

## Sports

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**Running of the Bulls 5K** — Downtown El Paso DMD's inaugural 5K run/walk inspired by the craziness in Pamplona is 9 a.m. Saturday, **Oct. 21**, through the streets of Downtown El Paso, starting at Starr Western Wear, 112 Overland, presented by Amstel X Light. Post-run BBQ meal, activity zone, prizes, and more planned. Cost: \$30 5K with lunch; \$25 run only; \$15 meal only. Registration: [raceadventuresunlimited.com](http://raceadventuresunlimited.com) or [downtownelpaso.com](http://downtownelpaso.com).

**Las Cruces Monster Run** — The 4th annual half marathon, quarter marathon, and 5K competitive run and 1 mile fun run/walk are 8 a.m. Sunday, **Oct. 22**, at Field of Dreams on Tashiro Road in Las Cruces. Participants encouraged to dress in Halloween costumes. Race and costume prizes awarded for various age groups. Proceeds benefit Jardin de los Ninos. Cost: \$50 half marathon; \$35 quarter marathon; \$25 5K and \$10 one mile fun run. Registration information on Facebook at [lcomsterrun.com](http://lcomsterrun.com).

**Day of the Dead Series 2017** — The 10K, 5K, marathon and half marathon events are 7 a.m. Saturday and Sunday, **Oct. 28-29**, at La Llorona Park on Picacho, in Las Cruces. Race day packet pick up begins one hour before start of race time.

Registration per day: \$100 marathon; \$85 half marathon; \$40 10K; and \$30 5K. Registration at [mainlymarathons.com](http://mainlymarathons.com).

**Run Internacional: The U.S.-Mexico 10K Run** — The 3rd annual 10K race is 8 a.m. Saturday, **Oct. 28**, beginning at 300 Olivas V Aoy Avenue (at S. Mesa), with a route

linking El Paso and Juárez. Route goes by Southwest University Park, San Jacinto Plaza, through Segundo Barrio and across the Stanton Street Bridge into Juarez. Entry fee: \$25 through Oct. 25, \$30 Oct. 26-27. No race day registration or packet pickup. Limited to 1,500 participants. Entry form at [international10K.com](http://international10K.com).

To cross the border, all runners must have a passport, permanent resident card or other government-approved crossing identification.

**All Souls Urban Trail Races** — The 9th annual 10K, 5K trail races and 1-mile fun run begin at 8:30 a.m. Saturday, **Nov. 4**, in downtown Silver City, N.M. Proceeds benefit Grand County food security program. Information, fees: (575) 574-2902 or on Facebook at [allsoulstrailrace.com](http://allsoulstrailrace.com). Registration: [raceroster.com](http://raceroster.com) (All Souls Trail Race).

**Club Zombie 5K** — Cielo Vista Optimist Club hosts the 5K race and 1 mile run, creep and crawl benefiting the club's scholarship fund at 8 a.m. Saturday, **Nov. 4**, at St. Paul's Methodist Church, 7000 Edgemere. Registration: [raceadventuresunlimited.com](http://raceadventuresunlimited.com).

**R.E.D. 5K** — Spartyka Foundation presents the "Remember Everyone Deployed" 5K race and 1 mile walk at 8 a.m. Sunday, **Nov. 5**, at EPCC Transmountain campus, 9750 Gateway North. Cost: \$25. Information: [spartykafoundation.org](http://spartykafoundation.org); online registration at [raceadventuresunlimited.com](http://raceadventuresunlimited.com).

**Franklin Mountains Trail Run** — The ultra marathon, half-marathon, 5K and 10K trail runs and 6-mile races are **Nov. 10-12**, at Franklin Mountains State Park. Information: [trailracingovertexas.com/franklin-mountains-trail-run](http://trailracingovertexas.com/franklin-mountains-trail-run).

Lately I've been reading through the Psalms. No profound reason behind it — it just occurred to me that I wasn't as familiar with them as perhaps I should be.

This may sound rather impious, but I find the Psalms in general hard to relate to. Seems like David was always talking about his enemies. That's understandable for someone who's king of a country surrounded by warring nations, but not so much for a guy like me living a relatively quiet life.

I imagine few of us can really identify with King David, or most other figures of the Bible. The cultural divide between then and now is hard to cross. That's not to say that there are plenty of great heroes to admire, but most of us have a difficult enough time trying to relate to our parents' and grandparents' world.

Yet one aspect of the Psalms that is timeless has nothing to do with the writers' circumstances, and everything to do with their response. Some of the Psalms start with woe, some even with despair, but nearly all of them end with praise.

I remember a speaker from 30 years ago who summed up the Psalms in six words: "Life is hard, God is good."

One of my favorite modern writers was M. Scott Peck, who began one of the biggest best-sellers of the 20th century, "The Road Less Traveled," with similar words: "Life is difficult."

Peck had not yet fully embraced Christianity when he wrote those words, but over the years that followed he referred to himself as having converted. He later wrote a book on his vision of



the afterlife titled "In Heaven as on Earth" and co-authored "What Return Can I Make?: Dimensions of the Christian Experience."

So basically Peck was making the same point over the span of his decades of writing as the Psalmist did: Life is hard, God is good.

I confess to ignorance when trying to explain why the world is the way it is, why we cannot figure out solutions to our problems and put them into action. I don't know why life requires all the effort it does or why even with our best efforts we don't always succeed. That all falls under the heading of "Life is hard."

What I do know is that no difficulty is made easier by abandoning faith. Again and again in the Psalms, the writer keeps turning back to the stories of God's mercy and trustworthiness. The Psalmist admits feeling alone, rejected and afraid but he still clings to a God worth believing in. In short, "God is good."

Psalm 62:11 sums up all the theology needed to define this goodness: "Power belongs to you, God, and with you, Lord, is unfailing love."

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