



July 31, 2006

Aid Station

The FCA Endurance Monthly Newsletter

Hello FCA Endurance!

It has been a busy, fun, slightly crazy, and a very hot summer! I pray that you are all doing well, enjoying your training and racing, and finding ways to be used for God's glory. Even with all of the endurance ministry going on around me, I can still so easily get wrapped up in training, performance, gear (it's a triathlete thing), and all of the other things that can make an endurance sport go from an activity to a god of its own. When these thoughts start to swirl in my mind, I try to make a conscious effort to shift my thoughts to Christ, our mission, and what really matters. It is also these times that convict me about the time I am putting in with my Savior, Master, and King. I think we would all be somewhat humbled if we compared our training log to our quiet time log. I mention this not to confess my conviction or to convict some of you, but to simply remind us all of our need for God's guidance and direction in our lives daily (or more often) to keep our hearts, minds, thoughts, and actions in tune with the Father's will versus on how to cut 2 minutes on the bike leg. I encourage you all, as we finish up our seasons, to stay close to the Father through reading His Word, spending time in prayer, and learning from others through community worship, fellowship, and accountability. By staying close to Him, we'll be able to keep our sports in check and be usable for His purposes on race day when He presents us with ministry opportunity.

Prepare and get ready... seize the opportunity!

Barb Lindquist Shares in Minnesota

As part of the Life Time Fitness Triathlon (LTFT) weekend, FCA Endurance Ministry Partner **Barb Lindquist** was able to share her story and testimony with some of the triathletes who were in Minneapolis to take part in the race. Barb was in the cities to do race day announcing for the LTFT and was excited to be a part of our ministry weekend. She shared for over an hour on the afternoon before the race, spending 15 minutes giving a great transition clinic and then telling her story. She was able to inspire us all as she shared about the freedom that comes when you are no longer living or competing out of fear of what others might think or expect. When you start to find your value through Christ and live completely for His glory, there is no fear, only hope and peace.

In addition to Barb speaking, FCA-E was able to have a presence at the LTFT expo where we were able to share about FCA Endurance, being a Christian triathlete, and Barb's event. We were also able to hold a brief unofficial pre-race prayer on race morning.

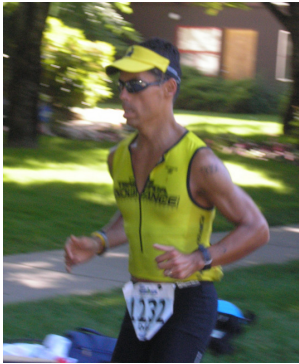
Three Teammates competed in the race (**Phil Cleary**, **Rob Jacobson**, and myself (all MN)), and despite the heat, it was a great day!

To read more about Barb's story, please visit her web site: www.barblindquist.com/personal.html

New Mexico Getting Organized!

I am so excited about what is going on with FCA Endurance in New Mexico; especially in the Albuquerque area! God has brought together some great servants, and they are getting organized to make a difference within their endurance community. It started over a year ago, when God brought former pro triathlete **Laurie Abrams** to our ministry. Laurie has a heart for endurance ministry and experience in both missions and ministry. In fact, in 2001 and 2002 she took a missions trip to Kenya; introducing the people there to both triathlon and Christ. She became a Board Member in 2006 and has helped jump start FCA Endurance in NM. She was initially joined by **Hector Tovar** (part of the winning '05 Ironman World Championship Military Team – Army), but also brought in two friends, **Patrick and Sandy Morrissey**. They all have a heart for ministry, but Patrick has responded to the call of organizing and leading a NM Huddle. The Lord has blessed Patrick with experience leading athletes, a boldness for sharing Christ, and desire to make a lasting difference on those around him. Laurie, Patrick, and the other NM FCA Endurance members were then joined by **Pastor Scott Bennefield**. Scott has been doing endurance ministry as a part of his pastoral calling for years. He has experience, a heart for the Lord's work, and passion for triathlon. He has offered his services and church (Hoffmantown Church) to help launch the NM Huddle. They've become certified and are on their way! For more information on how to certify a huddle, please visit: www.fcaendurance.org/Huddles.lsp. I also hope to have a page of Huddle resources on our site in the very near future.

FCA Endurance at Ironman Coeur d'Alene



Dan Cadriel (AZ)
running the marathon.

Ironman Coeur d'Alene (IM CDA) presented FCA Endurance with some great ministry opportunities in June. We had many Teammates participating in IM CDA including: **John Owen** (SD), **Dan Cadriel** (AZ), **Jason Ford** (AZ), **JR Rosania** (AZ), **Jeff Pounds** (SC), and **Scott Burkhardt** (ID), along with some other great Christian triathletes. All of our Teammates, as well as the other Christian competitor's I was aware of, finished the race and did a great job. It was over 90 degrees on race day, and the heat was brutal during the marathon. Everyone got through it though, and I think grew a little (or lot) during the experience. Congrats to these Ironmen!

My family and I were also able to make the trek out to support the Team and partner with other ministries during the event. During the Ironman festivities, FCA-E partnered with Scott Hanberry of the NorthStar Church and two ministry youth groups from Florida and Alabama to have a booth during the expo. At the expo, we handed out ministry resources, talked about Christ and/or answered questions, and let people know about two other weekend events. One was a free pancake breakfast the day

before the race. NorthStar Church and the ministry groups did a great job of serving a delicious breakfast, and we were able to help start Christian conversations at the tables while people were eating.

The other weekend event was the Iron Prayer two nights before the event. At the Iron Prayer we were able to partner with Iron Prayer Ministries and Tod Hornby and the Lake City Community Church (LCCC). This was an awesome event! It was held outdoors at a small park, with fantastic weather. The LCCC Praise Band was fantastic and opened things up and closed things down with a few great worship songs. Speakers for the Iron Prayer included **JR Rosania**, who was able to share part of his story and tell about how his life was changed through his friend, Pat Tillman. Since Pat's death, JR has searched and found the Lord's path for his life, looking to be a complete servant of the Lord through all that he does. He shared Phil 2:2-8, and inspired many by his desire to live a complete life for Christ.

After JR, pro triathlete Heather Gollnick shared about finding joy in Christ and the blessings that we all experience through Him. She challenged all of us to seek, find, and spread that glorious joy. She also challenged us to smile as a reflection of that joy, even during the pains of racing. As a side note to her message, Heather was smiling when she finished second on race day!

I then got to share and challenge people to think about why they race. Competing, finishing Ironmans, achieving goals, doing "great" things, and getting human praise or material rewards will never satisfy you. There is always something more and/or bigger, and we can only find peace and joy by doing all things for and through Christ. As Matt. 6:19-21 says, we need to live and compete for treasures in Heaven, that's why I race. After I shared, we broke into small groups and prayed for the athletes who were competing. After the event, we were able to hang out, fellowship, and of course let people know about FCA-E.

As an exciting end to these events, some IM CDA staff were present at both ministry events, and had great things to say about each. There was even some talk about how to incorporate them further into the main IM village/expo for next year. This would be a huge opportunity to reach more individuals, and your prayers about this would be greatly appreciated.



JR Rosania (AZ) shares
at the Iron Prayer.



Chris shares as the LCCC Band looks on.

Quick Stat

**Our Team has 230 Ministry
Partners and Teammates in 41
states and 4 countries!**

Something to Consider: FCA Camps

FCA Camps have been going on all summer, and many lives have been changed because of them. On our way back from IM CDA, my family and I stopped to work at the Powell, WY sports camp for a week. Like last year, this was an amazing opportunity! Many middle-high school athletes end up going to these camps just to get some sport-specific college coaching or to practice, but by the end of the week, they end up moving closer to Christ. In fact many (nearly 40 at this camp) come to know Christ for the first time! It is so amazing to see student athlete's hearts change before your eyes as camp takes place.

Although nearly all of the '06 camps are now complete, I wanted to mention our experience because so many have emailed me asking about it, and it's not too late to start looking into next year.

You should also know that these camps are

not just about the campers! Suzanne and I were touched just as much as the campers as we got to help out and see the Lord move. I got to help with the cross-country athletes in the morning and athletic training in the evenings and Suzanne got to help with child care for some of the other families at camp. We have made some great friends with the other camp staff and got to spend some time with two awesome Teammates from OR (**Todd & Megan Dickerson**). I also got to spend time with a sub-2:25 Christian marathoner (Ben Gall) from ID. Besides, who doesn't like going to camp?

Lastly, this is something that I hope to incorporate into my son's (Elijah -8 months old) childhood. If we can go to a Christian sports camp one week every summer as a family, I have no doubt it will have an effect on the entire family, especially my son as he grows into a child and man of God.

Message Board Up and Running

This is an exciting addition to our ministry, and we hope it does a better job of connecting the Team. To use the message board, you must be a FCA Endurance member and register at the site. In order for your registration to be approved, you must sign up using your first and last name, and your user name must be the first initial of your first name followed by your last name. This way, it can be cross-checked with our database to approve you.

It also goes without saying that we expect all posts to reflect Christ-like behavior and attitude. It will be policed, but if you see something on there that you would like to draw my attention to, please just write me about it. To get to the message board, visit our site (www.fcaendurance.org) and click "Message Board" on the left. Please be patient if there are a few glitches along the way; we are just figuring this out. Other than that, let's get connected!

FCA E Featured in Sharing the Victory

FCA Endurance is featured in an article in the August/September edition of Sharing the Victory (STV), FCA's magazine. It is a great article highlighting our ministry and **Carl Rundell**, a Teammate from MI who is an '08 Olympic hopeful in the marathon. We hope to have a download of this article on our website soon.

STV is a great magazine put out 9 times a year highlighting sports ministry. You can get a subscription by going to:

www.sharingthevictory.com, or all members of our Home Team who give above \$30/year are given a subscription as a thank-you gift. For information on joining our Home Team, visit:

www.fcaendurance.org/MembershipTEAMMATES.lsp



Gear Update:

As per my last mass email, we are still working on some things while some other things are getting done. The good news is that our **Headsweats Racing Hats** are done, and they look great! They will be sold by one of our sponsors (Valley Bike and Ski) and should be available by phone or internet early next week. I'll keep you posted on this via our web site. Our **dry-wicking shirt** order should be screened today or tomorrow so we should be fully supplied for awhile. Feel free to order the **Hind running singlets** from FCA Gear. Our Brooks singlets should be available in the next week or two, so running out shouldn't be an issue. Our **triathlon jerseys** have been ordered for some time (along with a very cool **cycling jersey!**), and will hopefully be available in a few weeks. I'll keep you all posted, and thanks again for your patience as we make this gear available.

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A Final Note

I want to end this Newsletter by apologizing for the delay in getting the July issue out and for the massive length of this edition. The August edition will be coming shortly right behind it. I also wanted to thank and give credit to my wife Suzanne for her help in getting these out. Lastly, I want to leave you with a thought...

Just before I started typing this Newsletter, I got an email from Steve Bruggeling. He is a Teammate from NC who is looking for ways to use his sport to spread the Gospel. After a race this weekend, he ended up sitting at a table next to a pastor and his son who is a student doing underground missionary work in China. After reading Steve's email, I started thinking about what that type of missionary work might look like and how comfortable my endurance missionary work often is. How often do we truly stick our necks out or even step across our lines of comfort? I realize that God has called us all to reach certain people, in certain areas, through certain ways, and that he has put triathlon ministry on all of your hearts. We are also very blessed because our ministry likely won't get us killed or thrown in jail. However, there might be some consequences for boldness... like being given the badge of "Openly-Christian Triathlete" (possibly being considered the "super-Christian weirdo?"). The point of this story and my rant is: are you willing to get a little uncomfortable for Christ? Are you willing to take action that might single you out? Are you willing to be different... salt and light?

For His Glory!

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Please feel free to contact me with any questions, concerns, praises, or prayer requests!



The Andersons (Suzanne, Elijah, and Chris) after Life Time Fitness Triathlon.