

THE RUNNER

AMIDST THE CLAMOR AND THE FRAY,
THE RUNNER EMERGES TO START HIS DAY,
FOR IN THE ACT OF RUNNING, HE DOES FIND,
A RESPITE FROM LIFE AND PEACE OF MIND.

HIS FACE TO THE WIND, HIS BACK TO THE SUN,
HE PRESSES FORWARD, HIS JOURNEY BEGUN,
HEART AND LUNGS FIND THEIR STEADY PACE,
AND WORRIES FADE AS HE STARTS THE RACE.

WITH A RHYTHM TO FOLLOW, A BEAT TO KEEP,
HIS BREATHING IS STEADY, HIS STRIDES SO STEEP,
EACH STEP A NOTE, MUSIC IN FLIGHT,
RHYTHM IN MOTION, A GLORIOUS SIGHT.

FOR THE RUNNER KNOWS WITH EVERY MILE,
THERE'S SENSE OF SELF, A REASON TO SMILE,
A DISCIPLINE, A PURPOSE, A JOURNEY TO PURSUE,
A LIFE MOVING FORWARD, A DREAM COME TRUE.

ABEL KEOGH
4/29/2023

Runners Poems

Garth Battista



Runners Poems:

Simple Rhythms Ray Charbonneau, Anything you do regularly takes on layers of meaning Running regularly certainly gives you time to think and to find meaning in simple things and perhaps in things not so simple In *Simple Rhythms* Ray Charbonneau finds poetry in motion the simple and basic motion of running *The Runner's Literary Companion* Garth Battista, 1996-03-01 A collection of the best writing on running for anyone who loves reading as much as running or who just loves to run This inspiring collection of forty eight short stories and poems brimming with courage fear pain hope and elation offers an intimate glimpse of the runner's art and heart The very best writing about running is here yet the selections aren't simply about the physical challenge of going just one more mile or knocking off another second Here you'll find a love story two war tales a horror story several murder mysteries and a surreal comedy by such authors as Evelyn Waugh Walt Whitman Joyce Kilmer Oates Max Apple and A E Housman Whether you're a weekend athlete an Olympic hopeful or simply someone who likes to read rather than run this wonderful and exhilarating anthology has something to offer Animates the spirit of running better than any other book *Runner's World 101 Sports Poems Vol 4 Running Bicycling Sailing Swimming*

Gymnast, **Poems From Still Waters Running Deep** Emma McClain, 2018-03-30 The poems in this book are over forty years in the making They were written throughout various stages in my life and echo the thoughts feelings and transitions of those moments Some wayward poems have been forgotten and then later rediscovered while others have been kept close for comfort in trying times Some have been left untouched in their original state while others have been reshaped through new perspectives Together they are collective reflections of my experiences in my life as I journey to become closer to God

Running Poetry Michael Hamilton, 2014-03-18 Running Poetry a book of poems by a runner for runners inspiration I truly hope you enjoy these poems often written during a run and copied to paper after **The Result Is What You See**

Today PB Kim Moore, Paul Deaton, Ben Wilkinson, 2019-10 Curated by poet runners Ben Wilkinson Kim Moore and Paul Deaton this book threads running and poetry through myriad routes venturing into the how why and where of a timeless human act This affirmative anthology shows that poetry and running have much in common fulfilling a basic need to live freely expressively and to feel alive The poems gathered here reflect this freedom in all its forms from the track to nature's trails from sprints to endurance from near spiritual moments of private connection to the buzz of competitive camaraderie

Green Fields and Running Brooks, and Other Poems James Whitcomb Riley, 2019-12-17 In *Green Fields and Running Brooks and Other Poems* James Whitcomb Riley artfully captures the simplicity and beauty of rural life through evocative imagery and heartfelt sentiment The poems characterized by their pastoral themes and distinct Midwestern dialect weave together nature nostalgia and the enduring spirit of the American countryside Riley employs a lyrical style that bridges folk traditions and high literature making the collection accessible yet profound The work reflects the late 19th and early 20th century American literary context where a sense of regional identity began to emerge amid urbanization James Whitcomb

Riley often dubbed the Children's Poet draws inspiration from his own life experiences in rural Indiana. His background instilled in him a deep appreciation for the landscapes and vernacular of the American heartland which he translates into his poetry. Riley's ability to evoke emotion through his authentic portrayal of everyday life resonates with readers highlighting his commitment to depicting the lives of ordinary people. This collection is a must read for those seeking a rich exploration of Americana through verse. Riley's skillful balance of humor and poignancy makes *Green Fields and Running Brooks* a timeless treasure that invites reflection on the joys and simplicities of life appealing to poetry lovers and casual readers alike.

Poems William Shakespeare, 2014-09-25 In 1593 Shakespeare awoke and found himself famous. Lines from his comic erotic tragic poem *Venus and Adonis* were on everyone's lips. The appearance in 1594 of the darkly reflective and richly descriptive *Rape of Lucrece* confirmed his fame as Sweet Master Shakespeare. Elizabethan England's most brilliant non-dramatic poet. Shorter poems in this volume testify further to Shakespeare's versatility and to his poetic fame. Some like the much debated *Phoenix and Turtle* pose problems of meaning others raise questions about authorship and authenticity. Detailed annotation and a full Introduction seek to resolve such difficulties while also locating Shakespeare's poems in their literary context which includes his own career as a playwright. Running Waters & Other Poems Angela Miri, 2006 These forty-four poems divided into two sections or streams explore diverse social, political and emotional themes. The first stream focuses on the different roles played by the Nigerian woman: wife, mother, daughter, sister, friend, lover, her travails and her place in the agenda of things. The second stream delves into the complex and oft-times puzzling theme of the self: self-confidence, self-belief, self-discovery and self-acceptance. Angela Miri is Head of the English Department at the University of Jos where she teaches mainly African oral literature and African poetry. **The Feast of the Virgins and Other Poems**

Hanford Lennox Gordon, 2023-08-12 Hanford Lennox Gordon's *The Feast of the Virgins and Other Poems* is a collection of strikingly vivid and emotional poems that delve into themes of love, loss and the human experience. Gordon's poetic style is rich in symbolism and imagery drawing readers into a world of deep introspection and contemplation. The poems in this collection are a mix of traditional forms and free verse showcasing Gordon's versatility and skill as a poet. Set against the backdrop of the early 20th century, these poems offer a glimpse into the psyche of a bygone era while still resonating with modern readers. Gordon's work stands out for its lyrical beauty and profound insights into the complexities of life and emotion. Hanford Lennox Gordon, a prominent Jamaican poet and playwright, was known for his contributions to Caribbean literature and his exploration of cultural identity. His experiences growing up in Jamaica and later traveling and studying in the United States influenced his writing style and thematic concerns. Gordon's deep connection to his homeland and his keen observations of human nature shine through in *The Feast of the Virgins and Other Poems*. His work continues to be celebrated for its timeless relevance and universal appeal. I highly recommend *The Feast of the Virgins and Other Poems* to readers who appreciate thought-provoking poetry that explores the depths of human experience. Gordon's collection offers a

unique blend of beauty and introspection that will captivate poetry lovers and literary enthusiasts alike A History of American Poetry Richard Gray,2015-03-30 A History of American Poetry presents a comprehensive exploration of the development of American poetic traditions from their pre Columbian origins to the present day Offers a detailed and accessible account of the entire range of American poetry Situates the story of American poetry within crucial social and historical contexts and places individual poets and poems in the relevant intertextual contexts Explores and interprets American poetry in terms of the international positioning and multicultural character of the United States Provides readers with a means to understand the individual works and personalities that helped to shape one of the most significant bodies of literature of the past few centuries **Running to Paradise** the late M. L. Rosenthal,1997-04-24 In Running to Paradise M L Rosenthal hailed by the Times Literary Supplement as one of the most important critics of twentieth century poetry leads us through the lyric poetry and poetic drama of our century s greatest poet in English His readings shed new vivid light on Yeats s daring uses of tradition his love poetry and the way he faced the often tragic realities of revolution and civil war Running to Paradise describes Yeats s whole effort sometimes leavened by wild humor to convey with high poetic integrity his passionate sense of his own life and of his chaotic era Himself a noted poet Rosenthal stresses Yeats s artistry and psychological candor The book ranges from his early exquisite lyrical poems and folklore rooted plays through the tougher minded more confessional mature work including the sublime achievement of The Tower and then to the sometimes mad yet often brilliant tragic or comic writing of his last years Quoting extensively from Yeats Rosenthal charts the gathering force with which the poet confronted his major life issues his art s demands his persistent but hopeless love for one woman the complexities of marriage to another woman at age 52 and his distress during Ireland s Troubles Yeats s deep absorption in female sensibility in the cycles of history and human thought and in supernaturalism and the dead comes strongly into play as well Poetry Therapy Nicholas Mazza,2021-12-24 In this third edition of Poetry Therapy Dr Mazza expands on poetry therapy applications and techniques carefully illustrating the use of poems expressive writing and symbolic activities for healing education and community service Building on the definition and foundation of poetry therapy chapters discuss using Mazza s poetry therapy model with individuals families groups and communities Featuring over a hundred new references and practice experiences the updated edition covers new research findings and methods especially with respect to expressive writing and brain activity Additional updates include working with special populations such as minorities persons with disabilities veterans and the LGBTQ community New chapters on spirituality the COVID 19 pandemic and personal development through poetry and running are also featured Each chapter ends with questions for reflection This is a truly invaluable resource for any practitioner educator or researcher interested in poetry therapy bibliotherapy writing and healing or the broader area of creative arts and expressive therapies **The Pop-Up Anthology 2014** Janice Windle (editor),2014 170 poems by 68 of the writers who have read their work at the POP UP POETRY events later renamed the1000

MONKEYS events at the Bar Des Arts Wine Bar in Guildford You ll find rants and sonnets haiku and prose poems free verse found poems rhyming slam poems and love songs all co existing amicably in these pages just as they do on our platform The line between page poems and performance poems is ignored here and the mix includes poems by frequently published poets and writers as well as rappers stand up poets ranters and song writers all of them in love with words This book adds another dimension to the art of the spoken word just as performance adds a different dimension to the written page

Search for Belief in the Poetry of Robert Frost Rajendra Nath Mishra,1992 This Book Plans To Discuss Robert Frost S Constructive Attitude Towards Life As Portrayed In Most Of His Poems The Author Has Given A New Perspective To Frost S Criticism The Sense Of Death Decay Degeneration Devaluation Disintegration And Alienation Has Been The Prominent Wing Of Modern Poetry Frost Is Conscious Of All These Aspects Of Modern Life It Is Not That He Is Unaware Of The Modern Predicament Rather He Is Useless To Call Our Time Bad In His Poetry One Finds A Different Approach To The Problems Of Life In Spite Of The Fact That Life Is Full Of Distressing Aspects Frost Describes Life Worth Living In Birches He Declares Earth S The Right Place For Love I Don T Know Where It S Likely To Go Better This Reveals The Fact That He Is Not One Among The Palayana Panthis Neither Is He A Nirashavadi He Is An Ashavadi Who Believes In This Creation

Bearers of Distance Jenn Monroe,Martin Elwell,2013-10-30 An anthology of poems written by runners

Running in Darkness Robert Currie,2007 A subtly powerful collection of poetry which celebrates the shape and details of a full life from youth through middle age to old age and begins to face the prospect of its loss With the sure hand of a veteran poet Robert Currie has created a book of commemoration of reading into the permanent record his life its events and the beloved people in it parents partners and children writers teachers and students And the people who have begun to leave it His sweep is all encompassing from his own imagined conception to vicariously through his parents demise his own imagined end The poems are full of fondness humour and no little irony as he looks back at his younger self and the sometimes but not always painful loss of innocence The final section deals with the loss of his parents and the illnesses and untimely death of friends This life so full of emotion and event is drawing near its close Technique is not the subject here is not the point It stands quietly in service of the story being told Each poem is a small step through this life but they keep coming they pick up speed and you suddenly realize they are walking on your heart And after the bursts of laughter bursts of tears bursts of love and bursts of years Robert Currie delivers us a warning with his own startled realization It goes so fast

Waterfalls and Running Streams Joan C. Pendergast,2024-12-10 Poems From a Journey I began writing prayer poems in December 1980 when my father was dying The poems in this book are from my journey My reason for publishing them lies in the hope that parts at least are similar to your journey Over the years I have been spiritually nourished by people who have dared to write and share their thoughts with you and me It is in the spirit of reverence for private reading and reflecting that I offer you these poems

The Running-Shaped Hole Robert Earl Stewart,2022-02-22 A searching self deprecating memoir of a man on his way to eating

himself to death before discovering the anxiety and fulfillment of distance running Uplifting emotional and just plain hilarious The Running Shaped Hole may even inspire you to put down your fork and pick up those running shoes JAY ONRAIT TSN host and broadcaster When Robert Earl Stewart sees his pants lying across the end of his bed they remind him of a flag draped over a coffin his coffin At thirty eight years old he weighs 368 pounds and is slowly eating himself to death The only thing that helps him deal with the fear and shame is eating But one day following a terrifying doctor's appointment he goes for a walk an act that sets The Running Shaped Hole in motion Within a year he is running long distances fulfilling his mother's dying wishes reversing the disastrous course of his eating losing 140 pounds and after several mishaps and jail time eventually running the Detroit Free Press Half Marathon At turns philosophical and slapstick this memoir examines the life altering effects running has on a man who left to his own devices struggles to be a husband a father a son and a writer

The Runner Cynthia Voigt, 2013-01-15 You can run from something or toward something but can you do both at the same time Book four in the Newbery winning cycle from Cynthia Voigt Bullet Tillerian runs He runs to escape the criticism of his harsh unforgiving father He runs to numb the pain of his mother's inability to express her love He is the star of the school track team but he isn't a team man and doesn't want to be Bullet runs for himself So Bullet doesn't understand why he's been asked to train a new team member and he's not looking forward to the task But in coaching Tamer Shipp Bullet learns some things about himself who he is and who he can perhaps become

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Stories of Fearlessness: **Runners Poems** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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