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You

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I run three miles—
Broken first into thirds
Then into quarters
Finally into exhaustive feet
Intense, egg-frying heat
A dragon's breath
In a volcano's belly—
Plodding, trodding, plotting.
Full tumbler from the tap—
Resting amid leftovers
And neverwills—waiting.
Restoration stored, refrigerated
One sip to set the teeth
Then a long gulp.
Each cell in the throat
Fighting for another taste
More, more, at last, sated.