

January, 2010 ~ a time for new resolutions. My first and only one is to resolve not to resolve any more. No more resolutions! Perhaps I can get through the New Year without them. But some thoughts and prayers for the New Year and new decade:

Of one thing I'm certain ... I'm not a good candidate for the future. To young folks the future probably appears exciting, interesting, and challenging. In my view the future is overcast and frightening. We seem to lack direction. The world is complex and continues to be unsettling.

The electronics and gadgetry that have been created are astounding, but they all fail to make us better people. We save time and are more efficient, but we are unable to solve the social dilemmas of our times. The best intellects on the planet cannot save us from our own perilous creations.

And now we begin the new decade. They call it 2K10 ... how appealing. Sounds like a race. Racing may be my adopted coping skill for the future. That's running on foot ... no gadgets ... no high tech! Just a pair of shoes, shorts, a shirt, and go! Time yourself if you desire. Get to the finish line if at all possible, and rejoice in the accomplishment ... because in it you are without computers, cell phones, texting, e-mail, etc. You get the picture.

Oh, that's right. There is a digital clock at the finish ... just for keeping score. Oh well, even the race is not exempt, especially with the introduction of the chip. I just can't escape.

But sometimes in the middle of January with snow continuing to accumulate, cold winds blowing, and arctic air burning, I take to the roads and parks and trails. Dressed for the weather, I challenge it. The supreme excellence really is simplicity. The pace, the rhythm of the run ... the pure essence of it allows me to become unbounded and free beyond any measure of the world around me that waits for my return ... only the crunching of the snow underfoot and the cold wind in my face ... the music of the distance runner ... the breathing and the breath.

The longer a passion persists, the more it shapes who we are and who we become. "It's good to be a seeker, but sooner or later you have to be a finder. And then it is well to give what you have found, a gift into the world for whoever will accept it." (Jonathan Livingston Seagull)

And may the wind be always at your back.

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