had an injury and they crossed the finish line together hand in hand. It was a life moment for our family. One of those turning points where you know something is going to make a huge impact. And as we rode home, we didn't quite know how the girls would feel about the race. Hannah Grace, 4, said, "Boy that was a long way." And Harmony, 7, who had fallen and had the most challenges said, "Mommy, when can I race again?" Wow. Be still my heart.

When Run for God begins, it's amazing to watch how it affects so many around you, which is the last thing you expect as a novice runner. I've not only got a chance to be a witness to friends and perfect strangers, but the last people I thought would want to run were my 7 and 4 year old. And they love it as much as I, and their lives are changed forever as well.

Melody
Hammontree
Team Run for God



*Melody, Harmony,
and Hannah Grace
At the Finish Line*