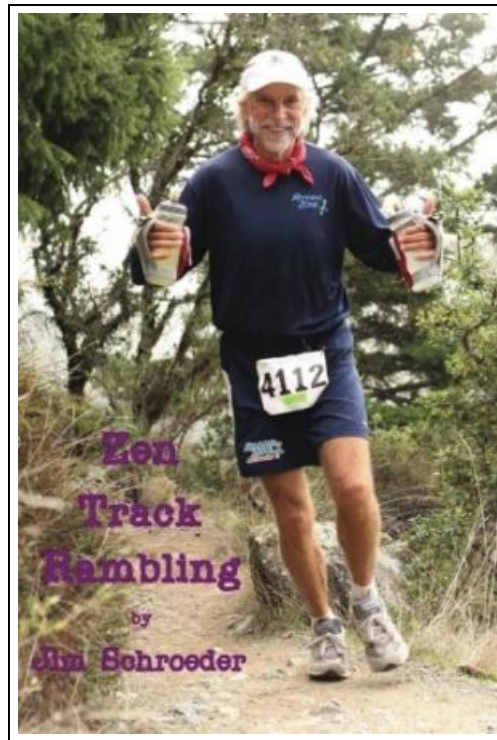


## Zen Track Rambling



Filesize: 8.36 MB

### **Reviews**

*It is one of my personal favorite books. It is one of the most incredible eBooks I have ever gone through. You will not feel monotony at any moment of your own time (that's what catalogues are for relating to if you ask me).  
(Giuseppe Mills)*

## ZEN TRACK RAMBLING



Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Zen Track Rambling came about quite by chance: First, as a joyful account to capture the feelings I experienced during my long runs; and secondly, as a means to relieve the pain, depression, and general helplessness I felt during a long-term injury. My running journey has led me to extreme highs, but has also plunged me bipolar-like into the depths of depression. The journey began in Starved Rock State Park, outside of LaSalle, Illinois, in August 1999, when I was an expatriate in Australia working in the States for a spell. At sunrise, I d run the trails before work, then share in a communal breakfast with my workshop colleagues; yet during the work day, I would drift and daydream. I was fifty-something, and felt disconnected, not knowing who I was or where I was headed. But I put my time to good use during those humdrum workshops: I d scribble the memories from the day s run on scraps of paper! The result of my ennui was an accumulation of paper scraps marked with ruminations of my daily runs. On my flight back to Australia, I gathered those scraps and magically scribed the poem zen track rambling. The title of the poem, however, is unrelated to my morning runs on the Starved Rock trails even though they were the poem s inspiration; rather, zen track is a name my Australian running mates and I coined to describe a scorching hot, blustery bike path which runs along a railway line-and, which once hosted the infamous Ghan from Adelaide to Darwin-where we often hallucinated as we ran in 100 plus-degree temperatures. As I was living and working in Australia...



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