

# Run the path

## Dates and locations of the five runs in 2019:

- **Spring Prairie Fire Half Marathon**  
half marathon/5K; Wichita, KS; May 5, 2019
- **Nebraskaland Days**  
10K/5K; North Platte, Nebraska; June 15, 2019
- **Omaha Marathon**  
marathon/half marathon/10K/5K; Omaha, Nebraska; September 15, 2019
- **Fall Prairie Fire Marathon**  
marathon/half marathon/5K; Wichita, Kansas; October 13, 2019
- **Kansas City Marathon presented by Garmin**  
marathon/half marathon/10K/5K; Kansas City, MO; October 19, 2019



But the path of the righteous is  
like the light of dawn, that shines  
brighter and brighter until the full day.  
Proverbs 4:18

Venture into a new area of “spiritual health”  
Be a part of the *Midwest District* affinity group

Questions? Call the Midwest District 308.234.5400

**TEAM 4:18**  
**Midwest District**  
The Evangelical Free Church of America

**TEAM 4:18** is our district wide running affinity group. Its purpose is to connect runners in our District Churches and to challenge us to more fully apply the type of disciplines demanded to be a *runner* to that of being a *faithful follower* of Jesus -- ultimately spiritually strengthening our churches and spreading the good news of Jesus to many in NE, KS and the KC metro.

**TEAM 4:18** is from Proverbs 4:18, "But the path of the righteous is like the light of dawn, that shines brighter and brighter until the full day" (NASB). Team members will be asked to memorize this verse *and live it!* TEAM 4:18's phrase will be: *Run the Path!* Our one word description will be: *Brighter!* (reflecting God's glory and the light of Jesus more brightly). We will place the name, **TEAM 4:18**, on running shirts the Midwest District will provide (donations accepted) for our members.

Each year we will be designating certain races across the Midwest District (NE, KS and the KC metro) in differing geographical areas, encouraging TEAM 4:18 members to participate. Those who do will gather briefly before the race for a few words of encouragement and then cheer each other on in the race.

Throughout the year regular emails will be sent to all **TEAM 4:18** members, encouraging us in our spiritual walk to know Jesus better and to be more faithful to Him and His church.

To join or find out about this year's races, go online to [cindy@efcamidwest.org](mailto:cindy@efcamidwest.org) (or call: 308-234-5400) and let Cindy know you want to join TEAM 4:18. She will get you the information needed.

Running the path,

A handwritten signature in black ink that reads "Noah Palmer".

Noah Palmer