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## The Trainer

Barbara Armbruster  
*College of DuPage*

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# The Trainer

*Barbara Armbruster*

I have risen  
early as a monk,  
vested myself  
for the rigors  
of the track,  
rejoiced to feel  
the sharp, cold needles  
of dying-winter rain,  
needing flagellation  
for this Olympics  
of the soul.  
I pound around  
the track in  
punishment  
for last night's  
boasts  
how fit  
how fast  
how foolish.  
I see you hovered,  
hunched against the rain  
to save me from  
the muggers and the pain,  
and marvel you could love me so  
and not need anyone to know.