



Ayu Goto-Mathur


@AyuGotoMathur



Following

Day 105: 1568.5km completed. 自立する。 in english, transliterates to "i will stand on my feet." in political translation, "Idle No More."

[#rmooc](#)

 View translation

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4:14 PM - 13 Oct 2013

Oct 12 Tomorrow. Oct. 13, 2013. Completing
sonorous shadowing of the Nishiyuu walkers.
Oppenheimer Park, 1pm, Vancouver, Coast Salish
Lands. #rmooc

Oct 12 Day 104: 4.8km. penultimate day. 13km
remain. emotional. eternally grateful to this land.
thanks Ashok for your grounding steps
today.#rmooc



Ayu Goto-Mathur @AyuGotoMathur · Oct 11

Day 103: 7km-intimate eavesdrop with regards to Pauline Johnson, poets in our midst. thank you for your sister steps today Cec @_c_n_ #rmooc

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Ayu Goto-Mathur @AyuGotoMathur · Oct 11

Day 102: 7km- early eve reflects sunset's spectacle. the city of glass exonerates for one sec the neverending noise of development. #rmooc

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Ayu Goto-Mathur @AyuGotoMathur · Oct 9

Day 101: 8km-alley cat weaving cambie to main. who's to know Van Gogh & Picasso's alliance but for the graffiti artist who made it so?#rmooc

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Oct 8

Day 100: 8km - tipped over, but Goto girls are not quitters. night scurries as only rodents are apt to do. [#rmooc](#)

Day 99: 9km-inside/outside, public/private, esoterical/material realities. human conventions be damned! the land witnesses all. [#rmooc](#)

Day 98: 9km-the impossibility of painting mutable turns of colour in generous warmth of an october sun. leaves pirouette earth bound. [#rmooc](#)

Day 97: 10km-meander through Canada Place,
reading with bafflement the sanitized storying
of the land's nation-state building
history. [#rmooc](#)

Day 96: 10km-limping gingerly over root
knotted paths, scents & sights of woodland
mushrooms distract briefly from lead-weary
feet. [#rmooc](#)

Day 95: 15km- dogged trek up the mountain,
lightened steps down the mole hill. at the day's
peak, deep convos with a dear friend. [#rmooc](#)

Day 94: 15km-contemplation of shadows in
silent spaces. wherein are those sounds cast?
grateful for your running steps today
Juliane. [#rmooc](#)

Day 93: 16km-mismeasured. now on right course. 115.3km left. my mentor says 'as a poet ages, words are more weighty' as is each step. [#rmooc](#)

Day 92: 0km - left & right feet aching, body screams "take a freaking break!" listen well to see this project respectfully through. [#rmooc](#).

Day 91: 14.6km-99.5km remain. right then left foot ache to slow down. taper toward subversive performance of giving national thanks. [#rmooc](#)

Day 90: 24km-last day in Sask, beyond city limits, tobacco offering to a deer in a permanent state of rest alongside a rural road.[#rmooc](#)

Day 89: 2km- Sakej Henderson, Marie Battiste, deep convos, enough said.

Day 88: 24.9km-conference bisects run into day and night. interrupt squirrels from their evening repose; they clack their discontent. [#rmooc](#)



Ayu Goto-Mathur @AyuGotoMathur · Sep 25

Day 87: 16.8km-aromas of ripe wheat evokes respiratory memories in this prairie girl. yet the sky bespeaks new land greetings. #rmooc

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Ayu Goto-Mathur @AyuGotoMathur · Sep 24

Day 86: 0km-侘び寂び for whiskey-throated timbres of illness yet unable to quell feverish excitement to run to Nikamok songs on Treaty 6. #rmooc

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Day 85: 0km - lungs whisper, "rest ye awhile". [#rmooc](#)

Day 84: 21.8km-unruly intermingling of light & shadow. precarious steps between wake and dream life. in which direction least harms? [#rmooc](#)

Day 83: 8.6km-sat alongside a friend giving a private statement at the TRC; in return received a great teaching. thank you. [#rmooc](#)



Ayu Goto-Mathur @AyuGotoMathur · Sep 20

Day 82: 1.5km - tears run further than one can measure. TRC in Vancouver.
[#rmooc](#)

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Ayu Goto-Mathur @AyuGotoMathur · Sep 19

Day 81: 20.1km-YVR to 1209 Jervis; deconstructed roads u-turned but the glowing harvest moon (and erm googlemaps) guide steps home. [#rmooc](#)

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Ayu Goto-Mathur @AyuGotoMathur · Sep 18

Day 80: 17.8km-financial criss cross of bay and bloor no match for ghost dancing of Mississaugua, Haudenosaunee & Iroquois flags. [#rmooc](#)

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Ayu Goto-Mathur @AyuGotoMathur · Sep 17

Day 79: 32.3km-from boutiquey Queen St. to Islington High Park to Eglington to Yonge, traditional Iroquois, Seneca, & Mohawk land. [#rmooc](#)

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Day 78: 9.9km - less than 400kms remain; thoughts toward flourishing shadows, Oppenheimer Park, October 14 perchance? [#rmooc](#)

Day 77: 19.5km-first day of proper tobacco offering to land. thank you Ashok, Peter, & Anna for your heart steps today. [#rmooc](#)

Day 76: 11km-the wind breezes with my Father's laughter, telling his daughter to slow down. [#rmooc](#)

Day 75: 19.5km-slow slow quick quick. thank you Katherine for setting today's pace and for a feast of fish, rice & your garden veges. [#rmooc](#)

Day 74: 11km- rest for the body as is rest for the soul. [#rmooc](#)

Day 73: 21.1km- through New Westminster, in close proximity to a poet friend i greatly admire who lives there. [#rmooc](#)

Ayu Goto-Mathur @AyuGotoMathur · Sep 10

Day 72: 20.1km-sept. blossoms burst forth like burrard inlet fireworks. happy go lucky moon cake break midrun; sliver shadow delights.#rmooc

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Ayu Goto-Mathur @AyuGotoMathur · Sep 9

Day 71: 24km-inspired by my friend Adrian's fb post, to Wreck Beach for the first time. naked humans lounge like sunbathing seals.#rmooc

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Ayu Goto-Mathur @AyuGotoMathur · Sep 8

...thank you to Ruth-Ann and Ann-Marie for your company today, on Westbank First Nations grounds. #rmooc

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Ayu Goto-Mathur @AyuGotoMathur · Sep 8

Day 70: 21km-forgot my sports gear in Vancity, so forced to run in a frock. guys take note, unexpected freedom of movement in a skirt.#rmooc


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Ayu Goto-Mathur @AyuGotoMathur · Sep 7

Day 69: 0km-Kelowna, one overnight and conspiring futures. time to take a chill pill. [#rmooc](#)

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Ayu Goto-Mathur @AyuGotoMathur · Sep 6

Day 68: 20km-cheesy but true, in passing through a fully formed rainbow, pleasing eternal recurrence in the doubling of feet. [#rmooc](#)

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Ayu Goto-Mathur @AyuGotoMathur · Sep 5

Day 67: 6.3km-serendipitous encounter on Burrard bridge shifts attention away from hard numbers, onto soft contemplation of the land. [#rmooc](#)

Day 66: 13.2km-midnight amble, recovery of steps from greedy guts imprints the day prior. skateboarder haven, rushing against the red.[#rmooc](#)

Ayu Goto-Mathur @AyuGotoMathur · Sep 1

Day 63: 18km - artist as keeper of knowledge, pipe carrier, intergenerational passages of the unnameable. on Dene lands. gratitude. [#rmooc](#)

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Ayu Goto-Mathur @AyuGotoMathur · Aug 31

Day 62: 27.5km -kaleidoscopic genius of Alex Janvier's mixing and shaping of colour fills the imagination with awe. arting landscape. [#rmooc](#)

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Ayu Goto-Mathur @AyuGotoMathur · Aug 30

Day 61: 13km-mesmerised by the wave of seagulls imitating the lake waters lapping the shores below in warm Cold Lake, Dene Territory. [#rmooc](#)

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Ayu Goto-Mathur @AyuGotoMathur · Aug 29

Day 60a: 5km-he said, "looks like rain". she said, "nah, it'll be fine". wet dog wet in thunderous downpour. try again later. [#rmooc](#)

Day 65: 31km-chance upon the Chinese Cemetery. dutiful magpies' vigil over some of Canada's earliest Chinese settlers buried there. [#rmooc](#)

Day 64: 19.2km-animal day: doe & buck leaping atop Drumheller hoodoos, bison grazing on tall grasses, harried city hare hopping away. [#rmooc](#)

Day 58:
19.6km-in
the easy give
of skinny
jeans,
hopeful in
shedding
excess
baggage of
injurious
intellect &
upsets
trapped
therein. [#rm](#)
[ooc](#)

Day 59: 0km - feverish to run yet stillness
assures proper completion of this journey. a
shift in the air. [#rmooc](#)

Day 57: 18.3km -
cellophane covered
speakers buzz like hungry
mosquitoes after flash
rains. sound travels far in
the humid eve. [#rmooc](#)



Ayu Goto-Mathur @AyuGotoMathur · Aug 25

Day 56: 29km- 2 loops of Burnaby Lake, outer and inner routes. pockets of fall and summer alternate playful cycles of air. happiness. #rmooc

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Ayu Goto-Mathur @AyuGotoMathur · Aug 24

Day 55: 7.5km-in the confrontation of past futures and future futures, comfort of solid ground in one's fatigued dragging of feet. #rmooc

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Ayu Goto-Mathur @AyuGotoMathur Aug 23
Day 54: 19km - raucous revellers line the streets, carousing, and queueing for the bafflingly popular Taki's Tavern. large portions?
#rmooc

Ayu Goto-Mathur @AyuGotoMathur Aug 22
Day 53: 16km- what light is this? soft tangerine shadows across the sky portent autumn's arrival. #rmooc

Day 52: 15km - just over the halfway mark, the point at which it makes more sense to continue forward rather than turn back. [#rmooc](#)

Day 51: 20km-almost ran smack dab into a startled skunk, hind legs high & ready to retaliate, sure sign that it's time to head home [#rmooc](#)

Day 49:

18km-

Lighthouse

Park

homeward

bound,

feasting on

blackberrie

s along the

way. this

black bear

has an

extra spring

in her

step.[#rmoo](#)

[c](#)

Day 48: 17.4km-zombies

sucking lollies, zombies

petting dogs, zombies

drinking martinis, after

zombies swarm the bay on

a summery day [#rmooc](#)

Day 50: 20.3km - scenic route to the

Musqueam Cultural Ctr.; tour of woven cedar

pieces by the lovely guide, Brittany. thank

you. [#rmooc](#)

Day 47: 11.2km-late evening

start in Vancouver. seeking

solace in night's cover, vertigo

rather in flashing glares of city

skylights [#rmooc](#)



Ayu Goto-Mathur @AyuGotoMathur · Aug 15

Day 46: 17km-deep prostrations to such gracious hosts on Secwepemc land.
大変なお世話になりました。 #rmooc

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Ayu Goto-Mathur @AyuGotoMathur · Aug 14

Day 45: 24.2km-journey into the hoodoos with Leah Decter; words fail to communicate. left breathless, grateful. #rmooc

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Ayu Goto-Mathur @AyuGotoMathur · Aug 13

Day 44: 17.5km- new addition to songline, "For the People" by the beautifully gifted songwriter/ artist, Kym Gouchie. Thank you. #rmooc

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Ayu Goto-Mathur @AyuGotoMathur · Aug 12

Day 43: 0km -looming storm clouds/rain showers & ill preparation make for a potentially electrocuted ayu. stillness for the morrow. #rmooc

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Day 42: 14.5km - torpid start to sprinting finish; a mature deer luxuriating on its cud looks upon with mild amusement. #rmooc

Day 40:
17km, 30C
evening
heat,
crackled
lips, rivulets
down skin,
distracted
still by
graffiti that
puts italian
frescoes to
shame. [#rm](#)
[ooc](#)

Day 39: 16km - sunny side up orange
glow in the underbelly of pines, if only
you look from the bottom up at dusk,
heat wave shimmers. [#rmooc](#)

Day 41: 18km - bag of fries thrown by a passing
truck right toward me; deliberate or not,
tempted to eat fries landed at my feet. [#rmooc](#)

Day 38: 19.5km - running
accompanied by traditional
Secwepemc stories & songs,
animal tales fill the imagination
all the road long [#rmooc](#)

Ayu Goto-Mathur @AyuGotoMathur · Aug 6

Day 37: ...19km...[#rmooc](#)

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Ayu Goto-Mathur @AyuGotoMathur · Aug 6

Day 37: traipse along the contours of reservoir trail, watch as lightning strikes rose petal shadows in the far horizon. [#rmooc](#)

Day 35: 16km - lungs and mind willing but tendons falter, slow to prevent injury. trains race in both directions, gutter greetings. [#rmooc](#)

Day 36: 3.1km - treading quietly on Neskonlith land, a generous invitation from Tania Willard & family for [#rmooc to overnight. thank you.](#)

Day 33: 18km-hard day but the boisterous arrival of the Kamloops Pow Wow canoes earlier in the afternoon invigorate steps forward. [#rmooc](#)

Day 34:
8km prance
to
powwow.
wow.

Day 32: 16km - temporary reprieve from desert climes enables night rodent scuttles return to human form in the lesser sun. [#rmooc](#)

Day 31: 16km - cumulative total: 467.6km; thank you Ashok and Leah for your steps today. tumble and scratches, a dab of vodka to heal. [#rmooc](#)

Day 30: 16.5km-laughter in the fullness of the day. the poetical questioning of reconciliation rendered through voices intermingled. [#rmooc](#)

Day 29: 12km-honoring those buried at St.
Joseph's cemetery, then to art studio to listen
deeply artists discuss land based
learning [#rmooc](#)

Day 28: 17km - addition of a new track, "Here I
Come" written by very gifted women, a song
about healing that rejuvenates deep
spirit [#rmooc](#)

Day 27: 18km - thompson river swirls reflect
the strange autumnal winds that gust through
the arid mountain range. peaceful. [#rmooc](#)

Ayu Goto-Mathur @AyuGotoMathur · Jul 26

Day 26: 20.5km-trying on different faces of anger; sometimes the superficiality of emotions. untouched heart, unbroken resolve. #rmooc

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Ayu Goto-Mathur @AyuGotoMathur · Jul 25

July 25: 0km- academic circling the square overtakes movement of the body. in the body idle, intellectual provocation no more #rmooc

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Day 23: 18km - take turns favouring each song until every single one becomes equally so. vancouver song shadows that reach the 'loops. #rmooc

Ayu Goto-Mathur @AyuGotoMathur · Jul 24

Day 23: 18km - take turns favouring each song until every single one becomes equally so. vancouver song shadows that reach the 'loops. #rmooc

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Ayu Goto-Mathur @AyuGotoMathur · Jul 24

Day 24: 18km - new addition to the song line, casting new sonorous shadows. maskihkiya mēskanaw which means "medicines trail" in Cree #rmooc

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Day 22: 6.3km - cautious day; splat of magenta vomit on the road, witness to near head on collision. signs that pacing is everything. [#rmooc](#)

Day 21: 19km - endlessly winding of Valleyview Drive bewitches, charmed into forgetting for just a short while the long journey back.

we don't own the land, the land owns us. to think otherwise is a foolish mistake. [#ndnsonglines #rmooc](#)

Day 20: 15.5km - a refreshing breeze in the arrival of Cheryl L'Hirondelle to [#rmooc on another 35C day. song, spirit, and now presence!](#)

Day 19: 15km - sweltering 35C; brick o cheese,
gulp o wine, & Mississippi Fred McDowell's
'you gotta move' to get my sorry ass out the
door

Day 18: 18km-uphill is downhill and downhill is uphill. it is easy to confuse the two. try it and see.

Day 17: 18km -start-tranquille, formerly indian
res. school to insane asylum to TB sanatorium,
invokes Tania Willard's Hiawatha print [#rmooc](#)

Day 16: 18km - Isaac Kawapit much on my mind. thank you for the work you have accomplished and started. [#rmooc](#)

Day 15: 15km - the wild abundance of the silver sage bushes overshadow the remnants of the old residential school.

Day 14: 22km, testing routes of Hanes Valley, beware lest the forest roots and branches entangle underfoot. thx for your company today Scott

Day 13: 18.5km - waiting for the Whey-ah-Wichen Canoe Races all week! children's, women's, & men's 6-rower races. so exciting. perfect day.

Day 12: 13.5km - the moon's sliver pronounces night's rapid fall, while i move at snail's pace toward the elusive Richmond Night Market.

Day 11: 16km - severe stomach pains render the body/mind vulnerable...happened upon a post-apocalyptic movie set and mistook it for real.

Day 10: 17km - visited Nitobe memorial garden within UBC Endowment Lands within Musqueam Territory.

Day 9: 21.7km - exceptionally cool air whispers at Mountain View Cemetery. paying respect to a friend's mother, recently interred there.

Day 8: 8.6km - short run, enjoying the rhythmic clattering of stateless flagstaves swaying in the wind.

Day 7: 15km - across Lionsgate Bridge. so frightfully far down but the water compels.

Day 6: 14.3km - negotiating through throngs of sweating bodies, clamouring for edibles and wares at the night market in Chinatown.

Ayu Goto-Mathur @AyuGotoMathur · Jul 5

Day 5: 16.7km - narrowly avoid gulping down frenetic clusters of aphids in quest of sunset streams, while crows map their nightly migration

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Ayu Goto-Mathur @AyuGotoMathur · Jul 4

Day 4: 18.5km - in the thorny thicket of Burnaby Mtn, most grateful for the companionship of song shadows. next time, bring polysporin.

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Ayu Goto-Mathur @AyuGotoMathur · Jul 3

Day 3: 13.5km - the crossing of two bridges in the transfiguration of capital through song.

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[Ayu Goto-Mathur @AyuGotoMathur Jul 2](#)

Day 2 - 16.5 km, Stanley Park revisited.



Ayu Goto-Mathur @AyuGotoMathur · Jul 2

Day 1: 15km - 一般的なことでも世界が変わってきます

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