

The Episcopal Church Runs with You!

“If you want to run, run a mile. If you want to experience something, run a marathon.”

- Emil Zapotek

Distance running is an experience unlike any other: challenging, exhilarating, inspiring, and unforgettable. For many people who identify as runners, running is an act of prayer as well as a means of exercise. Running keeps us centered and connects us to the One who created us and called us good, and we want to connect with others who feel the same way.

To that end, you are invited to join other runners from the Diocese of Milwaukee in running the Milwaukee Lakefront Marathon on Sunday, October 5, 2014. We will gather as a group for a prayer and a photo before the run (details TBD).

Even if you are not an experienced runner, but have wanted to make a commitment to health and wellness, consider this a prompting of the Spirit! All sorts of marathon training programs exist to suit all sorts of runners, from beginners to veterans. We will help direct you towards resources that you can use wherever you happen to be on the running spectrum. It is amazingly moving to see first-timers cross the finish line at a marathon!

More information regarding our diocesan running team will follow. For now, if you are interested, here's what you can do:

- Join our Facebook group, DioMil Runners, to get connected to other runners in the Diocese. We will use the group to share questions, inspiration, and tips, and to organize the occasional group training run.
- Email the Rev. Jason Lavann (jason.lavann@gmail.com) or the Rev. Dorota Pruski (associate@standrews-madison.org) with questions or inquiries.
- Register for the race at <http://www.milwaukeekeelakefrontmarathon.org>. The race is expected to fill up by the end of March, so the earlier you sign up, the better!!!