

PEGASUS

Commissioned by Mr. Rich Ford in the summer of 2005, *Pegasus* aims to communicate some of the feelings that have been shared between Rich and myself over the course of my study at university. Both of us having been raised in musical families and coming to hold the tenets of Christianity dear to our hearts, we have often found ourselves challenged both in religious and musical aspects of life, finding at least some solace in the comfort of the other's struggles. However, I have found that the most comfortable place for myself, that in which I find myself free from sin and its repercussions, even if only for a brief moment, is when I am engaged in certain activities, with no worry, no doubt – only God, me, and the rest of this beautiful creation.

Recently it has been in reading in front of a fireplace with my wife and dog nearby, going on a walk, bike rides, enjoying those mysterious, brilliant moments of music making from time and time, and more. I like to think that for Rich Ford, his training for marathons might be the same. I picture him daily setting out on a run with life's distractions on his shoulders, only to shake them off as he keeps running and finding that precious balance when activity and rest are at a strange, beautiful equilibrium. With power and grace I see Rich growing to be a man whose fears will grow to be his strengths – his doubts - his securities – and with time, the power to run with the balance of Pegasus to the heavens.

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