

The Zen of the Pavement

*Ask me why
I run
and on any given day
I might tell you
sometimes,
I'm running away,
and sometimes,
I'm running to.
Either way
I wind up finding me.*

*I run
when
I should not
have eaten
that second muffin.
Again.
And later,
well,
there's ice cream.*

*I run
to grind my
sorrows
into the pavement
and leave them behind
so when I run
home
I'm only carrying
peace.*

*I run
when
everything hurts,
and my legs are lead
and with every step
I prove not just
that I can
but that I will
I will
I will.*

*I run
because
sometimes, fleetingly,
my feet are light
and my legs are strong
and my heart
beats
with the earth
and I breathe
with the wind
and I know
I could go on
forever.*