

The Run for the Roses

One of the grand traditions of the South occurs on Saturday, May 6. It is *The Run for the Roses* or *The Most Exciting Two Minutes in Sports*.

These references, of course, are to the Kentucky Derby, a horse race held annually in Louisville, Kentucky, on the first Saturday in May. The race is for 3-year-old Thoroughbreds at a distance of 1¼ miles at Churchill Downs. The winner is draped with a blanket of roses, earning a \$2 million guaranteed purse. This year will mark the 143rd running.



The horses break out of the gate and charge around the track at breakneck speed, carrying jockeys that weigh about 110 pounds.

Why do horse owners employ such small riders? The weight on the horse's back will actually decrease its speed.

A 1,000-pound horse that runs at 50 feet per second unencumbered can only run at 47 feet per second

while carrying a 100-pound jockey, according to Larry Wellman's conclusions in *The Impact of Weight on the Performance of a Race Horse*, published in December 1999.

Put on two riders of 250 pounds each, and you add 50 percent to the animal's need for oxygen. Can it gallop? Perhaps, but not very fast.

People carry burdens as well – referring, of course, to emotional burdens rather than physical ones.

Looming deadlines, harsh criticism, concerns for the well-being of children, spouses or parents – all of these can load our lives and slow us down. We carry the burdens through worry and fret.

Strangely enough, Jesus never asked us to carry these burdens. He told us to give Him all the things that weigh on our minds, to trust Him to care for those concerns.

Jesus will hardly relieve the need to meet a deadline, but He can remove the worry.

Are you carrying burdens Jesus never intended you to carry?

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you (1 Peter 5:6-7 NKJV).

– Beecher Hunter