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## Explanation

Marilyn Nelson

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## Explanation

I run in autumn  
as the chlorophyll runs  
from green leaves.

I run in autumn  
to sweat the springtime  
out of my blood  
because if I do not  
it will burn my cold veins  
when winter comes.

(I run in spring  
because there is something  
running just ahead of me.  
Always I stop before I am tired  
so that I will not quite catch it

(In summer I run below the heat  
like a drumbeat on a hot night.  
I run silver and gold as the moon.  
Dark bees hover by my head,  
smelling the nectar in my blood

(In winter I run to hold the universe together.  
I am the only movement,  
dark against the Immensity of white,  
a screen saver on the world's computer.  
I run to make one whisper  
in the silence

—Marilyn Nelson