



RUNNING TO LISTEN

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GREAT LEADERSHIP DOES NOT MEAN RUNNING AWAY FROM REALITY



ADMIRING MY NEW HARDWARE AFTER THE 50 MILE RACE IN SEPT 2022



WHAT IS RUN ART?

USING GPS TO DRAW

Using my Garmin, I followed a pre-planned route to create a symbol for ORGL 605. The .GPX data file recorded during the drawing/running process is then visualized, usually overlaying it as a line on a map of the area. Artists/athletes usually run or cycle the route—my sport of choice is running.



MY SYMBOL

If I could sum up the entire ORGL 605 course in one word, for me, that word would be "LISTEN."

After our time on campus and "listening" to Susan Cain's *Quiet*, I realized the importance of awareness and understanding. To not just "hear" someone, but actually empathize with them and control my own emotional response instead of immediately reacting.

Great listeners make effective and empathetic leaders as listening helps build trust and fosters better communication within teams. Listening is fundamental for successful relationships as it allows you to understand different perspectives and promotes more meaningful collaboration.

After I chose the word, LISTEN, I turned it into a symbol. Since where I live, Bend, is not a grid, I had to visualize it as a drawable image. So my symbol for ORGL 605 is an ear to represent active listening.



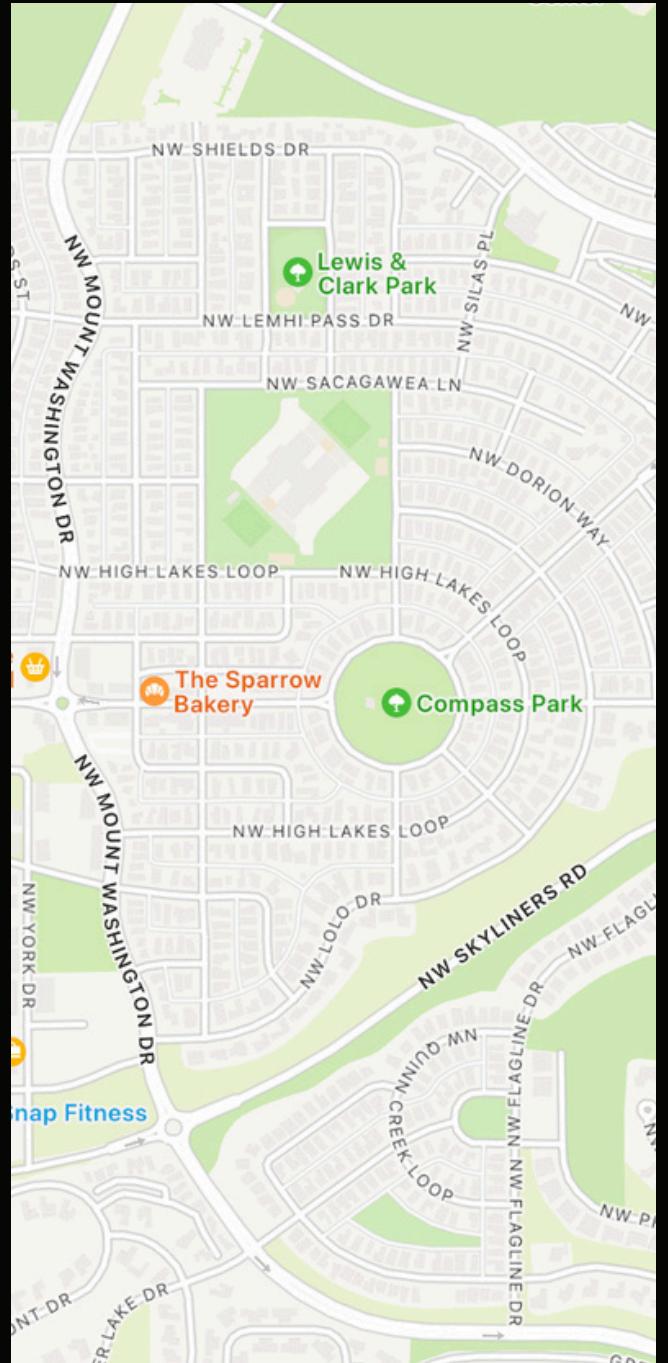
LISTEN

MY PROCESS

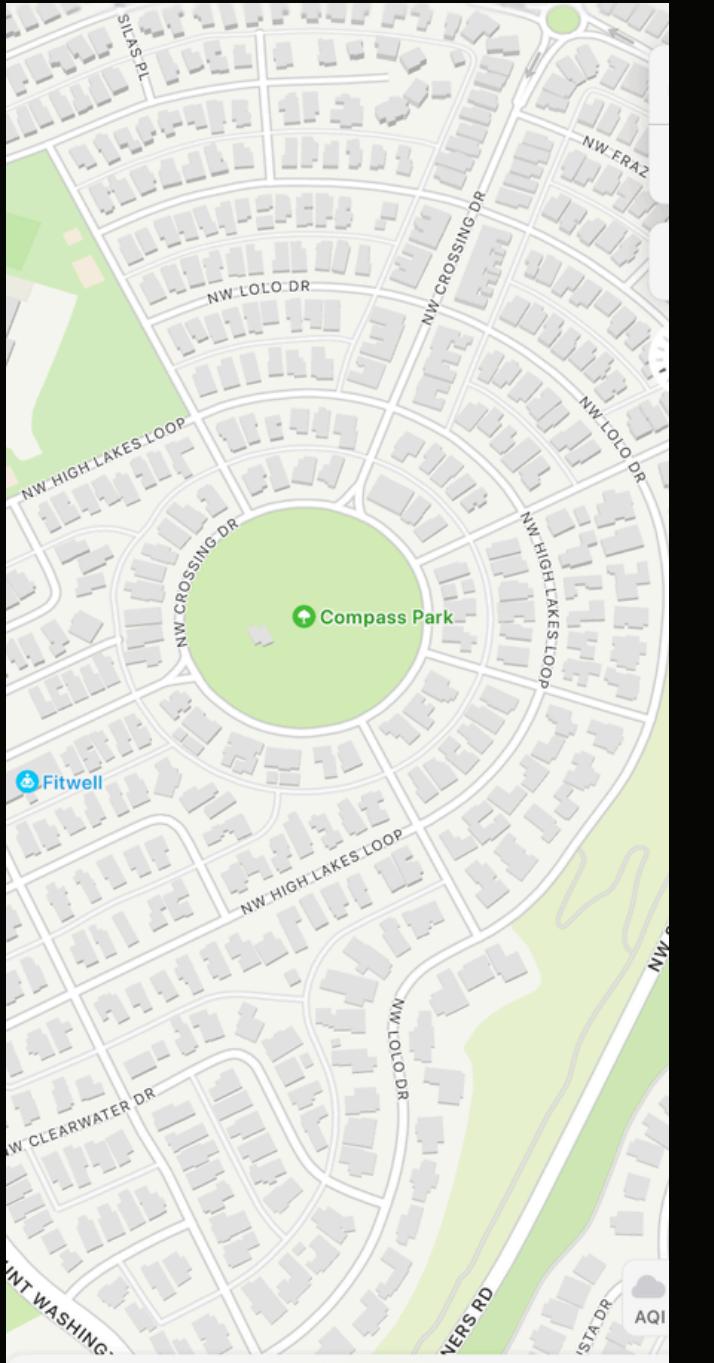
MAPPING IT OUT

I had to study the Bend map to locate the best area to run my symbol. One neighborhood, called Northwest Crossing, has curved streets that would work best to achieve the ear shape.

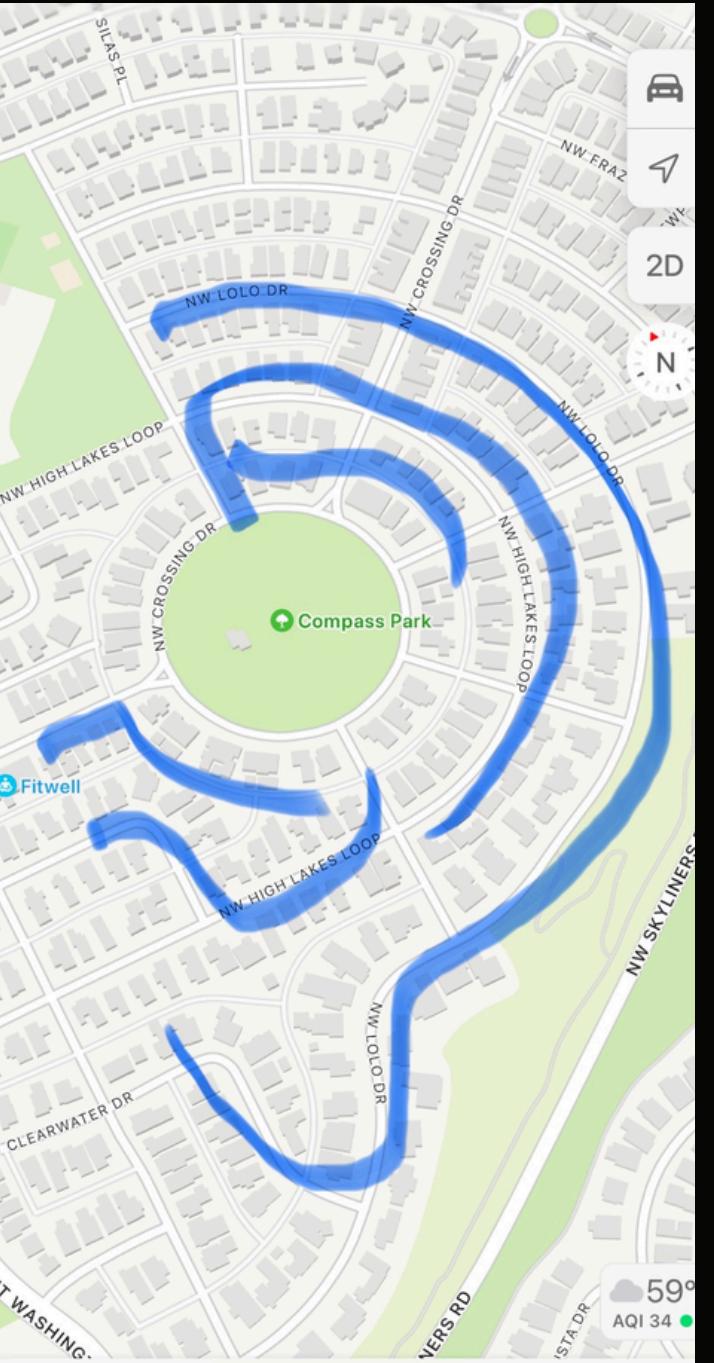
After I felt confident choosing the neighborhood, I used the edit tool on my phone to freehand my symbol onto the map using the ear image on the previous page as a guideline.



**NW CROSSING
NEIGHBORHOOD IN
BEND, OR**



**ZOOMING IN ON THE
STREETS THAT I
WOULD BE RUNNING**



**FREEHAND DRAWING
OF THE EAR**



THE JOURNEY

I wasn't 100% sure how the image would translate. I kept pausing my GPS and walking to specific points in order to achieve exactly what I drew on the map; however, the GPS would track me regardless, it just paused my time and distance! Rookie mistake!

TRACKING THE IMAGE

I went slower to navigate my image to make sure I was still on course. I also paused my watch thinking it wouldn't track me but it would still "draw" whenever I walked or ran. I have included an image of my watch when I was in the process of "drawing" the ear. To fit with the theme of listening, I chose not to run with music. I wanted to remain present and use this time as a chance to reflect on my ORGL 605 experience

EXECUTION

I took a picture of my watch in real time after finishing the planned route. Not bad! Looks like an ear?!



DRAWING/ RUNNING THE EAR



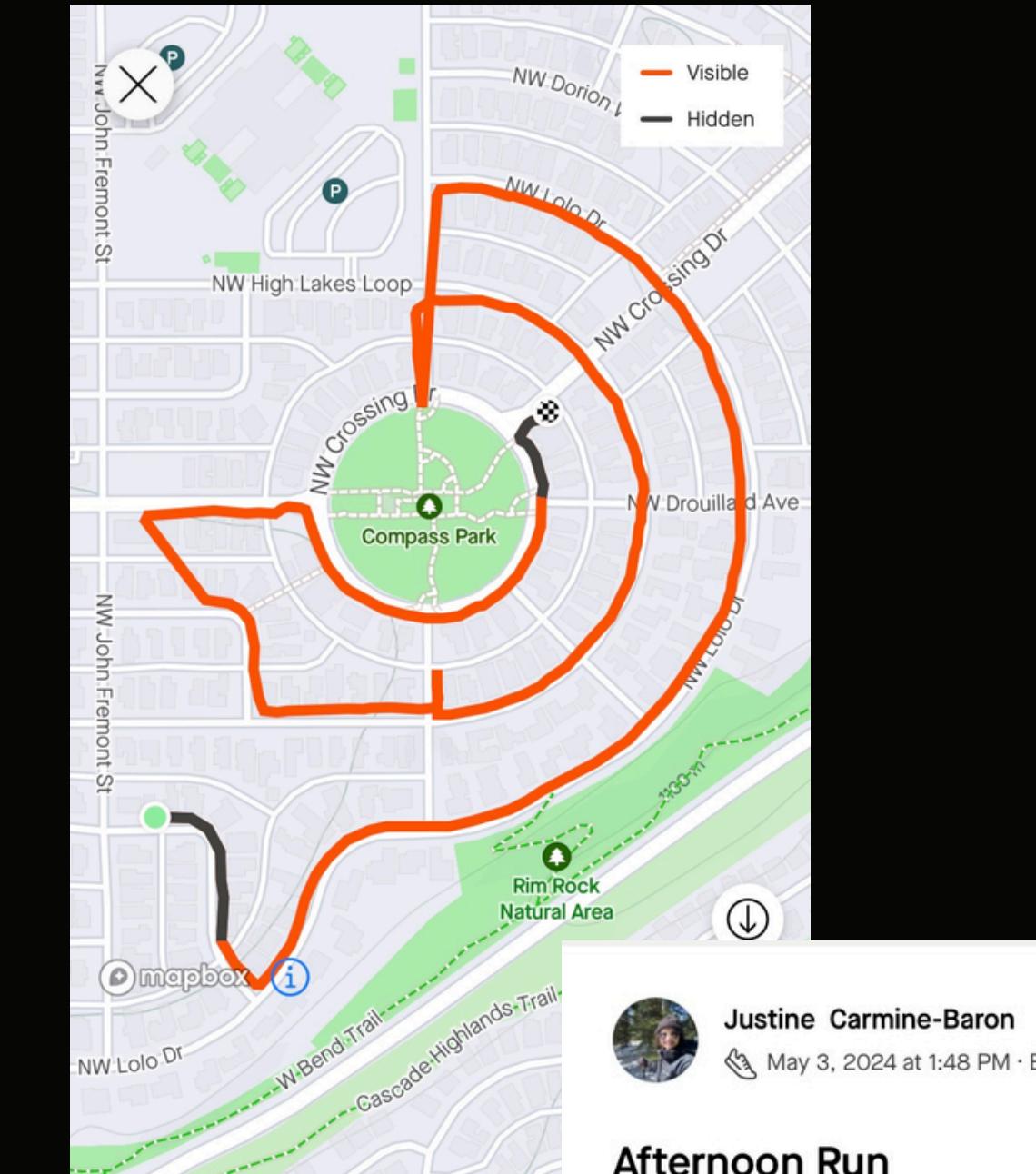
FINISHED RUN AND SYMBOL!

FINISHED PRODUCT

My Garmin syncs with the running app, Strava, that I use to track all of my activities and stats. I have taken a screenshot of my finished route and final run-art in Strava.

It tracked my run as 1.62 miles but it was closer to 2.5 with all of the walking and route planning!

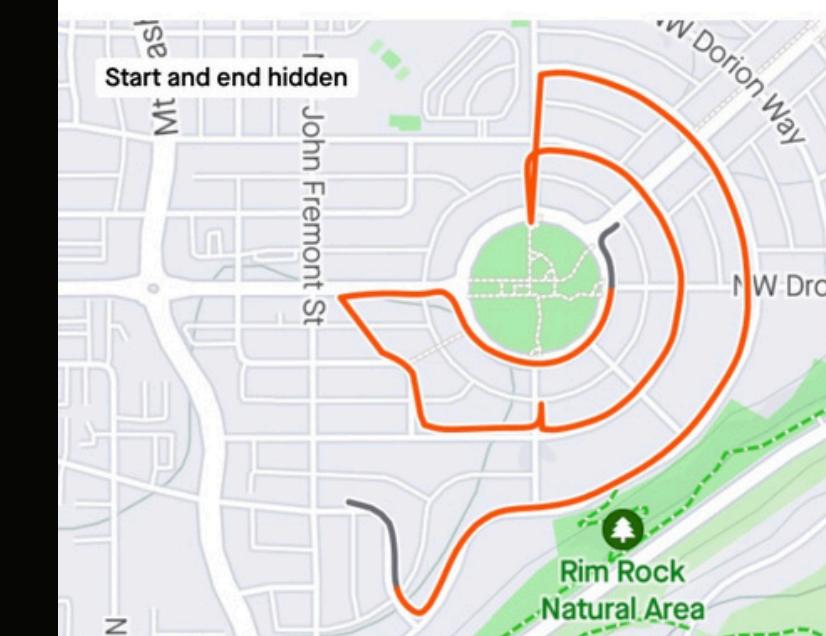
I included a side-by-side of the original image next to the GPS run-art for reference.



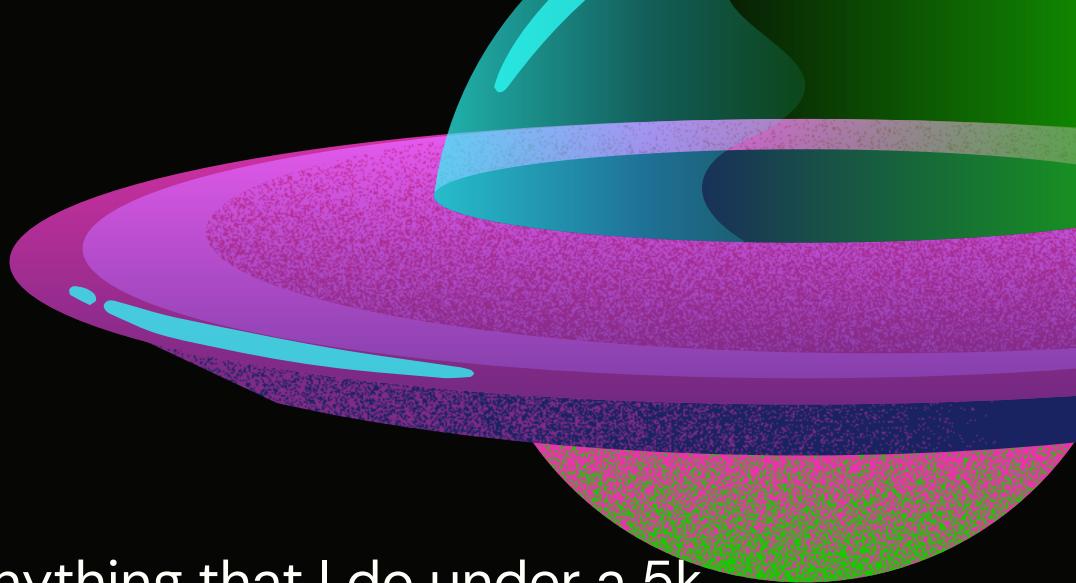
 Justine Carmine-Baron
May 3, 2024 at 1:48 PM · Bend, Oregon

Afternoon Run

Distance: 1.62 mi | Pace: 11:43 /mi | Time: 19m 4s

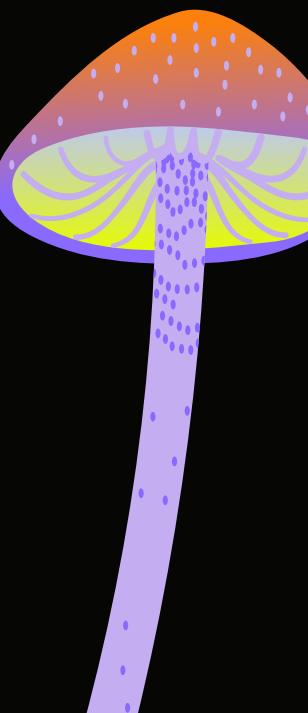


FINAL REFLECTION



I feel quite vulnerable sharing the images of my watch and run time, because to me, anything that I do under a 5k isn't worth noting AND my pace was super slow to try and achieve the best possible image. I realize now, that this is my EGO talking and the mind trap of simple stories around why my run isn't good enough to talk about. In reality, I think my project turned out pretty cool and the stats around the run is nothing but arbitrary.

I chose to incorporate running into my final project because it is who I am. This alone time gives me an opportunity to clear my mind and ground myself. Running is my moving meditation and I am a better person and "listener" because I have this discipline.



Leadership is about asking difficult questions and being open to the response. Listening to hard truths and sharing difficulties can inspire others and lead to action. Through active listening, we can "see" and understand each other and establish empathy and connection.

I still have a ways to go to be a better listener but now I have the self-awareness to acknowledge when I am falling into certain mind traps or patterns. Running helps me be comfortable with getting uncomfortable, whether it's on a long run or having an honest conversation. This resilience only makes me a better person and ultimately, a stronger leader. We can only do our best and put one foot in front of the other in times of adversity. Rock on!