

Two Brothers

Bonnie VanDeraa

Running, I used to hate you, but that was before I met you. I used to despise you, but that was before I knew you.

Running, that one day, running a 5k, you forever changed my life. I didn't realize that little start line could be so life changing.

Running, you've carried me through some rather dark days. You pushed me to go farther than I thought I could possibly go.

Running, you've saved my life more than a couple times. You've cleared my head too many times to count.

Running, I never knew how much I needed you until I didn't have you. I didn't realize how much you were apart of me until we were no longer allowed together.

But then dear Running...I met your brother Walking. While we may be separated for a short while, we will be reunited soon to run again.

So Walking, I must say you have had to teach me patience these last few years.... and maybe the next 10. You have taught me to slow down to enjoy nature around me while walking.

Walking, we also have had many victories and struggles, crossing finish lines and crossing off states. Walking neighborhood circles for a virtual half marathon. And having many walking conversations with friends.

Walking, you've watched as I've shed many a tear, you've seen me as I cuss like a sailor in frustration. You've seen me with no fight left in my sails, you've seen me with nothing left to give.

Then it comes.

Walking, as you and Running both know, It is at that exact moment,, that the strength rushes in. It is at that exact moment, that the fight is back on. It is at that exact moment, that I know I will finish this race. It is at that exact moment, that the fear is gone. It is at that exact moment, that the tenacity is back in full swing. It is at that exact moment, that I know I can do this.

It is that exact moment when the world knows to stay out of the way. For they know that as long as I am walking or running, they had best be on their toes. And when the time comes that I can no longer run or walk, there will still be a way to get my racing in. I will just figure it out when I get there.

-Bonnifer(WW)