



Run to Live

Greg Spagna

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"All that we see or seem is but a dream within a dream." (Edgar Allen Poe) I've learned to run on the "high road." If I come to a puddle, I do my best to go around it. If I can't, I jump in with both feet. I've learned to notice and appreciate the beauty I see as I go down the road. I've learned to live in the positive but I've learned how to live with the negative. I run for my body. I run for my mind. But most of all? I RUN to LIVE.

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