



## Zen Track Rambling

By Jim Schroeder

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Zen Track Rambling came about quite by chance: First, as a joyful account to capture the feelings I experienced during my long runs; and secondly, as a means to relieve the pain, depression, and general helplessness I felt during a long-term injury. My running journey has led me to extreme highs, but has also plunged me bipolar-like into the depths of depression. The journey began in Starved Rock State Park, outside of LaSalle, Illinois, in August 1999, when I was an expatriate in Australia working in the States for a spell. At sunrise, I d run the trails before work, then share in a communal breakfast with my workshop colleagues; yet during the work day, I would drift and daydream. I was fifty-something, and felt disconnected, not knowing who I was or where I was headed. But I put my time to good use during those humdrum workshops: I d scribble the memories from the day s run on scraps of paper! The result of my ennui was an accumulation of paper scraps marked with ruminations of my...



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