

FOR

for the rush.
to be strong.
to turn “I can’t” into “I did.”
in a race.
out of excuses.
because staying still is lethal.
over a bridge.
off dessert.
to like yourself better in the morning.
for the kids.
for your grandkids.
for yourself.
farther than you thought you could.
to stay grounded.
to take flight.
today like there is no tomorrow.
because it’s who you are.
and see who you can be.
to keep your thighs from rubbing together.
for a cause.
just because.
because endorphins are better than Botox.
to beat the odds.
to sweat away your sins.
so bullies can never catch you.
with your team.
with your thoughts.
your troubles the hell out of town.
like Forrest.
like a child.
with your child.
’til you hit a wall, then fly over it.
for your body.
for your mind.
to make your heart pound like you’re in love.
a mile.
forever.
the world.

RUN FOR LIFE.