



what motivates them to run?

Kat: I run to be grounded *in my body* and *my surroundings*. Running in the woods *by myself* or *with others* has always been grounding, helping me *reorient* and *relocate myself* in this world.

Tara: I am motivated by the **boundaries** that running helps me to *push* and by the joy, growth, and sense of peace that occurs when I'm **out in nature**.

