



*Wrecto Verso* by Jay Heins is a series of poems directly inspired by cycling. It began as a daily writing practice of haiku composed during rides—an unforgiving structure that lends itself to being held in the mind as three phrases of five/seven/five syllables, counted by hand. These poems are an ode to the moments, objects, friends, and community witnessed and felt through biking. Beyond just poems, this book is an interplay between photos, taken by Heins and others, and Strava links where one can see the days biking route itself. The friendship and community that links these poems to one another is as inherent to the structure of the book as it is within Heins's life. *Wrecto Verso* is about gratitude; for quiet roads, for pastries, for friends that make you laugh when current events feel overwhelming, and even for the uphill slog, the heat, the wipe-outs—Heins finds community and presence within them all.

Born and raised in the valley, Jay Heins has a BFA from University of Ottawa and works as art director/production lead at the OER Project. He finds joy travelling through the world on two wheels and lives in Ottawa with Tanya and Samuel.

 NUMEN




# Wrecto Verso

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HAIKU FOR CYCLISTS

JAY HEINS



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# Wrecto Verso

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## HAIKU FOR CYCLISTS

JAY HEINS

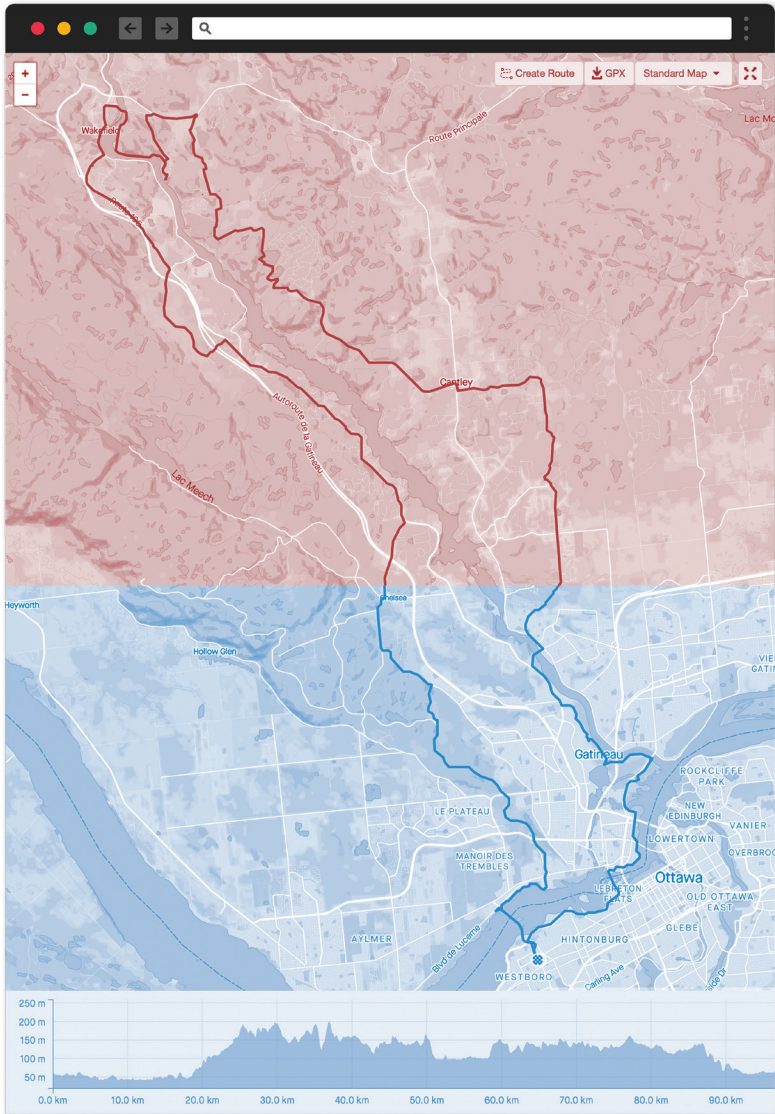
*For my friends  
who are  
finding  
their way.*



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## cascades loop

in this heat it's hard  
to know whether sweat or tears  
whether joy, sorrow



SUNDAY, 5 JULY 2020





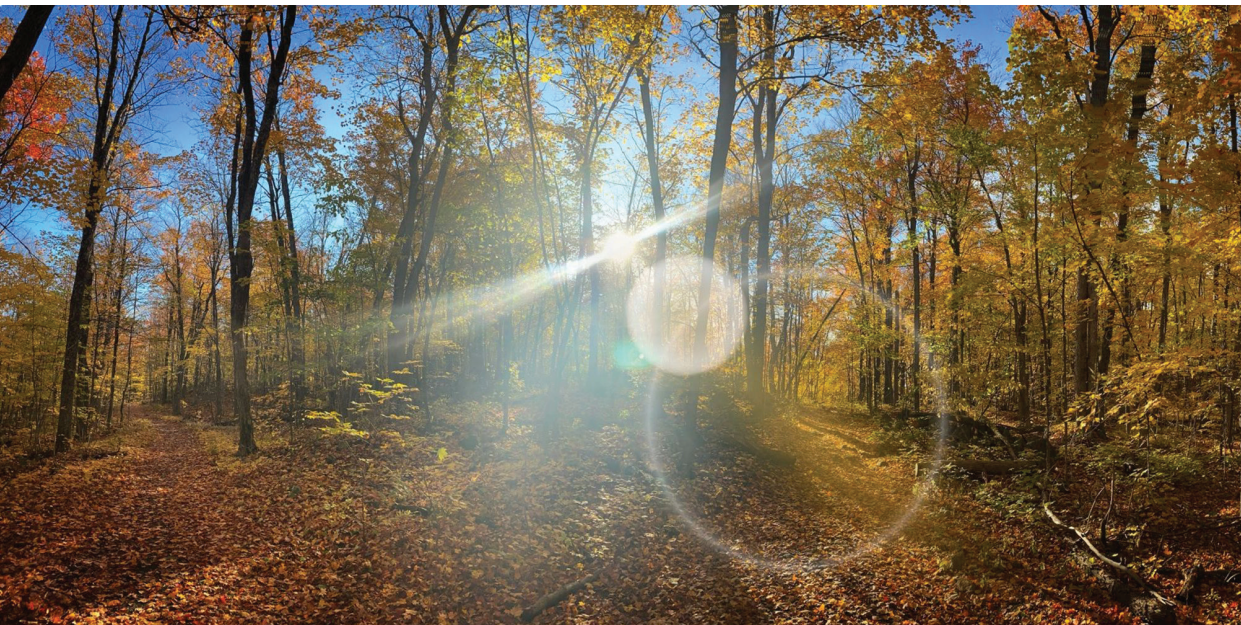
### **fuck-yah road**

municipal sign:  
gravel, rutted, unmaintained  
use at your own risk!



TUESDAY, 15 SEPTEMBER 2020



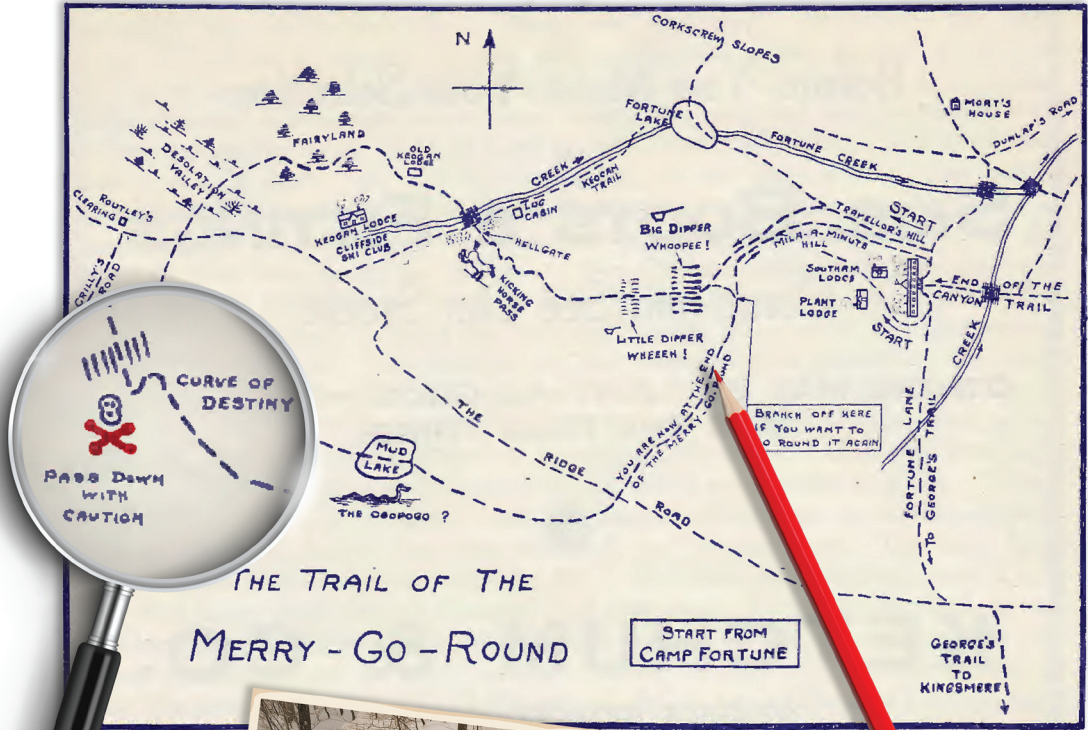


**axial tilt**

sun at low angle  
slanting through the dying leaves  
climb into gold light



WEDNESDAY, 14 OCTOBER 2020



trial by merry-go-round

a backcountry ski  
in which to find the best hills  
try and kill my friends







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