

Road Trip: Tranquility close to home

Written by By Melinda Russell Sun Correspondent
Friday, 01 May 2015 04:21



Hidden behind the buildings that make up UNM Gallup lies a trail that seemingly takes me nowhere. It goes up and down and winds around but every time I walk it I end up where I started. Or do I?

On this trail, magic can happen. Often my journey begins with consternation or even depression. But soon after I start, my senses take over and the beauty of this hidden natural treasure creeps into my soul. I feel the release of tension in my muscles. The sun shines down upon me and warms my body. My heart starts pumping with intentionality, working to get me where I need to be.

I see the colors of the red rocks in front of me: red, brown, yellow, and purple. Pyramid rock sits empirically as the focal point of the scene. The clouds are sparse but elegantly white and flowing. They are nestled in a blue sky that smiles at me as the sun twinkles through it.

I smell sage wafting from the evergreens. Sweet lavender hangs in the air. The air itself is fresh and crisp.

I hear sparrows tweeting in the distance. A rooster crows. There is rustling under a rock, then suddenly a lizard runs to another safe place. Bunnies frolic under the shrubs.

By the time the walk is over I am out of breath. My body is tired. But, my head is clear. I have worked through my frustrations. My thoughts are positive and hopeful.

Others walk and run on this trail. They use it to maintain their weight and strengthen their body. Children run ahead of their guardians, laughing and playing, then waiting for them to catch up.

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I use it to maintain my sanity. It is a life-saving gift. It is seldom crowded and often sparsely occupied. I think it is the best kept secret in Gallup. I am happy to share it with all of you but, I won't mind if it stays a secret.

Road Trip will be featured in the Gallup FUN! section at the top of the month. Have an idea or contribution? Send to: gallupsun@gmail.com