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This Beach

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Triathlon Man

Michael Lowery

When the aching body quivers with emotion

As the heart races on despite fatigue

The brain cries out "I cannot go on"

But the soul screams back "I say bleed!"

This Beach

Amanda Wengert

Wet sand packed down hard
by the incessant lap of cold white waves,
remind the wind to blow against my cheek
as I turn back to remember the footprints left behind.
I am not perfect.
the beach left its salty aromatic imprint on me
like dimples on an age old seashell.
tall rocky cliffs cast a shadow
dropping the temperature like rapid fire.
a long ray of orange sunshine peeks through
a sky filled with gray and lonely clouds.
what a beautifully somber day to be here
among the seagulls and the horseshoe crabs,
to forget the shipwrecks from the past
and reflect off the water, the fact that
I am so small.