

Run Hard. Rest Well.

Run Hard. Rest Well. equips leaders, organizations, and individuals to embrace a pace and passion for work, rest. and rhythm that is life-giving, biblical, transformative, and sustainable.

A Message from Brenda

Clarity and 20/20 Vision

We prayed for 20/20 Vision for what matters most. That's exactly what we got! We need God.

We need to know him and make him known.

Never before has the HUNGER for the RHRW message been so visible, tangible, heart-felt. As 2020 comes to a close, with all its twists, turns, ache, and opportunity, your partnership is allowing us to radically and strategically equip God's people to refuel and recharge. We have a race to run, a rest to enjoy, people to love, and wounds to heal. We advance in a power not our own. Hear what people are saying.

- *Our seminar was Refreshing. Insightful.*

- *Encouraging. Thought provoking. Much needed.*

- *Even over Zoom, this retreat was powerful and effective. I loved the personal connection and the main points are truly transformational.*



2020 Impact



- **1,841 people served through 36 events despite Covid-19. Miraculous!**
- **Zoom, Videos, On-line Engagement creates world-wide reach**
- **Landmark work with teenagers begins through Run the Race**
- **Launching Teacher Wellness Initiatives in public and Christian schools coast to coast**
- **Arabic Edition of Vantage Point in the making - !**
- **Visit our NEW Website -**

www.RunHardRestWell.org

Run The Race

RHRW is teaching 6-12th grade students how to capitalize on simple, transformative practices that refuel and recharge. The emotional reserves of teens are running low, yet they have a race to run—and a race to win. Field-tested, student approved, and state agency endorsed, our Run the Race – Live will launch as a 6-session video series in February 2021 for nation-wide distribution in public and Christian schools, mental health centers, and church youth groups.

Learn more on the website – Run the Race.

Photo: students impacted from New Life Lutheran Church



2020 Highlights

A Rest That Works - Video Series

A Rest That Works – Video Series made its debut and is changing lives. With personal and small group options (\$19 and \$69) each video is 4-6 minutes long and ends with a question that creates a powerful pause. A free, study guide is included. As 2021 unfolds, use A Rest That Works (in-person or on-line) to feed your souls and breathe life into the hearts of those you love, lead, and serve.



El mirador - Spanish Edition

Board President, Dr. Nate Lowe, spoke to at two pastors' conferences in Monterrey, Mexico in April 2019. Transformed by the RHRW message, pastors, church planters, and missionaries asked to translate Vantage Point to equip these hard-working Kingdom workers. Pastors Efain, Javier, and Francisco were the first to receive 100 copies in Mexico this September.

Available on Amazon Prime for \$6.99

NEW Seminars and Retreats

Our seminar line-up is full of new options! Whether in person or on-line, bring Run Hard. Rest Well. to your church, school, or organization through 45-minute and 90-minute seminars and half day and overnight retreats.

A Rest That Works 1.0 and 2.0

Catch Your breath (taking off among educators)

Run Hard. Rest Well. – For Leaders

Run the Race – Live for teens (in video February 2021)



Additional Resources and Support

Determined to create lasting cultural change, RHRW offers field-tested and participant endorsed resources. In addition to books and videos, RHRW offers:

- + Train The Trainer
- + Leadership Emails
- + Jump Start Coaching
- + 30 Day Rest Challenge
- + Sermon Series
- + Personal Retreat Handbook

For more information please email info@RunHardRestWell.org

In This Together – From Red to Black

Covid-19 is a bucket draining time for those we lead, love, and serve, yet it is full of opportunity. RHRW has always operated in the black, but not this year, and we have a ways to go. Miracles – MIRACLES have lined this journey since God planted the seeds of RHRW in 1992, and He is not going to stop now. Gift by gift, YOU are standing in the gap, empowering ministries and individuals to navigate this season of crisis and recovery by creating a pace and plan that is God-honoring, transformative, and sustainable. The global turmoil threatening to take us under reminds us that only one thing will make us battle ready. Our souls must be at rest. Your gift makes a difference. Your gift casts a vision and breathes new life. Thank you.

Thank you! With eyes on Jesus, we are all in this together. Onward - ! Brenda