

BEGINNINGS

Hold onto your hat.
Open those eyes.
Relax that jaw.
Loosen those legs.
Now, start!

And they're off!
Look at that speed.
Keep your head down,
but your eyes focused.
Don't look back.

Don't tire out now.
Keep up the pace.
Open your mind,
but your eyes focused.
Don't look back.

It's the final stretch.
Feel the air breezing past you.
Slow down,
and with your arms wide open,
embrace the end.