

Body / rest: prompts / thoughts

5.28.25

I love to listen to dramatic music when I run. One of my most restful runs was when I was visiting my friend Ada at St. Andrews in Scotland—running in the countryside, where I could see the most cartoonish trees, and the bluest water, running to Kate Bush. Also, returning from injury makes me savor runs in a wholly different way... I hate that it's true, but it makes me even more present and thankful to have legs that run.

6.12.25

Recently I went on a run, and I walked some and I slow ran and then I walked some more and it was really good.