Woman, Running

Run Haiku

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Woman, Runner

a woman runner
is a woman who runs is
a woman runner

Spring Run

reveal your new skin
too soon iced over feet, thighs
the snow will return

Run Body

thunder with your thighs
running is like being born
saying yes to cheese

Long Run

miles of miles of miles
sweat dried crystal salt thigh rub
angry red bra chafe

Hard Run

loop the hospital
just in case you need to drop
tired bird of prey

Sunday Run

chained shut factories
resting quiet place to pee
outdoor service time

Slow Run

hot, stuck. stop to pee
farmer blow to spit the miles
warm and nasty breath

Summer Run

sunscreen, sweat, urine
ipod drops in the toilet
dive in thereafter?

Injured Run

your legs will fall off
stop breath lungs gulp feet cement
bone crush joint pop ouch

Forrest Run

your head hair just hits
the pine tree knuckles, you drag
the ground with straw claws

Running @ Home

I run through my woods
like a dog on her patrol
I urinate here

Sick Run

didn't you just pass
that sign and that sign and that
mucous dizzy fuzz

Suburban Run

no way winding out
instead of church pray, run, here
lost in beige siding

First Mile

legs leaded down tight
hips fisted like a wish-bone
sleepy muscles bite

Cat Calls

don't call us a girl
don't call us a girl jogger
fierce women running

What if

we run by feel like
what we feel is what we run
like run full of feel

Always Running

sidewalk full of late
running even when you walk
a good pace for life?

Delay

Athlete in Waiting
muscles all fidget and twitch
10K not today

Bad Run

clutch your side stitches
summer ripened port-a-pot
eat a mouth of gnats

City Run

graffiti pisses
catch laces on cobblestone
no one notices

Hung-Over Run

shuffle your miles
remember this knot of right
through the morning sludge

Fall Run

colors run the sky
muscles burn like dropping leaves
fall into a run

Speed Work

tell your body no
not tired take over brain
take these legs and move

Body is Mind

I am all body
aching arthritic hip feet
keep run-run-running

PR: Personal Record

you become body
you become your body you
become your body

Farm Run

move like a rabbit
through the origami hills
feet crunch on silage

Winter Run

put on the layers
sweat hot pink skin under tights
polar vortex breeze

Women Running

safety dressed in form
Caution: RUNNERS on the road
dogs cat call danger

Vacation Run

salt water fogs rocks
birds dressed in yellow slickers
smells sound like your sweat

Charity Run

we run this for you
picture pinned to race day shirt
for you, you and you

Runner-Runner

a real runner runs
no jogging or walking or
skirts and socks that match

Last Run

like this is the last
like this is your dead last run
like this cigarette

Feminist Run

run as strategy
physical mouthed resistance
strong-sweat out the shoulds

You are

if you run, you are
see yourself as a runner
athlete woman run