

Heart of an Athlete – June 2009

Provided by: *Sharing the Victory Magazine*



Name: Tyler Mulder

Hometown: Orange City, Iowa

Class: Senior

Event: Middle Distance

Career Highlights:

- 2008 NCAA Indoor National Champion in the 800 meters
- 7-time All-American
- Holds the school record in the 800m, 1,000m, 4X400m relay, sprint medley relay and distance medley relay.

Chosen Attribute: Patience

Dictionary definition: "Quiet, steady perseverance; diligence."

My definition: "Waiting and maintaining self-control, faith and trust to see if it is something in God's will."

Favorite Scripture that deals with patience: Galatians 6:9 (NIV) – "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Why I chose this passage: "I believe that hard work really does pay off. It takes perseverance to really achieve what you set your heart on, and it takes faith in the Lord and a lot of prayer. This Scripture gives me hope when things are not going the way I would like, and it lets me know that I may still be on the right path even though it may not feel like it."

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How I learned to be patient in life: "Growing up, my family had its struggles with money, and my older brother didn't create the best shadow for me to follow in. I had to do everything possible to gain the trust and faith of the community, my friends, my friends' parents and my teachers. I wanted to take the bad name given to my family and change it into something better.

"I always prayed that the Lord would help me make a better name for me and my family, and slowly this began to happen. I had to have patience that, if it was in His will for me to show the talents He'd given me and make a better name for my family in the process, then it would happen.

"Eventually, having that patience paid off. In high school, I won state and was recruited to the University of Northern Iowa. Through running, people realized that I wasn't a bad kid, and that my family wasn't so bad either."

How I've learned to be patient in sports: "Patience applies to my sport through my having faith in the Lord at all times and knowing that He will guide me. Every day I pray that I'll be able to represent Him well with the way I run, and I'm very thankful for receiving the gift of running.

"I came from a small town and had to work hard to get where I am. I had to have patience and perseverance in order to go somewhere I could really excel. At first, moving away to college was scary, but I knew it was what I was supposed to do in order to get better as an athlete.

"Now, as a senior, I have to stay patient in my workouts and put my body through tough conditions physically and mentally, even if I don't see immediate results. Through my training, I hope to peak at the right time. Even though I want to run fast all the time, I have patience and faith that I will run fast near the end of the season."

FCA Involvement:

Tyler Mulder first encountered FCA when he attended a summer FCA Camp for cross-country runners in middle school. Through the ministry of FCA, Mulder has realized the importance of maintaining open lines of communication with other believers.

"It is really great when a group of Christian athletes can get together and enjoy the sport and a lesson from God," Mulder said. "It keeps me humble and keeps my faith going." **STV**