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## Running

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## RUNNING

My feet hit the ground and the sound is almost mellifluous. The pavement beats against the base of my foot in a rhythm that feels like second nature. I simply find myself falling into it. The sun is pounding against my face, the heat clinging to my arms, legs, my forehead breaking into a sweat, breaking away from who I am. Creating someone new. As if each drop takes with it the parts of me that have been dragging me along, slowing me down. I feel myself becoming faster, better, newer. The sound of the crisp air and the slow sway of the wind manifest themselves in the trees. The fresh breeze fills my lungs as I inhale and silently rejoice, a feeling of euphoria settling into my tummy, warming every part of me, bringing it to life. They say a runner's high is just a flood of endorphins being released at once in your brain, but it's so much more beautiful. Sure, that could be the chemical equation,  $x$  and  $y$  do this and that and you feel good. But 'good', doesn't do it justice. I feel alive. As if all this time, I had been trudging forwards unaware of the potential flowing within. As soon as I start running, I feel as though I have found my place in this world. Nothing can stop me, or slow me down. I've been asked before, what is my happy place? I guess everyone has one, but what if mine isn't a place, so much as it is a state of mind? I believe in running. When I first started to run, I was running away from myself, my problems, I ran forwards because I couldn't bring myself to look back at the past, I couldn't face what I was, because I knew that somewhere in me, I had the potential to be so much more. Only now, looking back, do I realize that running from things will never bring you forwards; instead you find yourself running in loops, circling back to the beginning. You must first learn to accept the past to build a new future. Accept that who you are can always be improved. We can all be better, that is a fact. I am no longer trying to outrun myself, now I run ahead.

## Lauren Laws



### *The Horse Whisperer* Photography

Not quite as fast, but instead, absorbing the view around me, taking it all in as I pass. I run towards my goals, my dreams, my ambitions, and myself. I try to catch up to the better version of me every day. And this doesn't mean that I always succeed. I acknowledge that sometimes we fall short, and sometimes I cannot quite reach who I want to be, but I lace up every morning, plug in my headphones, and try again. Because as soon as my feet touch the cement, I am one step closer.