

## Athletes bare their soles for Bible cause

**D**ouw Prinsloo is crazy about running but even he cannot go to the end of the earth. His support of the Run for Bibles project, however, ensures that the Good News which he cherishes so much will be proclaimed far and wide.

In 2009 Douw, then 40, decided to change his life. He was obese, sickly, unhappy with himself and most people perceived him as unfriendly.

Thanks to much commitment and many hours in the gym, Douw started to shed the kilos. In January 2011 he completed his first race, a 5 km. Since then he has lost 53 kg, finished close to 200 races and ran more than 6 400 km.

"My proudest moment was when I finished the Comrades in 11:55:40 this year and secured back-to-back medals," says Douw who completed his first Comrades in 2014.

It was also at this year's Comrades Expo where Douw visited the Bible Society's stall and registered to become a Run for Bibles athlete.

"I saw how easy it was to join and what a simple way it was to contribute to the distribution of the Word," he says.

Douw says every day he re-discovers God's love in a new way through reading the Bible.

"I need the Bible to know his will for my life. In the Word of God there are important guidelines which we



Thank you Douw and all the other athletes who ran for Bibles over the past 25 years, and raised more than R9 million for Bibles.

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all so desperately need to lead a long and fulfilling life. It is wonderful to be able to read the Bible in my own language and to be able to compare several translations. The Word of God is my bread, my life."

Douw likes to encourage other athletes during races.

"I often do this and I find it symbolic of how in life God's hand gives us a nudge when things are difficult. During this year's Comrades I stopped just before Polly Shorts and sat down and prayed under a tree. I asked the Lord to help me to finish this important race. Then I wiped away my tears and ran the last couple of kilometres. I knew God was with me. As I ran across the finishing line I

raised my arms in the air to give him the glory. Yes, I had just made it with only four minutes and 20 seconds to spare, but that too was a lesson – God promises that he will always be with us but that doesn't mean that the road will be easy."

Douw encourages other athletes to also run for Bibles. "This is one fundraising project that I think most athletes should definitely get involved in. In this way each step you run will bring someone else closer to a relationship with God."