

#### PRELUDE

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Freepik and Pxhere Vectors: Freepik, flaticon Translated by : Tatiana Torres

Published by União Sul Brasileira Rua João Carlos de Souza Castro, 562 CEP 81.520-290, Guabirotuba, Curitiba, Paraná.

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## THE HISTORY OF MARATHON

For those passionate about racing, it is interesting to know about the historical origin of the Marathon, a modality increasingly global.

The historical legend tells that when the Greeks defeated the Persian invaders in a battle on the plain of Marathon:

A soldier had to run between the plain of Marathon and the city of Athens to announce the military victory before the soldiers of Darius, the Persian King who in 490 BC, invaded the Greek territory. The choice fell on Philippides that ran the distance that separates these places, after running between the site of the battle and Athens, approximate 24 miles. He ran to exhaustion, when arrived to Athens, after communicating the victory (Rejoice. We won! [Xairete, Nenikilkamen]) dropped dead. The huge effort to go the distance won the life of the poor soldier!<sup>1</sup>

4

<sup>1</sup> Proença Garcia, Rui; Marinho, Teresa DEATH IN THE MARATHON: CELE-BRATING THE CULTURE OF LIFE, Science and sport, vol. 5, number. 15, 2010, pp. 45-53 Universidad Católica San Antonio de Murcia, Murcia, España.

## **AFTER THIS FACT:**

About 2400 years later, in 1896, in the first Olympic Games of the modern era, Philippides was honored with the creation of this event whose distance was 24 miles, but since 1908 it is stipulated to be 26 miles. The marathon is a symbol of the Olympiads and mainly a symbol of Athletics<sup>2</sup>.

In this way the Marathon became popular and it became the most disputed type of race in the world<sup>3</sup>.

## **REFLECTION:**

Knowing the history, it allows us to have more clarity about our present and of what we are and have today.

- Have you ever wondered how our planet began?
- Who created it and why are we here?
- The origin of evil, and if there is hope of life after death?

## **APPLICATION:**

Today we begin a fascinating "race" on the origin, purpose and future of mankind. Every "race" you will find a breathtaking view of the greatest history builder: GOD. Take the manual (Bible) and let's go.

## **DISCUSSION QUESTIONS:**

#### 01. Who created the planet Earth? Genesis 1:1, Isaiah 40:28

<sup>2</sup> http://professores.chapeco.ifsc.edu.br/eder/files/2012/09/hist%C3%B3riado-atletismo1.pdf

<sup>3</sup> https://pt.wikipedia.org/wiki/Maratona

In the beginning, God created the heavens and the earth.

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable.

#### 02. How did mankind originate? Genesis 1:26 and 27

Then God said, "Let us make man[h] in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth." So God created man in his own image, in the image of God he created him; male and female he created them.

## **03.** How did evil come about? Ezekiel 28:14,15 and 17; Revelation 12:7-9

You were an anointed guardian cherub. I placed you; you were on the holy mountain of God; in the midst of the stones of fire you walked. You were blameless in your ways from the day you were created, till unrighteousness was found in you. Your heart was proud because of your beauty; you corrupted your wisdom for the sake of your splendor. I cast you to the ground; I exposed you before kings, to feast their eyes on you. Now war arose in heaven, Michael and his angels fighting against the dragon. And the dragon and his angels fought back, but he was defeated, and there was no longer any place for them in heaven. And the great dragon was thrown down, that ancient serpent, who is called the devil and Satan, the deceiver of the whole world—he was thrown down to the earth, and his angels were thrown down with him.

## **CONCLUSION:**

The greatest builder of the Universe, God, designed us. We have his image and likeness, and we are born to live forever. Evil has come as an intruder, but in the next topic we will discover how to escape it.

To know our origin and discover that we have a creator, who cares about us, isn't that amazing?

Our creator worries with every detail of our live, and more he knows our history and longs for our happiness.

In our journey through this life we will run many marathons, climb hills and mountains, and maybe even stumble and fall. But our maker will always be there to give us the support and rescue us when we need. Therefore, run until the end!



## **FAITH COMMITMENT**

I

accept that God is the creator and maintainer of the Universe. I want to run the race of my life, moving away from evil and sin.

Date

Signature



#### "A goal is a dream with a deadline"<sup>1</sup>

Every runner should keep in mind his goal to be achieved, delimiting to overcome his challenges, to change the level in distance, or to slow down. Usually beginners have the dream of running 4 miles, those who run 4 miles change distance level to 7 miles, those who run 7 miles change to 14 miles, and those from 14 miles to 27 miles and so on. Speed competitors, on the other hand, dream of lowering their times and exceeding their records.

Thinking about helping runners achieve their dreams, we've come up with some tips on how to achieve your race goals<sup>2</sup>:

 Be specific, focus. Set specific and achievable goals, not just vague intentions like "getting in a better shape" or "being faster". Think of something you want to

<sup>1</sup> Napoleon Hill (1883-1970), North American entrepreneur.

<sup>2</sup> http://runhaven.com/2015/04/02/5-keys-sticking-running-goals/

achieve, a new distance, a time in a test or the number of races in the week.

- Write down your goals. Writing your goals is like signing a contract. You tend to be more committed to your goal than if you simply thought about it. Could be a piece of paper, a post it, a warning on the fridge or on your cell phone.
- Schedule your races as if it were an appointment that you cannot miss. Just as your work hours, you can also set up a time to run during the day. That way, you can get more committed and it is easier to leave the house if it is marked on the calendar.
- It is important to note that, you need to be aware of your physical limitation and set your goals within these limitations. For example, there is no way a beginner can run 26 miles, or run 4 miles less than 20 minutes. It has to be one step at a time, a level at a time, because progress is continuous within each personal limit.
- In this way, with a well-defined goal within your limitations, in a 4, 7, 14, 26 mile run, in an ultra, or speed, when you have a goal, write down a plan and within this plan the dream will be achieved. It is the goal that will motivate you throughout the process and it is precisely your motivation that will take you all the way through to reach your goal. What will you get at the end of everything? You will learn how to overcome your limitations.
- Therefore on the day that you can prove yourself to reach your goals and overcome them, you should set its objectives, within your limitations, and train a lot to be prepared for the big competition day.

## REFLECTION

- What is your goal as a runner?
- Have you already made a dream come true inside the race?
- How was this accomplishment?

## **APPLICATION:**

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. (1 Corinthians 9:24).

## **DISCUSSION QUESTIONS:**

**01.** After so many training sessions, on the day of the competition, why should we keep focus without deviating from the goal? Hebrews 11:1

#### Now faith is confidence in what we hope for and assurance about what we do not see

Note: In a long run, at the beginning the finish line is not in sight. Even so, throughout the race, the runner remains focused in arriving. This focus gets clearer when he knows he is spotting the finish line and seeing that his goal is closer. Similarly, it must be so in our race of life. The goal, or prize, must be real. This will help us reach it.

# **02.** What explains the faith and strength that the heroes of faith have demonstrated? Hebrews 11: 8-13, 24-26.

PBy faith Abraham, when called to go to a place he would later

receive as his inheritance, obeyed and went, even though he did not know where he was going. By faith he made his home in the Promised Land like a stranger in a foreign country; he lived in tents, as did Isaac and Jacob, who were heirs with him of the same promise. For he was looking forward to the city with foundations, whose architect and builder is God. And by faith even Sarah, who was past childbearing age, was enabled to bear children because she considered him faithful who had made the promise. And so from this one man, and he as good as dead, came descendants as numerous as the stars in the sky and as countless as the sand on the seashore. All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance, admitting that they were foreigners and strangers on earth.

By faith Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter. He chose to be mistreated along with the people of God rather than to enjoy the fleeting pleasures of sin. He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt, because he was looking ahead to his reward.

NOTE: They "looked carefully at the reward". Faith enabled them to look beyond the trials and difficulties of the moment and see what God did, and still would, in their behalf.

## **CONCLUSION:**

We must run the race of our lives, focused on God, through faith in Christ Jesus, in order to obtain the reward of salvation and eternal life.





## **FAITH COMMITMENT**

Ι

accept to run the spiritual life with my eyes fixed on Jesus, to obtain the prize of salvation.



Date

Signature

12



## PREPARATION

#### "In all things success depends on a prior preparation, and without such preparation failure is certain".<sup>1</sup>

All kind of race that must be done, which is for a distance or modality, preparation is required, that is, a specific and individualized type of training.

The athlete Bruno Muniz<sup>2</sup> highlights the importance of preparing for the race in the following words:

"Whether you are an amateur or professional runner, to run any distance you need to have a training plan developed directly and exclusively for you. Without the training plan it is almost unlikely that you will reach a successful course. A good training plan may even be responsible for delimiting if you will be able to complete the run, or not. It's easy to remember that the training plan for 6 mile run will not be the same as a half Marathon. These are different running competition that require very different energy conditioning. That is why, it is essential to have the help of

<sup>1</sup> Confúcio

<sup>2</sup> https://www.treinus.com.br/blog/preparar-correr-meia-maratona/

a professional for the development and monitoring of the runner in the execution of the plan. "

An ideal preparation for the race is called TRAINING WORKSHEET:

"For those who have no idea, the training worksheet is nothing more than a list of activities that must be followed for a given period of time. It should be elaborated according to the needs and evolution of the runner. "(Sergio Macuco and Paulo Miniussi).<sup>3</sup>".

In this way, the Worksheet is drawn up by the race professional as required, objectives and limitations of each athlete, where the goal is set that will be a determined task, elaborating the individual training plan. Each day in the worksheet must be followed correctly, respecting the days of training and rest.

## **REFLECTION:**

- How is your preparation as a runner?
- Have you ever missed the training worksheet?
- Have you signed up for running competitions without training? If so, what was the result?

## **APPLICATION:**

However, as it is written: "What no eye has seen, what no ear has heard, and what no human mind has conceived"the things God has prepared for those who love him. (1 Corinthians 2:9)

<sup>3</sup> Sérgio Macuco e Paulo Miniussi. http://globoesporte.globo.com/eu-atleta/treinos/guia/guia-prepare-se-em-oito-semanas-para-correr-5-km. html#titulomateria-6

## **DISCUSSION QUESTIONS:**

## **01.** Jesus is preparing us a home in heaven. What should we do to live with him? John 14:1-3

Do not let your hearts be troubled. You believe in God; believe also in me. My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am."

#### Answer: Just believe

Note: The place Jesus spoke about is heaven. He is the hope of everyone who believes in Him. Almost everyone has some vague notion about heaven - some biblical, some not. The promise of heaven has given hope to the distressed, comfort the mourners and reassurance to those who face spiritual battles.

Writer Dr. Steven J. Lawsonn<sup>4</sup> wrote about heaven:

Make no mistake heaven is real. It is not a state of consciousness, not an invention of the human imagination, not a philosophical concept, nor religious abstraction, not an Exciting Dream, nor the medieval fables of a scientist of the past, nor the worn-out superstition of a liberal theologian. It's a real place. A much more real place than where you are now... God lives in a real place. God came to this world and it is a real place where Christ has come back in His ascension - surely!

Jesus promised us a place in heaven, a place prepared by God himself. Our preparation is just to trust in Him and His promises.

<sup>4</sup> Steven J. Lawson, Heaven Help Us! Truths About Eternity That Will Help You Live Today(Colorado Springs: Navpress, 1995), p. 16.

02. What preparation have you made for the future, eternal life? What God asks of you? Proverbs 23:26. My son, give me your heart and let your eyes delight in my ways.

Answer: GIVE OUR HEART TO HIM.

Note: Do you want something higher and better than you have now? Can you exert a conscious and unconscious influence on the practice of good? God deserves something better from you, what have you given Him?

#### **CONCLUSION:**

We must run the race of our lives, preparing ourselves for that great day, in which we will see our savior Jesus Christ, we will also see our dear ones who are already gone and we will live in heavenly mansions.

## **FAITH COMMITMENT**

Ι

accept to run the spiritual life preparing myself for the return of Jesus, to live with him in the heaven.



Date

Signature



## **APPROPRIATE CLOTHING**

#### THE ARMOR OF GOD

"Fashion goes out of fashion, but style never <sup>1</sup>".

In this study we will address the topic of comfortable clothing and some accessories needed for the race. For some people it is essential to follow trends and always match clothing with sneakers. But in fact what we really need are comfortable running clothes.

Running requires some equipment: a pair of sneakers, light clothes and some indispensable accessories. Proper clothing allows us to carry out the movements with ease and total freedom.

Gutenberg Dias<sup>2</sup> clarifies that:

 In addition to fashion issues, the clothing chosen for the training can directly influence the performance of the runner.

<sup>1</sup> Coco Chanel

<sup>2</sup> https://www.treinus.com.br/blog/melhor-roupa-para-correr/

- Even though it does not seem so relevant the best is also to wear suitable shorts and pants to run. Do not wear thick clothing, unless running in the mountains or exposed to cold climates. The most important, it is worth repeating, is that you feel comfortable.
- Do not use anything that may bother you while the activity. It is better to use only a watch, to keep track of time.
- Currently almost everyone trains with cell phone (because of GPS, apps and timers) in this case; it is worth investing in specific case for the device during the race.
- Socks are also an important element that would allow us to run uncomfortably on our feet. The best thing is to choose lighter, thinner fabrics that allow the perspiration and ventilation of your feet. Avoid wearing very thick socks, of which we are accustomed in our day-to-day routine.
- Protecting the skin and eyes against the sun is also very important. It is recommended to use sunscreens, visors, and glasses.
- Cap and glasses are optional items, but they have their importance. The cap protects against the sun, rain and helps keeping the sweat away from your eyes, by the way, head bands (same as those used by tennis players) and visors are alternatives as well.
- If you choose to wear sunglasses, choose the right models for running, get the design that provides greater fixation to your face. Glasses will give comfort to those who suffer with great luminosity (especially people with light eyes), besides protecting your eyes against insects and dust.<sup>3</sup>

<sup>3</sup> http://saude.ig.com.br/bemestar/com-que-roupa-eu-vou/n1596962218670. html

About appropriate clothing, there is an infinity of Dry-FIT fabrics, Climate, Climacool, Amni, Suplex, Emana, Pet Dry, etc...They are special synthetic fabrics; such as polyester, polyamide and microfiber, which undergo some treatments to give several benefits; as good absorption of moisture, fast drying, thermal equilibrium, UV protection, infrared (helps in blood circulation), antibacterial effects and even reduction of lactic acid in muscles.

Also indicated are the trousers, socks, tops, sleeves and compression socks, for their numerous proven benefits:

Its structure minimizes muscle vibration, delays fatigue and attenuates the micro-traumas of sports. This same structure is made in extra-fine mesh, which makes the grip on the body, in order to follow the movements of the athlete. Developed to offer the balance between power, flexibility and energy expenditure, the high compression products help the athlete to convert such energy expenditures resulting from thermoregulation into more muscle power, which increases the athlete's performance, decreases micro-injuries and improves recovery after physical exertion.<sup>4</sup>

Proper clothing may also vary depending on the weather and race time. For example: In the winter, it is recommended to wear gloves, caps, thermal garments and windbreaker coats. In the rain, it is advisable to wear raincoats, caps and sunglasses to protect the face from raindrops. Finally, in night races, the use of light clothes, with reflective details and the use of lanterns for the safety of the athlete is advised. At the end, who will decide what to wear will be the athlete himself in his trainings, this things are kind of personal and it depends on what each

<sup>4</sup> https://rdstation-static.s3.amazonaws.com/cms%2Ffiles%2F14327%2F14576 34001EBOOK+DX-3+-+OS+BENEF%C3%8DCIOS+DAS+ROUPAS+DE+COM PRESS%C3%83O+PARA+O+ATLETA.pdf

one likes. However, the main issue is being comfortable, so run with the clothes that make you feel light and gives you comfort.

Do not forget!!! Never wear a new outfit or sneakers at the races without trying them all first. This is dangerous; it can cause rashes and calluses. Always test the new clothing before any race by training with them to see if you can adapt to them.

## **REFECTION:**

Have you ever run with inappropriate clothing? If so, how was it?

## **APPLICATION:**

Ephesians 6:14-18



Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

## **DISCUSSION QUESTIONS:**

**01.** Every day we need to be clothed in the armor of God. What are these garments and what are they for?

Answer: Belt of Truth, breastplate of righteousness, gospel of peace sandals, shield of faith, helmet of salvation and the sword of the spirit.

#### **1**. "the belt of truth buckled around your waist"

 The function of the belt was then to keep the body firmly in the combat. In other words, we will not be ready for combat, with tight belt, if we do not have our understanding "girded" with the truth, the Word of God.

#### 2. "with the breastplate of righteousness in place"

• The function of the armor is to protect the body and especially the heart, so you must wear this armor. The third part of God's armor is the sandals. As we know, footwear is needed to make walking easier. In the armor of God, we need to wear "The readiness to proclaim the gospel of peace" in our feet. Putting on these shoes means that we are prepared, any time, to proclaim the gospel of peace.

#### 4. "shield of faith"

 Faith means "I believe in what God has said in the Bible" or in a specific situation, has said through His Spirit. Embrace the shield of faith it simply means trusting the God'ss promises.

#### 5. "the sword of the spirit"

 The last part of God's armor is an offensive and is no other than the "sword of the Spirit." The Holy Spirit of God is the one who fights for us and goes frontline in battles.

## **CONCLUSION:**

It's not safe, to put aside our armor when we go to battle. It is then that we need to be equipped with the whole armor of God. All parts are required. Testimonies, Vol. 7, p. 190.

We must be dressed with the whole armor of God, and ready every moment to sustain conflict with the powers of darkness. When temptations and trials come upon us, let's turn to God, and with pure soul pray to Him. He will not send us away empty, but He will give us grace and strength to overcome and break the power of the enemy. First Writings, p. 46. We must run the race of our lives, wearing the armor of God to overcome the pressures of this world.



## **FAITH COMMITMENT**



Ι

accept to run the spiritual life by putting on the armor of God.

Date

Signature



## STRENGTHENING

#### FAITH

#### "You never know how strong you are, until your only alternative is to be strong." <sup>1</sup>

In today's study, it will be approached the importance of muscle strengthening for running and some methods indicated for such purpose. The first method of strengthening and the most traditional is BODYBUILDING.

Following we will be list 5 benefits of bodybuilding for the race in general<sup>2</sup>:

## **1**. Efficiency

 Have you heard that old myth about bodybuilding making you slower and heavier? Forget it. Today, it is more than proven that a good strengthening program will make you run faster, farther and far more efficiently.

<sup>1</sup> Johnny Depp

<sup>2</sup> https://kamelturismo.com.br/fazer-musculacao/

#### 2. Less injuries

 By including a strengthening program in your daily training you can drastically reduce the risk of injury, especially knee, hip and ankle injury, caused by repetitive effort.

#### 3. Loss of body fat

 Like any aerobic activity, the race is excellent for burning fat and reducing weight. If associated with a bodybuilding program then the benefits will be much greater. This is because these exercises will increase your lean mass and consequently accelerate your metabolism helping you to burn more calories and lower your fat percentage. What is the result of all this in your race? Your body lighter and faster.

#### 4. Velocity

 Do you want to gain speed and improve your pace without relying solely on those specific racing workouts, breaks, fractions and rhythms? Include in your workout routine a good strengthening program. In addition to improving your overall fitness, in a very short time you will feel great difference.

#### **5** Resistance and Strength

To support well longer training and differentiated altimetry, full of ups and downs that require strength and resistance, it will no longer be a problem for you. After all, you will have strength in your legs to handle any kind of route and you will still be good in that final race or training where you need that extra strength to finish with style. Personal training Neka<sup>3</sup> highlights the importance of bodybuilding for running in the following words:

"Many runners have restraints on race-backed work. In fact, it has been breaking with the years. It is of extreme importance the muscular work, whether strength. or R.M.L, or for restoration of a joint and muscle. For example: if the runner does endurance, that is, hills, tracks, it is very important that he strength his muscles in bodybuilding. Whether it is rustic runner, usually asphalt or flat terrains, the muscular STRENGTH in the gym is prioritized. Each case is different; I already had a student with motor deficiency, or disability due to a genetic anomaly. I worked strength in the first instance and then resistance. This athlete became a triathlete. Finally, we have to respect the biological individuality of each one and thus prescribe correct exercises. Always look for a gualified professional and you will have amazing results."

Another method used for muscle strengthening for racing is the PILATES.

Physiotherapist Dayana Conte<sup>4</sup> explains the importance of the PILATES method for runners and their benefits in the following words:

"Pilates is a form of exercise that improves the performance of various sports, and racing is one of them. There are numerous studies that prove the benefits of the Pilates Method and among them we can mention the prevention and treatment of injuries, strengthens and improves muscle flexibility, correct posture, relieves most complaints of orthopedic pain and improves breathing. Besides that, the benefits of this method go even further. With time, it develops better movements making it more precise and improves corporal con-

<sup>3</sup> Onivaldo Aparecido do Carmo CREF. 2284. Professional in PE of the NEKA STÚDIO.

<sup>4</sup> Dayana Conte fisioterapia e pilates, CREFITO: 140618 F

trol, increases respiratory power (by developing the respiratory muscles) and strengthens core-training muscles."

Therefore, the muscular strengthening is of greater importance for those who want to practice for the race. It is necessary to have the muscles prepared in order not to suffer future injuries.

## **REFLECTION:**

- How is your muscle strength as a runner?
- Is your body ready to run?

Just as in the race we should be with our muscles strengthened to avoid injuries and to run more and better, it is very important to strengthen our mind and spirit to enable us in the midst of the difficulties of everyday life.

The strengthening of our faith happens just like the natural strengthening, our body becomes stronger when we do bodybuilding or Pilates, this happens naturally. We usually eat, exercise and practice various tasks during the day, and it is just as it happens with our spirit, because it needs to eat and exercise to stay strong, , but it feeds and exercise on what?

There are two fundamental pillars that strengthen our faith, which are BIBLE READING AND PRAYER.

Praying is talking to God, expressing our feelings, our requests, exposing our desire, praising and giving thanks before him. In addition, prayer brings us closer to God, elevates us to Him. Regarding the importance of reading the Bible, reading the Bible reveals what God thinks and what he wants from mankind, we are taught, corrected, we received a testimony of the biblical characters, we also get to know Gods promises and his commandments, anyway it is the manufacturer's manual, we were created by God, we became his children and now we have a manual that teaches us to live, that is; Reading the Bible is hearing God speaking to us.

## **APPLICATION:**

"He gives strength to the weary and increases the power of the weak. 30 Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." (Isaiah 40:20-31)

## **DISCUSSION QUESTIONS:**

Based on the above biblical text, why is faith strengthening so important? Personal response

## **01.** Praying and Reading the Word of God has been a priority in your life?

#### Answer: Just reflect

Note: A survey conducted at Duke University, in the U.S. proved that religious practice, prayer and faith are directly linked to the strengthening of our immune system, preventing diseases and helping to combat them. In this study, the researchers concluded that, when a person meditates on God and pray, there are reductions in blood cortisol levels (which is increased in stressful situations) and higher blood pressure (which also tends to increase in stressful situations), reaching a 40% reduction in the risk of these people developing hypertension (high blood pressure). In addition, it has been scientifically proven that the level of the dopamine (neurotransmitter respon-

sible for the sense of well-being) increases when a person prays.  ${}^{\scriptscriptstyle 5}$ 

## **CONCLUSION:**

"I can do all this through him who gives me strength." Philippians 4:13

God wants to strengthen your faith every day, to overcome all difficulties, trials, temptations, etc... Draw closer to God through prayer and reading the Bible.

## **FAITH COMMITMENT**

I

accept to run the spiritual life strengthening me in faith, through prayer and bible studying, to have a closer relationship with God.

Date

Signature

<sup>5</sup> http://esperanca.com.br/2015/04/14/confie-em-deus/



## INJURIES

#### **SPIRITUAL HEALING**

"In the race, your biggest opponent is always yourself. 1"

The author of this phrase was an American phenomenon, and he was right in what he said. No sport, not only must we know how to overcome the psychological limits of a long journey, as also, unintended physical consequences that training can offer.

In this study, we will speak of the biggest enemy of the runners "the injuries" that cause pain and may even get us away from the aisles of training.

To avoid injury, special care is needed on the athlete part. The orthopedist Dr. Thiago Casas<sup>2</sup> highlights the importance of medical follow-up to prevent unwanted injuries, in the following words:

"Street racing improves cardiac functions, oxygen

<sup>1</sup> Steve Prefontaine

<sup>2</sup> Thiago da Cunha Casas. Especialidade: Ortopedia e Traumatologia – Doenças e cirurgia da coluna. CRM/SC 14741 | RQE 10609

absorption, reduces blood pressure and also brings about aesthetic changes. However, like all impact activity, we must have a coach strict monitoring our movements. Periodic evaluation with orthopedic is important to prevent osteo-muscular injuries, thus balancing the muscle groups necessary for the race, avoiding overloads that cause injuries that will interrupt our progress "

Notoriously, is better to prevent than cure after an injury, but the great question of the athletes happens when the injury appears. What to do? How to treat? How to diagnose?

It is not easy to diagnose our own pain and see if we are really injured or not. If the athlete feels pain and perceives something is wrong, seek professional help will not to aggravate your case. For those who have already suffered an injury, the contact with an orthopedist is fundamental to evaluate through examinations the degree of the trauma and to prescribe the best treatment for each case.

Besides, a large number of associates with orthopedics in the treatment of injuries is Physical Therapy: "Physiotherapy treatment aims to decrease pain, control the inflammatory process and rebalance muscles through specific stretching and strengthening,"<sup>3</sup>

Another great treatment of injuries in sport, called OS-TEOPATHY.<sup>4</sup>

"The Osteopath has a privileged role in the care of the athlete. Osteopath's unique placatory skills ensure an advantage to determine the location, and the extent and associated manifestations of sports injuries. The important thing is to treat what is really causing the problems and not just the symptoms.

<sup>3</sup> http://www.minhavida.com.br/fitness/galerias/13921-evite-as-sete-lesoes--mais-comuns-em-corredores/7

<sup>4</sup> https://fredericomeirelles.com/2010/01/29/a-osteopatia-no-esporte/

The basic principle of osteopathy is freedom of movement and the sport is the pinnacle, the perfection of movement. Osteopathy and sport are linked by nature. This essence is what makes the Osteopath understand the sensitivity of each athlete, sport, movement and breathe; always looking for the best performance. "

Osteopathy helps in the treatment of injuries and goes beyond the symptoms by effectively treating the cause of the problem that causes the injury. All physical activity, if performed without proper guidance or the practitioner has any pre-existing problems, or by wearing inappropriate sneakers, or lack of stretching, or wrong posture, nor lack of rest, and even overtraining, the race can cause great damage to the athlete's body.

Therefore, racers must always be aware of possible body signs and always know how to respect their limits.

## **REFLECTION:**

- Have you ever been injured in a race?
- How was your experience?
- Have you ever had to stop running to treat any injuries?
- Just as in races, injuries can occur, our mind and spiritual life can go through the same process. The so-called "spiritual injuries," often, our soul is contaminated by spiritual diseases that, little by little, rob our peace and spiritually unbalance us, leading us to sin.
- There are some things that if we turn on to them, can cause huge injuries in our spiritual life, such as heartache, grief, anxiety, discontent, remorse, guilt, distrust, hatred, anger, enmity, discord, dissent in conjugal life, and so on.
- In the same way as the race, we need to diagnose what is causing us spiritual injuries and treat them the

right way. Seek the Great Physician of all doctors who is God. He will help you in the treatment of any spiritual injury.

## **APPLICATION:**

- "And the LORD heard Hezekiah and healed the people." 2 Chronicles 30:20
- "But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed." Isaiah 53:5
- "But I will restore you to health and heal your wounds,' declares the LORD, 'because you are called an outcast, Zion for whom no one cares.'" Jeremiah 30:17

## **DISCUSSION QUESTIONS:**

**01.** What does it take to achieve full spiritual healing? What do I have to do? What do I have to know? (Psalms 103:3) (Isaiah 53:4) (Psalms 147:3)

Who forgives all your sins and heals all your diseases;

Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted.

He heals the brokenhearted and binds up their wounds.

Answer: To accept God, for He is the one who forgives all our iniquities, He will heal all our diseases. God will heal the brokenhearted.

Note: We must understand that we must have a broken heart to be healed, for the proud hearts certainly there is no cure. When we pray for spiritual healing, the Spirit of God works in the lives of those who desire reconciliation and peace, they receive immediately the vigor that belongs only to those who obtain from God the blessing of harmony with others and with oneself.

## **CONCLUSION:**

God heals all your pains, heals all your wounds and put a smile where there were only tears.

## **FAITH COMMITMENT**

Ι

Accept to let God heal all my spiritual injuries, to live a new and fruitful life and serve God.



Date

Signature

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## NUTRIMENT

#### **HEALTHY LIFE**

"Eating is a necessity, but eating with intelligence is an art." <sup>1</sup>

In this study, we will talk about the importance of healthy eating in the life of a runner and the importance of good nutrition before, during and after races. Do you what you eat influences directly in your performance? Your body is like a car, if you put bad fuel the engine in this case our legs and body will complain.

The race basically involves the good physical conditioning of the athlete and, to reach it, it is essential to have a balanced diet and to consume certain nutrients before, during and after training. This makes the body perform better. Good nutrition helps even when the athlete recovers an injury.<sup>2</sup>

Doctor Jorge Martelli<sup>3</sup>, brings some important informa-

<sup>1</sup> La Rochefoucauld

<sup>2</sup> http://www.minhavida.com.br/alimentacao/materias/2824-alimentacao-e--o-segredo-para-correr-com-pique

<sup>3</sup> Doutor Jorge Uminski Martelli CRM 12.711, Sports Medicine.

tion about and the usage of supplements for athletes:

In order to practice racing with more satisfaction, lower risk of injury and better performance you must have a good physical condition, adequate nutrition and also know how to use the benefits that supplements can give. The recommendation of the use of supplements depends on the physical aspects of the sportsman, of its biotype, intensity of training and conditioning. The runner should have a balanced diet and use the supplement as his ally. Supplementation is an aid at all times.

The correct thing is always to ask for help from an expert in sports nutrition. This professional can indicate a supplementation according to your body needs.

It is relevant to know what to eat before and during the race. Next, nutritionist Denise Entrudo,<sup>4</sup>who is specialized in sports nutrition and a member of the Brazilian Association Sports Nutrition, will give you some tips on nutritious food before and during long events such as 14 miles and 26 miles.

- 1 Do not eat different food before running a marathon. This can lead to gastrointestinal problems such as diarrhea or malaise;
- **2**. Drink at least two liters of water throughout the day, even if it is not thirsty;
- **3**. Beverages like chimarrão, teas and coffee dehydrate and do not substitute the consumption of water;
- 4. If you are doing any supplementation, do not modi-

<sup>4</sup> http://esportes.terra.com.br/atletismo/corrida-de-rua/ noticias/0,,0I6397591-EI20475,00-Confira+dicas+para+acertar+na+aliment acao+para+a+maratona.htm
fy the quantities near the race. However, if it is need, consult your sports nutritionist as soon as possible to make the change in time;

- Study the marathon course and the hydration stations;
- 6. During the test, hydrate and eat properly, remembering that carbohydrate consumption should happen every 40 minutes of running;
- **7**. Give preference to the consumption of carbohydrate gels which contain in their formulation a mix with small amounts of proteins;
- 8. Dinner and breakfast prior to the race should not be modified. Consume only the usual foods;
- 9. The diet that precedes the marathon should not be modified in relation to food, but in quantities, increasing the consumption of carbohydrates such as breads, pasta, potatoes, rice, cakes and cookies.
- **10**.On these occasions one should consume complex carbohydrates (low glycemic index), which help to improve muscle and liver glycogen storage. The higher the glycogen amounts, the better the race performance.

The correct eating habit before a race and training is also of greater importance. Nutritionist Renata Paya<sup>5</sup> brings some tips on what to eat after workout and tests:

<sup>5</sup> Nutritionist and runner. Contact: Mobile: +55 11 99555-2744; E-mail: renatapayanutri@ gmail.com

High glycemic index carbohydrates are indicated in post workout. Post workout is the best time we have to eat high glycemic index foods, due to the need for glycogen recovery. This replacement can be done through food, an excellent source are white rice, potato, and tapioca.

These were some training tips for runners, but it should be noted that, food varies from person to person and each goal. The ideal is to seek a health professional to help in the elaboration of a balanced diet and supplementation, if any.

Now we will pass it on some GOLDEN RULES on how to eat healthy Lidia La Marca<sup>6</sup>:

- 1 Pay attention to the amount of food you eat in order to maintain a healthy weight;
- 2 Vary as much as possible the culinary recipes;
- **3** Pay attention to the combination of foods when preparing meals;
- 4 Control food amount, consuming whole products and, as much as possible organic free of pesticides and rich in nutrients;
- **5** Decrease the amount of fat, eliminating animal origin and the saturated products, giving preference to extra virgin olive oil;
- 6 Reduce to the maximum foods rich in animal proteins (meat, milk and dairy products).
- 7 Choose between dairy products, fresh skim cheeses and natural yoghurt;
- 8 Increase the amount of vegetables, fruits and water;

La Marca, Lidia. Médica especialista em Ginecologia e Oncologia. Sinta-se bem: guia natural para a mulher. Tradução: Dórias A. de Matos Santos – Tatuí, SP: Casa Publicadora Brasileira, 2011.

- 9 Wash fruits and vegetables thoroughly, if fruit does not come from organic farming it is necessary to peel it;
- **10** Decrease intake of simple carbohydrates and increase fiber-rich complexes;
- **11** Make at least one meal a day, or on alternate days, with whole grains (pasta, rice, barley, wheat, corn, etc.);
- **12** Start each meal with a vegetable salad as these contribute to satiety.
- **13** Control salt intake;
- **14** Eliminate alcohol consumption;
- **15** Make all meals in a quiet and peaceful environment;

Anyway, there are no miracle recipes to ensure a good health, but good nutrition will certainly help you have a healthy lifestyle. vida saudável.

### **REFLECTION:**

- How is your eating habit?
- Have you looked for a professional yet?
- Have you eaten something that made you feel sick before a race?

### **APPLICATION:**

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." 1 Corinthians 6: 19,20.

### **DISCUSSION QUESTIONS:**

**01.** Meditate on the following sentence: "you are what you eat". Discuss with the group if this statement is correct.

#### 02. How can we avoid the consequences of poor diet?

Note: This text explains that our body is a sanctuary, or the Holy Spirit temple. In the Old Testament, the sanctuary was a sacred place, which God blessed with His presence. Our body is sacred because God is present with it. That is why we need to take care of what we eat so as not to harm our body that is God's temple.

### **CONCLUSION:**

The body was not meant to be treated in any way: laws govern it. If obeyed, the organism will be able to do its role properly and the individual will enjoy a healthy life. If, however, these laws are ignored, the human machine begins to complain.<sup>7</sup>

<sup>7</sup> Vidal, Eunice Lenne. Saúde com Sabor: receitas para uma vida saudável –e.ed. – Tatuí, SP: Casa Publicadora Brasileira, 2014 p.2.



## **FAITH COMMITMENT**



Ι

accept to eat properly, to have a healthy life and take care of my body as a temple of the Holy Spirit.

Date

Signature



Sometimes it is so difficult to reconcile, work, studies, races, gym, home responsibilities, and still find time to rest. Well, for those who run, rest is as important as training to avoid Overtraining.<sup>2</sup> Here are some tips for a good rest, to avoid excessive wear:

- Muscles: To develop strong muscles you need adequate training (when it is put to the test) and rest, when rested it grows stronger. Too much workout and little rest it can generate excessive fatigue, falling incomes and injuries! So, organize your workouts always leaving a space to relax.
- One at a time: Participating in competitions is fun

<sup>1</sup> John Steinbeck

<sup>2</sup> Overtraining is the term used to designate an excess of training. Occurs when a person is in inadequate training, not respecting the intervals or recovery time. This exaggeration could be avoided with good planning in relation to volume, intensity and training recovery pauses. http://www.maisequilibrio.com.br/fitness/overtraining-o-que-e-isso-3-1-2-119. html

and challenging. But participating one per weekend is not a good option. Forcing your muscles too much, because of the high requirement of a competition (which is much higher than training), you greatly increase the risk of injuries like tendinitis and stress fracture.

- **Rest does well:** It is difficult to establish a certain time, but studies guarantee that the body needs 24 hours of rest between resistance training (which do not require so much of the musculature and generate less impact) and up to 48 hours for power drills. Try to Rest in between your race trainings.
- **Low immunity:** If rest is not enough, the athlete can feel his immunity lower, causing repetitive pictures of colds and flu in a short time. That's because the body comes to a break down with so much work to meet all the requirements of a workout. What is the medicine? Rest, of course!<sup>3</sup>

Now the so called DAY OFF is famous among runners, a day off for athletes to regenerate their muscles, this term is being used even in their training worksheets for the athletes to respect that day:

**Day Off:** Usually, They are the most neglected parts of many programs. Athletes are reluctant to get enough rest between strong workouts because they worry about losing conditioning, and that is not what happens. After the break, the inspiratory muscle strength has significant improvement (Uemura H, 2012).

In preparation for a race, training and rest are parts of the same whole. Both experienced and novice runners should be alert<sup>4</sup>.

4 https://www.ativo.com/experts/treinamento-de-corrida-e-o-descanso/

<sup>3</sup> Teacher Fabiana Barcelos Contrera, graduated in PE and a masters in sports training

In this way, exaggerations in the race can cause many losses in a runner's life. Therefore, each athlete must follow his worksheet correctly, respecting the days of training and the days of rest for better results. These brief guidelines will help you understand the importance of rest, it aims to help you perform better, and to have a day of rest for your body.

### **REFLECTION:**

- Were you able to rest between workouts?
- Have you ever had an Overtraining? If yes, how did you feel?
- Do you usually take a day off to rest?

The Bible also tells us, that God left us instructions about a special day to rest physically, mentally and spiritually. This day is so important that God calls it "My Sabbaths."

### **APPLICATIONS:**

"So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation." Genesis 2:3

### **DISCUSSION QUESTIONS:**

**01.** Why was Sabbath created and who created it? Mark 2:27-28; Exodus 20:9-11; Genesis 2: 1-3.

And he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is lord even of the Sabbath."

Six days you shall labor, and do all your work, 10 but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11 For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Answer: "SABBATH was made because of man..."

The expression Sabbath was made because of man (generic - human being), it does not say that the Sabbath was made for the Jews! It is a special day of Communion between Father and his children, and among brothers and sisters, and more time to evangelize those who are not yet part of God's family.

# **02.** How should we keep the Sabbath day? Mathew 12: 11-12; Isaiah 58:13

He said to them, "Which one of you who has a sheep, if it falls into a pit on the Sabbath, will not take hold of it and lift it out? Of how much more value is a man than a sheep! So it is lawful to do good on the Sabbath."

"If you turn back your foot from the Sabbath, from doing your pleasure on my holy day, and call the Sabbath a delight and the holy day of the LORD honorable; if you honor it, not going your own ways, or seeking your own pleasure, or talking idly;

#### **03.** What is God's promise to those who obey His commands about Sabbath? Isaiah 58:13-14; Isaiah 66:22-23

"If you turn back your foot from the Sabbath, from doing your pleasure on my holy day, and call the Sabbath a delight and the holy day of the LORD honorable; if you honor it, not going you= remain. From new moon to new moon, and from Sabbath to Sabbath, all flesh shall come to worship before me, declares the LORD."

Answer: If you call the Sabbath a delightful and holy day of the LORD, worthy of honor, and honor it, not following thy ways, not intending to do your own will, nor speak vain words, then shalt thou delight thyself in the LORD. I will make you ride upon the highest places in land, and I will give you the inheritance of Jacob, your father.

Note: Sabbath, that is considered weekend, because it is the seventh day and therefore, the last day of the week, we were given as a gift from God. He knew our needs and separated a day for us so that we could rebuild ourselves physically, mentally and spiritually. Sabbath was given as a day to fellowship with our Creator, a day to be dedicate to him, and the needs of our neighbors.

Those who have the pleasure of obeying God and keep His holy day, have an unique experience. It is already proven that this weekly rest is good for the mind, decreasing stress and other illnesses related to it.

Sabbath is a gift from God. Do not let anyone take it away from you. Doing God's will, you will surely live better and happier. After all, He knows what is best for us.

## **CONCLUSION:**

It doesn't mean that by keeping the Sabbath day we are save (For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, Ephesians 2:8) -Salvation was, is, and always will be through Grace, through Faith.

But the main characteristic of the Saved is: "Here is a call for the endurance of the saints, those who keep the commandments of God and their faith in Jesus." Revelation 14:12

God has sincere believers in all churches, denominations, and beliefs. And as Jesus said in John 10:16: "And I have other sheep that are not of this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd."

## FAITH COMMITMENT

Ι



accept having a special day to rest my body and mind, according to the biblical teachings of God's Law.

Date

Signature



## THE 10TH COMMANDMENTS OF THE RACE

#### **GOD'S LAW**

#### "If you want to change your body, exercise. If you want to change your life, become a runner.<sup>1</sup>

Everything in our lives is governed by laws, for example, the laws of physics, the laws of chemistry, the legal laws, the rules of conduct, the laws of health, moral laws, and so on.

As runners we also have our own laws, which we need to follow in order to evolve, without injuries, and enjoy the race in a healthy way.

So we will share with you the 10th commandments of a runner, 2which are essential rules in order to have a good race:

**1**. **"Do not kill yourself running"**- Workouts can and should be hard but they should not be a torture, know your limits and listen to what your body, it will tell you the time to stop.

1 Unknown author

X AL

- 2. Long and progressive- In your long training sessions, use a progressive rhythm, start slowly until you warm up and then accelerate progressively throughout the workout.
- 3. Who runs in groups make friends- Try to always do one session per week in a group, run with a faster group to motivate you in your pace or with a slower group to catch up with your friends.
- 4. Have a plan- Avoid the "I do what I feel like when I feel like it". It may be good for some, but if you want to progress you must have a wave load and a progressive volume, with lighter recovery weeks. You should orient yourself with a calendar.
- **5**. **Participate in running competitions** Even if is just for training; a competition could be a great way to motivate yourself on a Sunday morning. Two competitions a month can help you run more and better.
- 6. **Stretch yourself** Do not make the mistake in stretching yourself after training, save 30 to 40 minutes to stretch with time during the week.
- 7. Ideal frequency- Running every day is not at all for just soldiers, leave it to the professionals who leave workout and stretch their legs at home. Look for the ideal frequency for you but try to oscillate between 2 to 3 workouts followed by 1 day of rest, never more than 4 consecutive workouts.
- 8. Clothing and accessories- Do not spare time when it comes to buy clothe and accessories, you could only have one set of clothes and shoes, but make sure that they are of good quality and adapt to your characteristics. Invests mainly in a pair of sneakers suited to your step, if they are of good quality, they will last longer and give you a comfortable training.

- 9. Work Force- For the runner, bodybuilding itself does not matter much but specific strength work is crucial. Work the core with various forms of boards, make squats and lunges to shield your legs and make your arms powerful with push-ups on the ground. To speed up the pace you can also use plyometric movements.
- **10**. **Food and hydration** during the workouts drink 50-100ml of water or isotonic every 15-20 minutes, take with you a bottle belt or a hydration backpack.

If it is a longer run, eat enough but not too much, and do not make restricted diets. Therefore, following these basic rules of race, you will enjoy training and the running competitions more appropriately, you will get better gradually, surpassing your limits to each training and every challenge. In the same way, as for everything in life there are rules, and in a race is no different, rules that help us to be better athletes, God also gave us 10 golden rules, if followed, will take us safely through the rush of our lives.

### **REFECTION:**

"Great peace have those who love your law; nothing can make them stumble." Psalms 119:165

### **DISCUSSION QUESTIONS:**

**01.** What are the 10 golden rules of God for our lives? Exodus 20: 2-17

I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery. "You shall have no other gods before me.

"You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. 5You shall not bow down to them or serve them, for I the LORD your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, but showing steadfast love to thousands of those who love me and keep my commandments.

"You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes his name in vain.

"Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

"Honor your father and your mother, that your days may be long in the land that the LORD your God is giving you.

"You shall not murder.

"You shall not commit adultery.

"You shall not steal.

"You shall not bear false witness against your neighbor.

"You shall not covet your neighbor's house;

"You shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's."

#### 02. What is God's purpose in giving us these rules? Psalms 19:7-8; Psalms 119:165

The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes;

Great peace have those who love your law; nothing can make them stumble.

#### **03.** What should be our attitude before God's Law? Psalms 1: 1-2, 1 John 5:3; Ecclesiastes 12: 13-14

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night.

For this is the love of God, that we keep his commandments. And his commandments are not burdensome.

The end of the matter; all has been heard. Fear God and keep his commandments, for this is the whole duty of man. For God will bring every deed into judgment, with every secret thing, whether good or evil.

Note: The Law was given by God, so we might have peace and security. Today, many of these laws are in our constitution, and they are not religious laws such as the prohibition of steal or kill. It is an interesting exercise to imagine what the world would be like if these laws were practiced by all people. Laws exist to give us security and protection as well as ensuring our happiness. In addition to all this, the Ten Commandments are an x-ray of God's character, because they teach what he likes and what he hates. Thus, if our God is love (1 John 4: 8) his law also expresses his love.

### **CONCLUSION:**

These laws grant us freedom, because they prevent evil against the innocent. Our duty, therefore, is to practice them, for our safety and those around us. Jesus said, "Those who love me keep my commandments" (John 14:21).



### **FAITH COMMITMENT**

Ι

accept to respect and observe Gods laws in my life, and run the course of life according to the biblical teachings of God's law.



Date

Signature

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## **RULES OF PROCEDURE**

#### **SPIRITUAL GIFTS**

"Confidence in oneself is the first secret of success."

What kind of race do you like the most? Do you like to run on the street, on the beach or in the mountain? Did you know that there are numerous types of racing in Athletics? And what is your favorite distance; 4miles, 7miles, 14miles, 27 miles or an ultra-marathon?

Indeed, athletics involves various modes of racing. We will show you the main types of race; see which one you identify the most with:<sup>2</sup>

#### **RUNAWAY RACE**

The most traditional athletic competition that exists is the runway race. This modality involves several tasks, like oval track races, the half-deep races, the background races and obstacles races.

<sup>1</sup> Ralph Waldo Emerson

<sup>2</sup> https://www.jasminealimentos.com/estilo-de-vida/tipos-de-corrida-modalidades-para-cada-perfil/

- **Oval track races:** The athlete runs in a range that can be 100, 200 or 400 meters.
- **Half-deep races:** With distances of 800 and 1,500 meters, where the athletes do not need to stay in their respective lane.
- **Background races:** They are performed inside the track, with distances of 5 and 10 thousand meters.
- **Obstacles races:** The race takes place inside stadiums, with barriers that the athlete should jump. It is divided into four modalities: 100 meters female, 110 meters male, 400 meters male and female, and 3 thousand meters female and male.

#### **STREET RACE**

This type of race is performed on paved and flat urban roads. It is the most popular modality in Brazil and one of the most practiced types of race in the world, according to Kleber. The most common distances are 4, 7, 14 and 27 miles. The 27 miles (42km), classic distance athletics are the so-called marathons. "Street races can be frequented by all audiences, from beginners to professional athletes. For those who are starting in this practice, the 4 miles (5km) races are the most indicated, "He says.

#### **CROSS COUNTRY RACE**

The courses are done on lawns, with or without natural obstacles. In the official competitions, the distances are 8 miles (12 km) in the adult male category, 5miles (8km) in the categories adult female and juvenile male, 4 miles (6km) in the female juvenile category and 2 miles (4km) in adult male and female short test categories.

Cross-country races are generally poorly practiced by the public, but are well suited for strength training.

#### **MOUNTAIN RACE**

What characterizes the mountain race is its course, full of ups and downs, with or without natural obstacles. To consider a mountain race, the course must have a minimum accumulated altimetry, which is the sum of ups and downs, based on sea level, varying according to distance.

### TRAIL RACE

It is characterized by intense contact with nature, because it happens in tracks, woods, and beaches, with natural obstacles, like crossings of rivers. The distances vary between 5km (4 miles) and 100km (63 miles) and can be practiced by all audiences.

"A tip for those who want to do a trail race is to do some specific training to develop proprio- ception, which is the ability to recognize the spatial location of the body allowing primarily postural balance, "advises the director of Naventura.

In addition to these above modalities, there is also the Athletic March, which is not a race, but it is an athletics mode<sup>3</sup>.

Athletic walking: it is a race in which athletes can only walk. In order for this rule not to be disregarded, the heel of the athlete's front foot should be in contact with the ground until the tip of the posterior foot touches the ground. The races can be raced in 20 km (13 miles) or 50 Km (32 miles). Whoever crosses the finish line first, wins the race, which, like the Marathon, is positioned inside the stadium<sup>4</sup>.

The so-called obstacle racing is very known now, some

Jiogo Dias Gamboa and Daiana Priscila Voigt Gamboa, trainers of Gamboa

<sup>4</sup> http://educacaofisicanamente.blogspot.com.br/2012/04/atletismo-corrida. html

famous ones like SPARTAN RACE<sup>5</sup>, DESAFIO BRAVES<sup>6</sup> and BLACK TRUNK RACE<sup>7</sup> which are military-style racing, with lots of mud and difficult obstacles.

There are many varieties of races within athletics, since we are all different; each one has their preferred modality and distance.

### **REFLECTION:**

Just like in the race, each individual has his or her preferred modality and distances; in our spiritual life we have different kinds of gifts. They are talents that God granted to us differently to use in his Service.

## **DISCUSSION QUESTIONS:**

**01.** What are the different types of gifts compared to? Romans 12:4-6; 1 Corinthians 12:12

For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith;

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ.

**02.** What are some of the gifts God gives to His followers? 1 Corinthians12: 28-30; Romans12: 6-8.

<sup>5</sup> http://www.spartanracebrasil.com.br/pt/race/obstacles/obstacle-details

<sup>6</sup> http://mudrace.desafiobraves.com.br/

<sup>7</sup> https://www.blacktrunkrace.com.br/

And God has appointed in the church first apostles, second prophets, third teachers, then miracles, then gifts of healing, helping, administrating, and various kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak with tongues? Do all interpret?

Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; the one who teaches, in his teaching; the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness

#### **03.** What is the greatest of all gifts? 1 Corinthians 13:13

So now faith, hope, and love abide, these three; but the greatest of these is love.

Note: Each person has some kind of talent, or something they like to do, and those talents can be developed for God. The Bible speaks of different kinds of gifts, and how these differences are important for the development in Christian life. When these born talents are developed for God, it becomes a SPIRITUAL GIFT. What is your spiritual gift?

### **CONCLUSION:**

It is only by running that we discover which modality we like best and it is only by living and participating in the activities recommended in the Bible that we discover what our gift is. Our friends will also help us to found out what gift God has given us and there are also tests that can help us find out, but be cool, it will be natural and pleasant finding out what your gift is, you just have to let God show it to you.





### **FAITH COMMITMENT**

Ι

accept to use my talents and run my life exercising my Spiritual Gifts.



Date

Signature

## **RIGHT RUNNING SHOES**

#### TITHE

#### "May our steps be marked by the footsteps of faith." <sup>1</sup>

In order to practice for the race you need to choose the right type of shoes that best fit your foot and especially your pocket. So, to know which shoe is right for your foot, the best thing to do is to do a tread test to find out the right type of tennis shoe is specific for you, because the way of stepping is variable and this may reflect on your race performance.

That's why we've prepared some important information about tread:<sup>2</sup>

 Pronated: walk or run with most of the weight on the inside edge of the feet. In this case, the most indicated models are those with reinforcement on the inner side, which guarantees a balanced step.

<sup>1</sup> Weriqui Araujo

<sup>2</sup> http://saude.ig.com.br/bemestar/com-que-roupa-eu-vou/n1596962218670. html

- **Supinated:** walk or run with most of the weight on the outside of the feet. To avoid injury and gain greater control of the movements, the sneakers must have a good stability system.
- **Neutral:** feet with normal curvature do not have tread deviations In this case the sneakers should have equal damping throughout the sole.

The best footwear is not the most expensive or the latest model of a famous and popular brand in the racing world. The best is the one with which you feel comfortable the most. Ask your technician to help you choose the right footwear or take a tread test at a specific store to know what type of shoe is the right one for you. If you do not know your footstep, it is best to purchase a neutral sneaker that will not interfere with the way you step on it.<sup>3</sup>

That way it is important to know some information before buying a sneaker, so we brought you some tips to follow<sup>4</sup>:

- **1**. The sneakers should be half or larger than what you normally wear. This prevents damaging your nails caused by high pressure and friction during the race.
- **2**. Check the damping system, responsible for absorber or impact: it should be more efficient for those who are overweight.
- **3**. The portion of the heel needs to be slightly higher than the tip, to encourage displacement movements, sparing ankles, knees and spine.
- 4. The top of the sneakers- called vamp- which helps to

<sup>3</sup> https://kamelturismo.com.br/treinos-de-corrida/

<sup>4</sup> http://saude.ig.com.br/bemestar/com-que-roupa-eu-vou/ n1596962218670.html

give stability, must promote good ventilation, because the feet perspire a lot during exercise.

So you do not have to spend a fortune on branded or top-of-the- line sneakers, they just have to be lighter, comfortable and the right one for your footstep.

That way it is unnecessary to expand with expensive shoes and accessories; we must use the basic and essential ones to maintain our finances balanced.

God is the one who gives us all the blessings and He owns everything including our money. He asks only for a portion off our income. Gods wants to see the planet covered with His light and all people to know about Him.

### **REFLECTION:**

"The silver is mine, and the gold is mine, declares the LORD of hosts." (Haggai 2:8)

## **DISCUSSION QUESTIONS:**

**01.** Who gives us all we have? 1 Chronicles 29:12

Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all.

**02.** How much does God ask of our income to sustain His work worldwide? Leviticus 27:30; Proverbs 3:9; Numbers 18:21 "Every tithe of the land, whether of the seed of the land or of the fruit of the trees, is the Lord's; it is holy to the LORD."

"Honor the LORD with your wealth and with the firstfruits of all your produce; "

"To the Levites I have given every tithe in Israel for an inheritance, in return for their service that they do, their service in the tent of meeting,"

#### **03.** Did the New Testament church also use this method? 1Corinthians 9: 11-14; Mathew 23:23

If we have sown spiritual things among you, is it too much if we reap material things from you? If others share this rightful claim on you, do not we even more? Nevertheless, we have not made use of this right, but we endure anything rather than put an obstacle in the way of the gospel of Christ. Do you not know that those who are employed in the temple service get their food from the temple, and those who serve at the altar share in the sacrificial offerings? In the same way, the Lord commanded that those who proclaim the gospel should get their living by the gospel.

"Woe to you, scribes and Pharisees, hypocrites! For you tithe mint and dill and cumin, and have neglected the weightier matters of the law: justice and mercy and faithfulness. These you ought to have done, without neglecting the others."

#### 04. On what ground God asks me for a part of my income? Psalms 24:1; Deuteronomy 8:18

"The earth is the LORD's and the fullness thereof, the world and those who dwell therein,"

"You shall remember the LORD your God, for it is he who gives you power to get wealth, that he may confirm his covenant that he swore to your fathers, as it is this day."

Note: Tithes and offerings are the way that God has chosen for the maintenance of his Work in this world. It offers several benefits, with the participation of the whole community and the equitable contribution, as each one proportionately returns his income, this return helps with the maintenance of the gospel throughout the world. Moreover, giving back a portion of my gains to God helps me to develop altruism and detachment from the material things of this world. In the Adventist church, tithing is used for the maintenance of pastors and all that is tied to church organization and evangelism, both local and worldwide. Adventist pastors do not have direct access to the money returned by the members of their churches; voluntary treasurers deposit it in the bank. In the Adventist church, pastors also receive maintenance assistance (equivalent to the workers' salary), which does not vary according to the increase or decrease of the entrance of tithes or offerings of their churches, so if a church increases the value of its tithe, the pastor does not earn more for it. Adventist pastors also have equivalent gains, that is, a pastor of a large, rich church receives the same as a pastor from a small, humble church. Therefore, tithe and offerings received by the Adventist Church is used in order for the Gospel to be preached around the world and not for the enrichment of the ministry. Today the church is present in 215 countries and preaching in more than 970 languages. It has more than 150,000 churches congregating and about 20 million Adventists led by more than 19,000 ordained pastors. There are also 15 media centers in Brazil, TV New Hope, schools, hospitals, clinics, day care centers and various social works maintained by ASA, the Adventist assistance agency. It was only in 2015 that the agency served nearly 15 million people in the world. All of this is possible only by the fidelity of each member and the return of the tithes and offerings.

### **CONCLUSION:**

All things belongs to God, and from him it comes all things man need, whether it is material, for he is the owner of gold and silver, or spiritual, for Jesus was and is the author and finisher of faith; so all the strength that man need comes from Him, which assures sustenance, comfort and stability of this life. It is also from God that knowledge is given to man for both hard manly and spiritual work.



**Recommended reading:** Malachi 3:6-12 and 2 Corinthians 9

### **FAITH COMMITMENT**

Ι

accept to return the tithe and observe Gods law in my life, and run the course of life according to the biblical teachings of God's law.



Date

Signature



## **SAFE TRAINING**

### **JESUS RETURNS**

The more you train, the less you bleed on the battlefield." <sup>1</sup>

Street training is a delight. But so that you do not get hurt or become an easy victim of urban violence and big cities traffic, certain safety precautions must be taken. To help with your safety, we've listed fourteen important points that you should always be aware of when leaving your home for training<sup>2</sup>.

- **1** Always tell someone where you're going.
- 2 Run through busy streets. Do not take shortcuts or run into deserted places alone.
- **3** If you prefer the street instead of the sidewalk, always run at the opposite traffic direction. That way you will always be facing the cars that pass by.

<sup>1</sup> George S. Patton

<sup>2</sup> https://www.espiritooutdoor.com/11-dicas-de-seguranca-para-o-corredor/

- **4** Never assume that the driver is seeing you. It is always better to imagine that the driver does not see you.
- **5** Always try to keep yourself at least 3 feet away distance from passing cars.
- 6 Always be ready to jump to the sidewalk.
- **7** If you are going to run in groups, run in single row when cars need to pass.
- 8 Always carry your cell phone, money and water when running long drills.
- **9** If you like to run with your MP3, adjust the volume so that you can still hear external noises. Running with just one handset is also an alternative.
- **10** Never run a red light.
- **11** Prefer to wear colored clothing and / or reflective fabrics.
- **12** At intersections always look at all sides before crossing the road.
- **13** Always carry your ID with you. There are also wristbands for runner that carries the runners' blood type and health care provider information.
- **14** Sign the Drivers what side you are going to turn, if it is right or left.

By following these safety tips, put on your shoes and enjoy the race, always attentive to the signs.

Speaking of signs, they are very important, for you to fol-

low correctly and safely. The Bible speaks of some important signs that can give us security and protect us from deceit and false prophets.

### **REFLECTION:**

"Now when these things begin to take place, straighten up and raise your heads, because your redemption is drawing near." Luke 21:28

### **DISCUSSION QUESTIONS:**

**01.** What was the promise that Jesus made us? John 14: 1-3; Revelations 22:12.

"Let not your hearts be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. "

"Behold, I am coming soon, bringing my recompense with me, to repay everyone for what he has done."

#### 02. What are the signs that Jesus is coming back? Matthew 24: 3-14

As he sat on the Mount of Olives, the disciples came to him privately, saying, "Tell us, when will these things be, and what will be the sign of your coming and of the close of the age?" And Jesus answered them, "See that no one leads you astray. For many will come in my name, saying, 'I am the Christ,' and they will lead many astray. And you will hear of wars and rumors of wars. See that you are not alarmed, for this must take place, but the end is not yet. For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places. All these are but the beginning of the birth pains. "Then they will deliver you up to tribulation and put you to death, and you will be hated by all nations for my name's sake. And then many will fall away and betray one another and hate one another. And many false prophets will arise and lead many astray. And because lawlessness will be increased, the love of many will grow cold. But the one who endures to the end will be saved. And this gospel of the kingdom will be proclaimed throughout the whole world as a testimony to all nations, and then the end will come.

#### 03. Why has not Jesus kept his promise yet? 2 Peter 3:9

The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.

Note: Christ described the signs of His coming. He said we could know when His return was at hand. When the leaves of the trees sprout in the spring, we know that summer is near. Likewise, as the signs are fulfilled in the sun, the moon, and the stars, we can make sure that the coming of Christ is near. These signs have already been fulfilled. On May 19, 1780 the sun darkened. This day was known in history as "the dark day." In the eastern part of the United States, darkness was so thick that lamps were lightening at midday and even after midnight, the moon, though full, refused to illuminate. Many believed that the Day of Judgment had come. No satisfactory reason could explain the supernatural darkness, except which was found in the words of Christ. The darkening of the Sun and the Moon was a sign of His coming. On November 13, 1833, there was a dazzling fall of stars never contemplated by man. Again, people were convinced that the Day of Judgment was at hand. Since then, earthquakes, hurricanes, tsunamis, pestilences, famines, destruction by fire or flood have multiplied. Moreover, anguish and perplexity among nations point to the imminent return of the Lord Jesus. To those who would behold these signs, the Savior said: "This generation will not pass without all this happening."

## **CONCLUSION:**

Just as traffic signs help us to be safe as we move in the city, the signs of Jesus' return are our guarantee that God is in control of the history of this world. What about you? Are you safe in the direction you are taking? Can you see how the signs of Jesus' return are already being fulfilled and that we can soon be safe and secure from the dangers of this world?



**Recommended reading:** Matthew 24

### **FAITH COMMITMENT**

Ι



believe that we are living at the end of times. I want to prepare myself for the great coming of Jesus.

Date

Signature



## THE GREAT RACE DAY

#### BAPTISM

"OThe success of life is not measured by the way you have conquered it, but for the difficulties you have overcome on the way <sup>1</sup>".

One of the most important moments in the life of the runner is the GREAT RACE DAY, it seems always the same, that nervousness, butterflies in the stomach, anxiety and thousand thoughts going around in our heads, wondering if everything is going to work, if all the training was enough, and so on.

There are some people who cannot sleep a day before a competition, because of the anxiety; do you know someone like that?

What about the time of the race? How should you and the other runners behave? Unfortunately, some runners, lacking experience, end up hindering the race for the

<sup>1</sup> Abraham Lincoln
other competitor. For this reason we will give you some tips on how to proceed on the big day:

- **1 Be alert at the starting line:** Be careful at the start. There are races where the number of participants is so large that there is not much room for all athletes to settle comfortably. So do not let the excitement speak louder. Try not to run away as if you were disputing the 100 meters. Remember: you are not Usain Bolt. Try not to run over anyone. If you're fast and you want to run as fast as you can at the beginning of the race, okay, race to the front squads or keep to the left.
- 2 Go to your place and respect the rhythm stalls: In large trials with many participants, organizers usually divide groups by time, or so-called pace. For example, who runs 1 kilometer (0.7 miles) in 4min30s, 5min, 5min30s, 6min etc. The idea is that who starts at the front of the start line are the faster runners, is that simple, the slower competitor follows behind. This ensures more safety and peace of mind for all participants. Therefore, buddy, if your pace is 7min go there back and enjoy the race. Do not try to run on the pace of the other. Do not mess up for those who want to make time and trained for it!
- **3** Do not throw water cups away with out looking where to before: In the streets, there are several points of hydration according to distance. They are stalls where the organizers distribute water, usually in plastic cups, to runners. Well, try not to slow down when you get your water. You can get in the way of those behind you. Do not push or cut the aisle ahead you. After drinking your water, avoid throwing the cup in the middle of the track, as this may cause an accident. Look for trash or, if there is no option, throw the used cup on the curb.

- 4 Keep an eye on the spit: It's disgusting, I know, but we need to talk about it. Many runners have the habit to spit out every hundred yards when running. Okay, it may even be physiologically justifiable, but it is not educated. Please avoid spitting on races. If there is no alternative, go to the edge of the lane and make sure it will not hit anyone. If you have a cold, take a tissue or stay home!
- 5 The rule is clear: slow runners should be on the right: We will follow the Traffic Code. It is stated that the right lanes are destined to the displacement of slower vehicles. It should not be a mystery to runners. Do not insist: the slower ones run to the right. And do not forget, if you want to run faster, use only the left side. By doing this, everyone will have a race without scares or stress.
- 6 Do not run in groups blocking passage: This practice irritates me the most: the so-called walls. This happens when there is a group of runners that prevents the passing of the athletes who come behind. Nothing against who likes to run along with the crowed. Be smart and do not ruin the race and let racers pass!
- 7 Look, There are People Behind: Tired? Untied shoes? Okay, but do not stop all of a sudden! If you need to stop or walk a little to catch your breath, try to go to the right and signal the sudden change of speed. Remember we are not equipped with flashing alert yet.
- 8 The selfies addiction attacks in the street races: Believe or not, Even in races there are people not enjoying the moment to take selfies. When you stop or walk slowly to take a picture of the moment, you disturb the concentration of the runner behind you. So use your common sense and take pictures some

other time but not during the race while you are running.

- 9 Do not make irritating sounds during the race: There are people who seem like a symphony out of tune when they run. Some scream, moan, others simply run with their house keys in their pockets. Using loudspeakers, whistles, or sound from your phone during the race, can disrupt your performance and of those who are trying to lower their time. There are some basic rules worth following.
- **10 The Moment Of Arrival May Be A Disappointment:** Have you already gave all of yourself to complete a race? You found the strength to complete the last few yards, but you could not get past the finish line because there were several runners who came before and were there blocking the passage, celebrating their victories and waiting for friends ... Disappointing, right? So when you cross the finish line keep moving. Do not stop until you're sure it will not disturb anyone. Go get a glass of water and your medal, celebrate but stay as far as you can from the finish line.

Therefore, the emotion takes over when crossing the finish; it is often impossible to hold back tears by completing a long awaited competition. After the race is finished it is time to get the so dreamed medal and celebrate. Also in our spiritual life we have a special GREAT DAY, which marks the life of a Christian, called BAPTISM.

Baptism is an important ceremony in person's life, because just like in the race, you prepare yourself for this GREAT DAY where you will belong to the family of God and where there will be a great party in heaven. (Luke 15:7)

### **REFLECTION:**

"Whoever believes and is baptized will be saved, but whoever does not believe will be condemned". Mark 16:16

#### **DISCUSSION QUESTIONS:**

**01.** How is the baptism ceremony? Matthew 3:13-16; Acts 8:38; Matthew 28:18-20

"Then Jesus came from Galilee to the Jordan to John, to be baptized by him. John would have prevented him, saying, "I need to be baptized by you, and do you come to me?" But Jesus answered him, "Let it be so now, for thus it is fitting for us to fulfill all righteousness." Then he consented. And when Jesus was baptized, immediately he went up from the water, and behold, the heavens were opened to him, and he saw the Spirit of God descending like a dove and coming to rest on him;"

"And he commanded the chariot to stop, and they both went down into the water, Philip and the eunuch, and he baptized him."

"And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

#### 02. What baptism means? Acts 22:16; Romans 6:3-8.

"And now why do you wait? Rise and be baptized and wash away your sins, calling on his name."

"Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. For one who has died has been set free from sin. Now if we have died with Christ, we believe that we will also live with him."

#### **03.** Who can get baptized and what is its importance? Mark 16:16; Acts 2:38 and John 3:5.

"Whoever believes and is baptized will be saved, but whoever does not believe will be condemned."

" And Peter said to them, "Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit."

"Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God."

#### 04. How was Jesus baptized? Mark 1: 9-10

"In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And when he came up out of the water, immediately he saw the heavens being torn open and the Spirit descending on him like a dove."

#### 05. Why should I be baptized? Acts 2:38

"And Peter said to them, "Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit." Note: The baptism is the final decision for those who desires to belong to God's family. The Bible compares baptism to a new birth, a spiritual resurrection to a new life after dying for an old life of sin away from God. Baptism is performed in the waters, the Greek word comes from the verb "baptizo", which literally means to immerse. When entering the water completely, it symbolically means to die to the world, when leaving it, and reborn spiritually for a new life. Baptism is an aspect of justice that people can participate in. Since Christ did not know sin, he was baptized to "fulfill all righteousness," we as sinners must do the same. The example of Jesus and the Bible teachings emphasize the importance of baptism.

### **CONCLUSION:**

Baptism is a fundamental condition for salvation. Without it, it is impossible to access God's Kingdom. God in His wisdom established a simple ceremony in itself, but of extremely deep meaning, to mark our entrance into God Kingdom. He also expects you to give yourself completely to Him through baptism. On this day you will be part of God's family, born of the Holy Spirit, you will receive a special gift and will you're your name written in the Book of Life. The appeal of Ananias to Saul is the same for all of us today: "And now why do you wait? Rise and be baptized and wash away your sins, calling on his name." Acts 22:16



**Recommended reading:** 

John 3 1:15; Romans 6:1-14; Colossians 2:12

### WE MUST MAKE THE DECISION TODAY!!!

"As it is said, "Today, if you hear his voice, do not harden your hearts as in the rebellion." Hebrews 3:15



### **FAITH COMMITMENT**



I

believe in baptism by immersion. I want to be a new creature. I want to give my life publicly to God through baptism.

Date

Signature

# **RUNNERS DICTIONARY**

Whether you're a newbie or veteran runner, you should know the language. Here are definitions of common running terms<sup>1</sup>.

# A

**ACHILLES TENDON:** The tendon along the back of your foot that attaches your calf muscles to your heel bone. Achilles tendinitis can occur in new runners who increase their distance and/or intensity too quickly. This is especially true of new runners who have been inactive in recent years and who often wear heeled shoes (which can make the Achilles tendon shorter and tighter). Good flexibility in your calves and ankles can help to take some of the load off the Achilles tendon.

**AID STATION:** Also called a water stop. Any point along the course that offers water and sports drinks, handed out by volunteers. Often, at bigger races, people also hand out gels, energy bars, and other items.

**ALTIMETRY:** the science of measuring altitudes, as by altimeters. It serves to give you an idea of the degree of difficulty of a course, such as ascents and descents.

**ALTITUDE TRAINING:** Elite runners train at altitude to increase their number of red blood cells, improving oxygen delivery to their muscles. At altitude, the amount of oxygen in the blood is reduced because there's less oxygen in the air. The kidneys then secrete more of a hormone called erythropoietin (EPO), which causes the body to create more red blood cells. Runners find they can train harder and perform better for several weeks after they return from about a month-long stay at altitude. If that's not possible, arriving at altitude just 24 hours before the start is your best bet. You won't acclimate, but you'll limit your exposure to some of the negative effects of the thin air, such as dehydration and disturbed sleep. Start your race slower, and build intensity. Expect race times to be slower. Dehydration can occur at altitude because the air is thinner and

<sup>1</sup> https://www.runnersworld.com/start-running/a-guide-to-common-running-terms/slide/1

dryer, so drink plenty of fluids. Get plenty of rest, and allow a few weeks back at lower altitudes before you race again.

**AQUAJOGGING:** Running against the water's resistance in the deep end, where you can't touch the bottom, provides many of the benefits of running on land. A flotation belt will help keep you upright and give you stability.

**ATHENA:** Races will often have divisions designated as "Athena" or "Filly" for female runners who are over a certain weight. The minimum weight to qualify for that division varies from race to race. The male version is "Clydesdale."

B

**BANDIT:** Someone who is participating in the race unofficially, without having registered or paid for an entry.

**BIB:** The sheets printed with numbers (called "bib numbers") used to identify each runner in a race.

**BLACK TOENAILS:** Lots of downhill running and too-small shoes can cause these, because both situations cause your toes to slam into the front of your shoe. They typically heal on their own within a few months.

**Bloody nipples:** These are often caused by chafing, friction caused by the rubbing of the nipples against the shirt while running. They're more common in men and during cold weather, and they can be remedied by covering your nipples with adhesive bandages or nipple guards, which are sold in many specialty running stores.

**BPM:** The number of times the heart beats per minute.

**BODY MASS INDEX (BMI):** A simple estimation of body fat that can be used to determine whether or not your weight is healthy. BMI is derived by comparing your height to your weight. It can be used by men and women of all ages. Use our BMI calculator to determine your BMI.

**BORG SCALE:** is a scale created by the Swedish physiologist Gunnar Borg for the classification of the subjective perception of effort.

**BQ:** Short hand for Boston Qualifying time. Often used to describe a marathon or half-marathon finish time that qualifies a person for entry into the Boston Marathon.

**BRICK WORKOUT:** A workout that includes consecutive biking, then running. Often used by triathletes and duathletes to prepare for their goal events.

C

**CARB-LOADING:** The practice of increasing the percentage of carbohydrates in your diet during the days leading up to an endurance event such as a marathon, half-marathon, or even a long training run. (Note: Carb-loading is not simply eating more of everything.) Carb-loading stores glycogen in the muscles and liver so that it can be used during the race; it is most effective when done along with a taper.

**CERTIFIED COURSE:** Most marathons and half-marathons are certified by USA Track & Field, which ensures that the distance of the race is accurately measured. For any running performance to be accepted as a record or for national ranking, it has to be run on a USATF-certified course.

**CHAFING:** Bloodied, blistered skin caused by friction that happens after clothing-on-skin or skin-on-skin rubbing.

**CHIP:** A small plastic piece attached to a runner's shoelace that's used to track a runner's progress and record times during a race. Timing chips are activated once you step over the electronic mat at the start and finish of a race, and at various points in between. At most races, if you forget your timing chip, your race time will not be officially recorded.

**CLYDESDALE:** Races will often have divisions designated as "Clydesdale" for male runners who are over a certain weight. The minimum weight to qualify for that division varies from race to race. The female version is "Athena" or "Filly."

**COMPRESSION SOCKS:** socks that go to the top of the calf, usually by reducing the vibration of the muscle, avoiding fatigue and cramps.

**COOLDOWN:** A period of light physical activity, like walking, after a longer or harder run. Done to help bring the heart rate down gradually and prevent the blood from pooling in the legs.

**CORRAL:** A sectioned area at the lineup of a race that helps separate athletes into different pace groups. The faster an individual is, the more likely he or she will end up in one of the first few corrals.

These corrals are especially important at large races, such as marathons, where elite athletes are running.

### D

#### DAY OFF: A day to rest

**DID NOT START (DNS):** athlete who was enrolled but did not participate.

**DID NOT FINISH (DNF):** athlete who did not finish the race.

**DISQUALIFIED (DSQ):** Disqualified athlete

**DRIBBLING:** type of educational exercise for racing that consists of making a very fast race in the place, raising the feet minimally fast and swift arms.

### E

**ENDORPHINS:** Brain chemicals long credited with producing a "runner's high," the sense of elation that runners report experiencing. More recent research attributes this to endocannabinoids, molecules created by the body that are said to reduce pain and anxiety and promote well being.

**FARTLEK:** Speed play, or fartlek in Swedish (the concept originated in Sweden), is speed work formats in which you run faster for however long (or short) you want.

F

**5K**: A race that's 3.1 miles (or 5 kilometers) long. It's the most popular race distance in the United States, and a good distance for your first race.



**GLYCOGEN:** The form of carbohydrates that is stored in your muscles and liver and is converted to glucose for energy during exercise. The amount of glycogen that is stored depends on your level of training and the amount of carbohydrates in your diet. The glycogen that is stored (so it can be made available for use during a race) is increased during periods of carb-loading.

**GPS:** Many running watches have a GPS function that tracks your distance with a fairly high degree of accuracy. This can be helpful when you're running new routes. But always remember that a GPS unit is a tool that might help your running, rather than something you have to answer to. There's no inherent magic in standard measures of distance like a mile or kilometer. So don't feel obligated to keep running until your GPS says you've exactly run a given distance. Most experienced runners learn to estimate their run lengths, and figure their mileage averages out to near accuracy over time.

# Η

**HALF MARATHON:** A race that's 13.1 miles long. The half marathon has been the fastest growing race distance in the United States in the last few years. Many runners like the challenge of extending their endurance without having to do the training necessary to finish a marathon.

**HAMSTRINGS:** The long muscles along the back of your legs. Strong, supple hamstrings are crucial for running your best, because they help to flex your knees and extend your hips. Weak or tight hamstrings shift some of the work of running to other body parts that aren't as well equipped for the job. New runners whose daily lives involve a lot of sitting should include hamstring strengthening and flexibility exercises in their routine from the start.

**HEART RATE**: How many times your heart beats in a minute. Training by heart rate accounts for many variables that affect how you feel from day to day. This makes it a better way to monitor how hard you're working than an arbitrary measure such as your pace. The key is to know what your maximum heart rate is; once you know that, you can figure out the range of heart rates that correspond to the effort level you want for a given run.

**HEAT INDEX:** A combined measurement of temperature and humidity that shows how hot it feels outside. When humidity is high, it cripples the body's ability to sweat the body's self-cooling mechanism—so the body retains more heat and it's riskier to be outside. High humidity also increases the risk for conditions like heat cramps, heat exhaustion, and heatstroke. The National Weather Service issues an alert when the heat index is expected to exceed 105 to 110 degrees Fahrenheit for at least two consecutive days.

**HILL REPEATS**: A workout that includes sprinting uphill fast, jogging downhill at an easy pace to recover, and then repeating the sequence. It's thought to be an efficient way to build leg strength, speed, and aerobic capacity. Hill repeats reduce your injury risk because it limits fast-running time and because the incline of a hill shortens the distance your feet have to fall, reducing the impact of each step.

**HYPERTHERMIA:** elevation of body temperature.

**HYPOGLYCEMIA:** disturbance caused by low concentration of glucose in the blood.

**HYPONATREMIA:** is a condition that occurs when the level of sodium in your blood is abnormally low. Sodium is an electrolyte, and it helps regulate the amount of water that's in and around your cells.

**ICE BATHS:** Typically taken after long runs, races, and hard workouts, ice baths involve immersing one's legs in ice water for 15 to 20 minutes. The ice constricts blood vessels and decreases metabolic activity, which reduces swelling and tissue breakdown. Once

you get out of the cold water, the underlying tissues warm up, causing a return of faster blood flow, which helps flush waste products out of the cells.

**ILIOTIBIAL BAND:** A thick, fibrous band that connects your hips and knees. It helps to flex and rotate your hips and stabilize and extend your knees. It can become easily strained, leading to iliotibial band syndrome, if you increase your mileage too quickly. The iliotibial band is also often irritated on the leg farther away from traffic if you regularly run on canted roads.

**INTERVAL TRAINING:** Technically, this refers to the time you spend recovering between speed segments. But the term is commonly used to refer to track workouts in general or fast bouts of running.

**LACTATE (LACTIC ACID):** residue that the body produces after long-term physical activities. It cause muscle fatigue that we feel when we exercise a lot.

**LONG SLOW DISTANCE RUNS (LSD):** Any run that's longer than a weekly run, which is the foundation of marathon and half-marathon training. These workouts help build endurance and psychological toughness that can help you get through race day.

### Μ

**MARATHON:** A race that's 26.2 miles long. Although many runners are understandably proud of having run a marathon, some of the greatest runners in history have never done one; so don't feel like you have to do a marathon to call yourself a runner. Most experts agree that you should have a year of regular running under your belt before you start training for your first marathon.

**MINIMALISM:** A recent movement in running shoes away from the highly cushioned, thickly heeled models that have become the norm over the last couple of decades. Minimalists say that lower, lighter models allow you to run with better, more natural form once you've adjusted to them. Many experienced runners find that running in a variety of shoes, including some minimalist models, is better than doing all of their running in the same shoes.

MILES: unit of measure of distance equivalent to 1609 meters.



NO MARK (NM): sem marca.

# 0

**ORTHOTICS:** Devices worn inside running shoes to help treat or prevent injuries. Orthotics can be hard or soft, and of varying length, depending on what injury they're trying to address. You should wear orthotics only if advised to by a sports medicine professional who says you need one to address a specific underlying imbalance or weakness.

**OUT-AND-BACK:** A course that entails running out to a turnaround spot, then running back to the starting point. Out-and-backs are a convenient way to get in runs in unfamiliar locales. They're also a good option when you're trying to run a little farther than you have before, because you don't have the option of cutting the run short.

**OVERUSE INJURY:** Any injury incurred from doing too much mileage before the body is ready. Examples of common overuse injuries among runners include runner's knee, IT-band syndrome, and plantar fasciitis.

**OVERPRONATION:** Excessive inward roll of the foot, which can cause pain in the foot, shin, and knee.

**OVERTRAINING:** A collapse in performance that occurs when the body gets pushed beyond its capacity to recover. It can lead to fatigue, stale training, poor race performance, irritability, and loss of enthusiasm for running. Serious overtraining can cause sleep disturbances, hampered immune function, poor appetite, and the cessation of menstrual periods in women.

#### Ρ

**PACE:** How fast you're running, usually expressed in terms of minutes per mile. Your running pace at a given effort level will vary greatly from day to day, depending on the weather, your fatigue level, and numerous other factors. While it's good to have a general idea of how fast you're running, it's best not to base your running around hitting certain paces all the time. Doing so usually leads to working too hard, and can drain much of the enjoyment from your running. As you gain fitness, you'll naturally speed up.

**PERSONAL RECORD (PR):** Term used to describe a runner's farthest or fastest time in a race. Also called a Personal Best (PB).

**PLANTAR FASCIA:** Thick connective tissue that runs along the bottom of your foot from the heel bone to the base of your toe bones. It can easily inflamed by many of the same things that irritate the Achilles tendon, including too-rapid increases in distance and/ or intensity, and poor flexibility of the calf muscles.

## Q

**QUADS:** Your quadriceps four main muscles in the front of your legs. They help to stabilize your knees after your foot hits the ground when you're running. New runners whose lives involve a lot of sitting often have quad muscles that are tighter and shorter than ideal for running. Good quad strength and flexibility helps to relieve strain on your knees.

**QUALITY WORKOUTS:** Any workouts that are faster or longer than daily runs. Within the context of marathon and half-marathon training, the term usually refers to workouts such as long runs, speed sessions, and tempo runs, which all require a day or two of recovery.

#### R

**RECOVERY:** Walking or easy jogging between faster-paced segments. Recovery lets your heart rate return to the point where you're ready to run fast again, and it helps you regain the energy you'll need for the next burst of speed.

**REPEATS:** The fast segments of running that are repeated during

a workout, with recovery in between. If you're training for a marathon, you might run 1000-meter repeats six times. For shorter races, like 5Ks, you might do shorter repeats of 400 meters or so at your goal race pace.

**RICE:** Refers to Rest, Ice, Compression, and Elevation. These measures can relieve pain, reduce swelling, and protect damaged tissues, all of which speed healing. They're most effective when done immediately following an injury. RICE is the standard prescription for many aches and pains, such as strained hamstrings and twisted ankles.

**RUN/WALK:** Method popularized by Olympian Jeff Galloway, columnist and author of Runner's World's monthly "Starting Line" column. Walk breaks allow a runner to feel strong to the end and recover fast, while providing the same stamina and conditioning as a continuous run. By shifting back and forth between walking and running, you work a variety of different muscle groups, which helps fend off fatigue. To receive the maximum benefit, you must start the walk breaks before you feel any fatigue, during the first mile. If you wait until you feel the need for a walk break, then you've already let yourself get fatigued and defeated the purpose of the walk break.

**RUNNER'S KNEE:** A common running injury marked by inflammation of the underside of the kneecap. A common cause in new runners is building up mileage too quickly. Being at a good running weight and have strong, flexible quad and hip muscles help to lessen your risk for developing runner's knee.

### S

**SIDE STITCH:** Also called a "side sticker," this is a sharp pain usually felt just below the rib cage (though sometimes farther up the torso). It's thought to be caused by a cramp in the diaphragm, gas in the intestines, or food in the stomach. Stitches normally come on during hard workouts or races. To get rid of a side stitch, notice which foot is striking the ground when you inhale and exhale, then switch the pattern. So if you were leading with your right foot, inhale when your left foot steps. If that doesn't help, stop running and reach both arms above your head. Bend at your waist, leaning to the side opposite the stitch until the pain subsides.

**SPECIFICITY:** Training should be relevant and appropriate to the sport for which you're training in order to maximize performance. Long runs, for instance, as opposed to cycling, are specific training

for marathons and half-marathons because they prepare your muscles for the specific activity that you'll be doing during the race: covering a long distance for hours at a time.

**SPEEDWORK:** Also called intervals or repeats, speed work refers to any workout run at a faster-than-normal pace. Often done at a track. Performed to increase cardiovascular fitness.

**SPLITS:** The time it takes to complete any defined distance. If you're running 800 meters, or two laps, you might check your split after the first lap to shoot for an even pace.

**STREAKER:** Typically refers to someone who has completed a race multiple years in a row.

**STRIDE RATE:** The number of times your feet hit the ground during a minute of running. This measurement is often used to assess running efficiency. Having a high stride rate—say 170 steps per minute or more—can reduce injuries and help you run faster. Typically the number used refers to the total number of times either foot hits the ground. So for a person with a stride rate of 170, the right foot and the left foot would each have hit the ground 85 times.

**STRIDES:** Also called striders or "pickups," these are typically 80- to 100-meter surges that are incorporated into a warm-up or a regular workout. Strides increase heart rate and leg turnover; they get your legs ready to run. Strides are run near 80 percent of maximum effort, with easy jogging in between.

**SUPINATION:** The insufficient inward roll of the foot after landing. This places extra stress on the foot and can result iliotibial (IT) band syndrome, Achilles tendinitis, and plantar fasciitis. Runners with high arches and tight Achilles tendons tend to supinate.

**SKIPPING:** educational training with alternating elevation of the knees up to waist height. Working the arms with speed.

**TALK TEST:** A way to see if you're running at a comfortable effort level. During most of your runs, you should be able to carry on a conversation, which means you've passed the talk test. If you can't say more than a few words at a time, you're probably running too hard. Back off to where you can say a sentence at a time, and you'll be able to run longer and better advance your fitness.

TECHNICAL CLOTHING: This typically refers to clothing made of

synthetic fibers that wick moisture away from the skin. These fibers do not absorb moisture, like cotton does, and they help prevent uncomfortable chafing.

**TEMPO:** When runners talk about doing a "tempo run" they usually mean a sustained, faster-than-usual run of 3 to 6 miles at the pace they could sustain for an hour in a race. Tempo runs are said to feel "comfortably hard"—you have to concentrate to keep the effort going, but aren't running with as much effort as a sprint or 5-K race. Tempo runs are a good way to boost your fitness without doing hard track workouts.

**10K:** A race that's 6.2 miles (or 10 kilometers) long. Most runners cover the distance at least 15 seconds per mile slower than they do a 5K.

**TEN PERCENT RULE:** Don't increase mileage or intensity by more than 10 percent from one week to another. This is a classic injury-prevention rule meant to prevent a runner from doing too much, too soon, and getting injured.

**TRACK:** Most tracks are 400 meters long. Four laps, or 1600 meters, is approximately equivalent to 1 mile. Many runners use the term "track" to refer to a speed session done on a track.

**TRAIL RUNNING:** Doing some or all of a run off road. Trail running has become increasingly popular in part because running in the woods or mountains is usually more appealing than sharing the road with distracted drivers. Trails' softer surfaces are also a nice change from asphalt. Expect to run slower than usual on trails.

# U

**USATF:** USA Track & Field (USATF), the governing body of track and field, long-distance running, and racewalking in the United States. This nonprofit organization selects and leads Team USA to compete at the Olympics, the World Championships, and other international events each year. It also certifies racecourses for accuracy, validates records, and establishes and enforces rules and regulations of the sport.

**ULTRA/ULTRAMARATHON:** Any race that's longer than a marathon. The most popular ultra distances are 50K (31 miles), 50 miles, and 100K (62 miles). A lot of ultras are run on trails or in other natural settings, and almost all ultras have much smaller fields than the average half marathon or marathon.

## V

**VO2 MAX:** A measurement of the maximum amount of oxygen that a person can consume per minute while exercising. VO2 max is determined by genetics, gender, body composition, age, and training. Runners with a naturally high VO2 max often find it easier to run faster because their hearts can deliver more oxygen to their muscles. There are many ways to boost VO2 max, including speed work, which forces the heart to pump blood at a higher rate.

# W

**WARMUP:** A period of walking or easy running or any light activity that is done for 10 to 20 minutes before a workout. It gradually increases heart rate, breathing rate, and blood flow to the muscles, and it prepares the body for more vigorous work. A good warmup allows the body to work more efficiently and helps prevent muscle pulls and strains.

**THE WALL:** Typically refers to a point when a runner's energy levels plummet, breathing becomes labored, and negative thoughts begin to flood in; this often happens at mile 20 of a marathon. Experts say that it usually happens two-thirds of the way through any race, no matter the distance. Hitting the wall often occurs because you've run out of fuel and need carbohydrates (like a sports drink or an energy gel) that the body can convert into fuel for the muscles to use.

**WIND CHILL:** How cold it really feels when you're outside. As the wind grows stronger, it makes it feel much colder than the air temperature.