

ABSTRACT

THE ARTISTRY OF RUNNING

This manuscript chronicles the life of a dedicated runner, starting from when she first discovered the disciplined sport of cross-country running, and culminating in the present day; twenty years of seeking the open road and testing her limits, both physical and mental. It is also a reckoning of a life spent in isolation, a personal existence that reflects the requirements of the sport: solitary and self-reliant. The writer attempts to uncover the development of her identity, as a separate being and as one who requires the intimate contact of human relationship. How does one undo the years of training spent in solitary? How does she make the choice to be a part of more than herself, and is that choice even possible given the discipline to which she has willingly submitted? Answers, if they exist, are only found in the process; no finish line delineates this kind of accomplishment.

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