

Light the Day

Elena Specht

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Duration: 7 minutes

clarinet, cello, and piano

Light the Day was written for clarinetist Annaka Hogelin as a part of Training Groove, a commissioning project in which composers wrote music designed for running at 180 beats per minute. *Light the Day* serves as recovery music for runners. The title draws on my own experience as a runner and the joy running brings me both during and after a run. Though physically challenging, I find running exhilarating and therapeutic. I particularly enjoy running in the mornings, and I notice a significant improvement in my mood on days when I have had a morning run. While I was composing, I imagined scenes from my morning trail runs in Colorado. I would often run as the sun was still rising in the sky, reflecting beautifully on leaves, greenery, wild grasses, or snow, depending on the season. *Light the Day* is soothing and calming, yet constantly pulsing, and my hope is that it will reach runners and non-runners alike.