

Poems Inspired by My Running Friends



By Dan Crockett

Introduction

I have been involved with many organizations and groups over the years. Nothing has captured my interest, enthusiasm, commitment and dedication quite like running.

The physical act of running is only a minor part of the experience. The friends, training, races, road trips and social times are what make it last.

I hope to be part of the running community until the day I die.

Thank you all for your Love, Friendship and Support!

Dedication

These few poems are dedicated to my closest and best running friends:

Toni, Rory, Janice, Shirlee, Tammy, Jackie, Trent,
Randy, Mel, Andy, Rudy, Cindy and Bonnie.

Why Do I Run?

KRC Christmas Party Dec. 6, 1998

I'm often asked why do you run?
Most people think it's just for fun.
I've yet to reach that "runners high",
My partners, they're the reason why!

Brian VanOene is our King!
Ultra distance is his thing.
He takes us out and sets the pace,
Gets each one ready for their race.

I'll tell you how he gets his thrill,
He takes us up another hill.
As important to him as fashion and food,
Is the finish strut and looking good.

Rory Switzer runs like the wind,
To each of us, he's our best friend.
Always giving free advice,
He'll even prove it, for a price.

Janice Page, a dedicated runner,
Anything gets in the way, what a bummer!
She's trained hard to get on a winning streak,
A pleasure to run with every week.

For words to describe her, I'm at a loss,
Personality says it all of **Shirlee Ross**.
Just like her mom, a wonderful Lady,
In the last year, you've come a long way, Baby!

Why Do I Run?

Gwen Marsh is the quiet one,
She very seldom misses a run.
Bakes great goodies to eat on a drive,
As well as running, she likes to jive!

The **Sparebooms** make up quite a team,
John, our “Clydesdale” **Dawn**, our “Queen”
Dawn is always on our case,
To double back or stop and wait.

Tracy and **Kim** are quite a pair!
With them, a silent moment is rare.
When going up **Kim** wears a frown,
Then hoots and hollers when going down!

Long, lean and full of grace,
Always complaining about the pace
Then, just as you cut her some slack
She takes off ahead and won't look back!
Sue Bergen is the girl I'm describing to you,
Suzie Cue, we all Love you!

Julie is fun to have along,
With her, it seems you can do no wrong!
Always willing and able to tease,
Easiest one in the group to please!

Terry Jarvis, quietly puts on the miles,
Has one of the most unusual styles.
Thursday and Friday he runs by the Creek,
Why? 'cause he works only three days a week!

Why Do I Run?

Judy Kotopski is one of the best
At putting our long distance group to the test.
She'll beat you to the finish if you are not aware,
Uphill or downhill, she doesn't care!

Stephanie Willoughby is new to our group,
She'll do anything to help, even jump through a hoop.
Those who get thirsty have nothing to fear,
An endless supply of Tree Brewing beer!

Dean Mitchell, well, he's one of a kind.
Most of the run he considers a grind
But, when the finish line comes into view,
Get out of the way or he'll run over you!

Tammy Craig was on quite a streak,
Then she got in the family way one week!
Not able to run and a bit overweight,
She anxiously awaits delivery date.

There is someone who runs for this one reason,
To get in shape for the downhill season!
Rusty Craig brings up the rear,
But we wait for him, he brings the beer!

The "**Goats**" are a group close to our hearts,
Pretty good runners, for a bunch of old farts.
They invite you to run with them once in a while,
Then kick your ass while wearing a smile!

To those I've left out, I'm very sorry!
I put this together in quite a hurry.
You all deserve a bit of attention,
To each of you, I give Honorable Mention!

The Year in Review '99

KRC Christmas Party Dec. 1999

Another year is in the books, so
Its time to sit back and take a look
At all the special times we've had,
Some of them good and some of them bad.

Along with the usual aches and pains,
Pregnancy and injury, put a strain on
A few of our runners, especially these three;
Shirlee Ross, Sally Heinrick and Tracy Holubitsky.

An amazing selection of runners we boast,
Doctors, Teachers and Housewives we toast;
Therapists, Secretaries and Engineers too,
Others we run with and don't have a clue.

Some, with resumes' the envy of all,
Others, who somehow always answer the call;
A few, who've succeeded in making their mark,
And in the process, have captured our hearts.

On the trails or on the streets,
We're all just runners when we meet;
We come together for just a short time,
Most of us with just one thing on our mind;

The Year in Review '99

To be the best that we can be
And help our running mates, to see
That with Dedication, Commitment and Heart,
They can achieve any goal that they start.

Three full years I've been running now,
I can sum them up in two words "*Holy Cow*"!
From children to middle age and those going gray,
I'm awed by the talent I see everyday!

5 K, 10 K, half marathon or full,
One or the other has taken its toll;
Triathlon, Ironman, ultras as well,
Can make even the best of us feel like hell...

Some highlights I'd like to share with you,
On the women's side, just to name a few;
Cindy Rhodes is still second to none,
Winning every single race that she's run.

Helen Bingham and **Tammy Craig** too;
Age group "win" accolades go to you.
For laughs, **Kim** and **Tracy** outrun the rest,
For entertainment **Laurie Charbonneau** is the best.

Our senior ladies are quite a crew;
Gerda, Donna, Min and **Sue**;
At the Senior Games they made their mark,
And they win almost every race they start.

The Year in Review '99

One of our girls has outdone us all,
She ran a hundred mile race this fall;
If that isn't crazy enough for you,
Janice Page says this year she wants to do two!

On the men's side, **Rory Switzer** is the best,
Still setting PR's and showing the rest
That at any age, if you never give in, you
Can beat all the odds and come up with a win.

Chris Buck outperforms almost all in his class,
Won a medal at the Victoria Marathon Bash;
Jessie VanOene this year was the junior to beat,
Was there to see **Brian** taste the "Badwater" heat.

Our Masters teams can run with the best,
They always do well when put to the test;
At pub relays and Haney/Harrison we've shown,
The mixed teams we have can hold their own.

To name all our runners is an impossible task,
So to each of them now give your applause I ask;
KRC, the **Goats** and **Fresh Air Trail Club** too;
I'm a privileged man to be running with you!

Best Wishes and I will see you all next year!

Kim and Tracy

Written for Kim Froom and Tracy Holubitsky August 2, 2000

Kim and Tracy, Tracy and Kim,
However you put it, chances are slim
That you'll ever be able to keep up with these two;
No matter whatever they're trying to do.

Talking, singing, running or dancing,
Their presence is always life enhancing!
Two of the finest with charm and class,
But! Don't ever cross them, they'll kick your ass.

They've finally reached the Big For.....k in the road,
And despite all the setbacks their pace hasn't slowed.
An accident knocked Tracy off the rails,
But I know that she'll soon be back on the trails.

I'm honored to be counted as one of their friends,
And delighted to know, that they'd go to the ends
Of the earth to help however they can,
And if I wasn't married, I'd be their man!

Don't ever change the way you are,
Your strength and character will get you far.
Even though life sometimes throws you a curve,
You will be rewarded with all you deserve.

We wish you the best from this day on,
And that many friends into your circle are drawn,
You both deserve the very best,
'Cause up till now you've passed the test!

With Love, Dan and Friends
Happy 40th Birthday!

Running Review 2000

Written for KRC Christmas Party Dec. 2, 2000

Something a little different this year,
So, we would like you all to lend an ear
And enjoy with us the year in review,
From a guys and a girls point of view.

Some situations, so good, need repeating,
Others, like moments in time, are just fleeting.
I've tried to remember some of the best,
Karen, I'm hoping, will cover the rest!

The Jasper/Banff Relay 2000, was run
By a bunch of old Goats, who can still have fun.
17 guys on a Masters "A" team
That hoped for a medal, but ran out of steam.

Chris Buck on a mission up one of the hills,
Jim Bates having one of those runs that just kills!
Andrew Tse having some fun with a bear,
The rest of us showing each other we care.

Traveling at runners pace a whole day,
Through the worlds best scenery along the way,
Was the most relaxing day I have spent,
It may be the last, so I'm glad that I went.

Larch Hills was the very first Ultra for some,
From a guy's point of view, I'll tell you what's dumb;
Train hard for a race, suffer the pain
And then for reasons only a girl can explain,

Running Review 2000

Three of our girls with spare time on their hands,
Add a trip into town to their racing plans.
After a coffee, bagel and a little too much play
Get lost and get back with the race underway!

Now an Ultra in the rain isn't very much fun,
You agonize over every mile that you run.
As if starting late isn't a big enough bloop,
Laurie and Dawn do an extra 10k loop.

Now Laurie, I'm not trying to be mean,
But it's becoming a bit of a habit it seems.
A week later show up for the 10k run,
And wonder where all the women have gone.

Maybe it's just becoming her fate,
She got to the start line an hour late!
The 5k run was a bright spot in the day,
Keara Maguire blew all the ladies away.

As a guy I find it a little ironic,
The girls pick a day with our name on it
I'd like to suggest a change in this case,
The Father's Day Women's 10k race.

The Goats put on our favorite run,
It always turns out to be so much fun.
Once we put all the miles behind,
Its hot tub and beer to help us unwind.

The pain of it all is soon forgot,
When onto the houseboats we merrily trot.
The antics put on may vary each year,
But it's always the same ones that show no fear.

Running Review 2000

The weather this year was pretty bad,
Not as much fun as we could have had.
Without being able to tether together,
The hot tub with one, the beer with the other.

Kim and Tracy turned 40 this year,
We celebrated with them and shed a few tears.
We shared with each other the good times and bad,
And the wonderful runs together we've had.

These two girls are the very best,
At setting an example for the rest
About living your life to the fullest each day,
Even though obstacles get in your way!

Kim Froom is the Running club President now,
So full of excitement we sit back and say WOW!
Tracy is finally well on the mend,
Soon, with us running, her time she will spend.

Training runs seem to get longer each year.
Brian keeps telling us not to fear,
As long as we put in our time on the trail,
We can run any race we want without fail.

The Little White Traverse seemed nice to us,
But 36 miles just wasn't enough.
Start early and do another 14 or so,
It will qualify you for a 100 you know!

The run went off without a hitch,
No one was rescued out of the ditch.
We all hung around for the last to come in,
And watched tears flow from an emotional Kim.

Running Review 2000

I made a comment last year to some,
That a 100 miler this year I might run.
I never really took it to heart
Until I was standing there at the start!

It's hard to explain what goes through your head,
When 50 miles are done but there are still 50 ahead.
And at aid stations, trying to get enough to eat,
Having Brian shout "Dan, this isn't a feast"

A different race this turned out to be,
With Toni ahead, saying, "hey, look at me"
"I've finally found my kind of race,
Hey Dan, why don't you pick up the pace?"

After two and half hours on an unmarked trail,
And thinking we might miss the cutoff and fail,
A trail marking ribbon we finally see,
And get to an aid station at mile 73.

The comment I made may be shocking to some,
"Does any one of you here have a gun?"
I'd take it and kill me and everyone,
And then this damn race would finally be done.

A warning from Brian I failed to heed,
A big jar of Vaseline I would need.
At 90 miles it was open and shut,
I ended up with a totally raw butt!

Looking back now it wasn't so bad,
A wonderful time Brian, Janice and I had.
You had to be there the emotions to feel,
To actually run that far seems surreal!

Running Review 2000

Victoria Marathon is one of the best!
This year as always we were put to the test.
For Karen Maguire, it was her first and
She ranked it right up there with giving birth!

Rory Switzer is quickly becoming our Master,
He just keeps on getting faster and faster.
From 25th last year to 14th overall,
A top 10 finish next year is my call.

Cindy Rhodes was top women again,
5 wins now and going for 10.
It feels so good to train with the best,
I hope some of it rubs off on the rest.

Haney Harrison relay is always a blast,
This year we went with an all star cast.
Three open mixed teams went just for fun,
Everyone there had an excellent run.

Running leg seven, just trying to survive,
I was given the very best moon of my life!
With two k to go, it was just my luck,
To see five perfect moons in the back of a truck.

To this point I was moving right along,
But after those antics my focus was gone.
From there it was hold on and just make transition,
And give it to Karen to hold our position.

The last race of the year we try to keep close,
Five of our local pubs are the hosts.
Twenty-six teams vie for bragging rites,
This year the race for top spot was tight.

Running Review 2000

Together we cooked up a surefire plan,
Just keep it close Janice, Brian and Dan.
With Annick and Karen maybe two minutes down,
Give it to Rory to bring it on home!

Norm's Westside boys were very strong,
Penticton looked good from the first leg on.
We may add more guys next year to our cast,
It turns out that our girls are just way too fast!

We have many members considered good catches,
This year we witnessed a number of matches;
Andrew and Arumi, Stephen and Gwen,
Gar and Laurie, Mark Banning and Dawn.

Rory and Karen we can't overlook,
And now that 2000 is in the books
We recognize those who have moved away,
It's really too bad that they couldn't stay.

Steve, Gwen, Dave, Holly and Dawn,
Mark, Cheri and Diana are gone.
They made our lives richer with their stay,
And I hope they return to run with us someday.

Life these days is full of stresses,
Many things happen that tend to depress us.
One thing on which I can always depend,
Is the pleasure of running with some of my friends.

I missed some of the races you've run,
Chuckanut and Diez Vista I here were fun.
The road race series brought some of you success,
For two thousand one I wish all of you the best!

Rory and Karen

Asked to M/C Rory and Karen's wedding August 17, 2001, I wrote this poem expressing my feelings for them and their new family.

We've come together today, to reflect
On Rory and Karen, two friends we respect.
A unique experience we all have shared,
That has led to this moment beyond compare.

Rory, I'm proud to be one of your friends.
You are one of the few I can always depend
On to give encouragement and support,
And I'm also very proud to report

That you're Character is beyond reproach,
And we can always feel free, to approach
You for your knowledge and expertise,
And count on you always to keep the peace.

You've proven that you are a family man,
And though hard it may be, I know that you can
Use your inner strength and ability
To care for this new family.

Karen, right from the first time we met,
I liked you a lot and it was a sure bet
That good friends we would soon become,
And your many talents begin to draw from.

It didn't take long to plainly see
That you were dedicated to your family.
Two beautiful girls you have raised
And because of that you are to be praised.

Rory and Karen

And now a new commitment you make,
Two more girls and a boy you take
Along with Rory, as a wife and mother,
To bring a brand new family together.

To know these two and watch them go
Through difficult struggles all on their own.
From acquaintances who met on the run,
To friends, who began to enjoy the fun

Of sharing together their time and space
And traveling with one another to race.
To see their friendship begin to grow
Into something more special than most ever know.

A blossoming love affair we have seen,
And as their friends, we have all been
Keenly aware of what they could gain.
Confronted with disappointment and pain,

Through it all, emerge with help from heaven,
As a wonderful happy family of seven.
Though difficult times may lie ahead
By working together you've nothing to dread.

We witness this union together today,
And promise, forever your friends we will stay.
Together we'll do whatever it takes
To see that a loving family you make!

God bless you!
With Love, Dan and friends

Running Report 2001

KRC Christmas Party Dec. 8, 2001

This year I report to you
From a spectators point of view.
An injury and my circumstance,
Has presented me with a chance

To be one of those keeping an eye
On each one of you as you go by.
I imagine myself out there in your place,
As you struggle hard to keep up the pace.

Watching each one from the first to the last,
Offering encouragement as you go past,
Reminds me of when it was me out there
Receiving encouragement from others who care.

Those like me, who have taken time off
To recover from injury, know how tough
It can be and how long it can take
To get yourself back into shape.

With little training and no racing this year,
Getting ready for Haney was my biggest fear.
With four in a row and going for five,
H2H would keep at least one streak alive.

Even though I wasn't running my best,
My team mates all took care of the rest.
We finished in 18th place overall,
And got a silver medal in mixed open for all.

Running Report 2001

A new experience this year came my way,
Being Race Director for Midsummer 10k.
Now, my life has always been full of stress
But, compared to that, everything else is less.

Out of town and running alone,
My mind wanders to my friends back home.
You all have something that sets you apart,
And gives you a special place in my heart.

There's **Woody**, who turned 50 this year,
He Took a day running from Vernon to here.
A little time spent with the trail running bunch,
Would have him doing 50k before lunch!

Pacing **Tammy Craig** on my bike,
Ignoring her orders to "take a hike"
To get her a marathon PR I would try,
But in the end come up just a little bit shy.

Shirlee Ross continues to amaze us all,
She ran the Lost Souls Hundred this fall.
Those who have run that distance too date,
Know what kind of commitment that takes.

One who is always concerned about style,
Brian VanOene was a blonde for a while.
A chance meeting in cosmetics one day,
Found him looking for Grecian Formula to hide the gray.

Running Report 2001

Then there is **Marty**, who has that special hello,
And a running style that everyone knows.
The cool morning air on the goat's run, fills
With **Kim Jollymore** cursing those "blankety blank"
hills.

Johnny Lopes always eager racing strategy to impart,
Says Dan, just run as hard as you can from the start.
Milt Stevenson always calm, collected and cool,
Sharing the latest jokes is his rule.

Andrea put herself to the test,
She went to Denmark to compete with the best.
At Ironman distance she proved to be fast,
She finished as one of the best in her class.

A few weeks later, her and **Sam**
Competed in Penticton's Ironman.
There at the finish in front of the crowd,
Sam and Andrea both made us proud!

As one of the executive, which I think is great,
I've missed most of the meetings of late.
Thank goodness for email which daily I use,
Kim Froom keeps me up to date with the news.

Relationships have been forefront this year,
At every run there is something to hear
About who's doing this and who's doing that,
And just where everybody is at.

Running Report 2001

Some special couples have come along,
Rory and **Karen** and **Mark Banning** and **Dawn**.
Those that witnessed their wedding dates,
Saw the binding together two pairs of soul mates.

With new members aboard, our club has grown,
And we've welcomed **Dave** and **Holly** back home.
With a vibrant Executive and Volunteer base,
KRC continues to set the pace

For other running clubs to look up to,
And teach members of our Community through
Education and Participation,
To Use running as their form of Recreation!

Without mentioning **Toni** would be remiss,
She's given me 35 years of bliss.
A wonderful wife, mother and Lover,
She'll be my running mate forever!

Keep Running Together!

When To Run

KRC Christmas Party Dec. 2002

Come, run with me my friend,
I know no better way, to spend
An early morning, afternoon, or
Perhaps by choice, beneath the moon.

An early run will start your day
Before life's cares get in the way.
Or, if you hit the road at noon,
The day will seem so short and soon
You will be home and if there's time,
You may just run a bit at nine.

It's difficult to say what's best,
Running in cool morning mist
When it seems that all the worlds asleep,
Or, with the rhythm of your feet
Amid the noonday hurried pace
Your run becomes a quiet place.

Perhaps at night you use the time
To let your mind and body unwind.
Whatever time you choose to run,
You'll find that it is second to none!

Keep on Running

Merry Christmas to All

KRC 2003

KRC Christmas Party Dec. 6, 2003

The events of this year could fill a book,
Especially the wildfire and all that it took;
But this Christmas season I chose to reflect,
On a group of people who've gained my respect.

Each one has unselfishly given their time
To enhance the running experience of yours and mine.
Without them there would be no KRC,
What a shame that would be for you and me!

Kim, you've been president the last three years,
And you'll soon be leaving amid many tears.
No one has worked harder, to see that our club
Is the one that no one ever will snub.

You've stuck your neck out a time or two,
Because you care so much for me and all of you.
We'll miss your enthusiasm and charm,
And hope that nothing ever causes you harm.

Cindy, without you, what would we be?
A tireless worker, that most never see.
Secretary, Treasurer and membership too,
We'll need more than one person to replace all you do.

As personal assistant you are second to none,
It's because of you all Kim's work gets done.
Daunting tasks you take on without fear,
You have my vote for Member of the year!

KRC 2003

Marty, I'm proud to tell you in a minute or two
How much by us all you are looked up to.
The moniker "wise one" you have gained as our Vice,
You can always be counted on for sound advice.

The welfare of our members is your greatest concern,
And for that, the respect of us all you have earned!
Saturdays, holidays and noon runs too,
"The Goats Run" and "Pub Relay" are a legacy to you!

John, a director and our committee chair,
Keeps all of the committee heads aware
Of what needs to be done day to day
So that last minute snags don't get in the way.

With **Dawn**, always willing to volunteer,
To help with the tough stuff, year after year.
As an executive member, I want you to know
That we are all very sorry to see you go.

Rory, as one of our new executive members
And all around great guy, you'll long be remembered
For your attitude toward training, racing and life,
And your desire for us all to avoid petty strife.

You've become a role model, especially to me
And I stand here tonight, to let everyone see
That I'm proud you're my training partner and friend
And that we'll work on the executive together again.

KRC 2003

Annick, for looking after our volunteers,
Myself and all the rest of your peers,
Want to thank you from the bottom of our heart
For giving of your time to do your part.

Without those like you, who give of their time,
The KRC wouldn't be worth a dime.
I hope you stay on, to help us get through
Any tough times we face in the next year or two.

Helen, you are always there for the rest,
Even when your own life is put to the test.
You faced a tough battle in 2003,
And now that you've won it, we all agree

That you'll even be better in 2004,
And do all that you used to and even more.
Thank you for putting this party together
And may we be runners and friends forever.

Tammy, you've always been one of the best
At putting every one else's mind to rest,
By organizing and scheduling our runs,
And making sure that we all have fun.

We thank you for putting together reports
That have made running one of Kelownas premier
sports.
When you said you were done you had us all grieving,
I'm so happy to hear you are no longer leaving.

KRC 2003

Ron, there's a lot you do for the club, but of course
We appreciate you most for the great Applesource.
Thank you for stepping up to replace
Laurie and Judy doing results at each race.
Your willingness to help always with a smile,
We hope to have you around a long while.

Shirlee, somehow with three girls, you find the time
To contact our members on the phone line.
When there's something important we need to know,
Through the membership list you are ready to go.

Apparently, now you've discovered email,
So we are confident, that now without fail
You can reach all our members and get the word out,
Without all those phone calls stressing you out.

Doris, we appreciate you doing your best
To organize socials for all of the rest.
Just because those you had planned kept dying,
We don't want you to ever quit trying.

Andrew, you've been part of the club for many years,
For all that you've done, we give you three cheers!
Hip Hip Ho-Ray! Hip Hip Ho-Ray! Hip Hip Ho-Ray!
Making time for your family now is important to you,
We appreciate the volunteer work you still do.

Gord, you joined the club and went to work right away,
You've done a masterful job with the Midsummer 10k.
With Sandra by your side, you are two of the best,
To have you as members we are truly blessed.

KRC 2003

Woody, you've become known as Marty's right hand man,
You can be counted on to do whatever you can
To help with whatever needs to be done,
And your one of our favorites out on a run!

Jim, Karen, Owen and the gang from **Fresh Air**,
When we need their help they are always there.
They mean as much to our club as me and you,
Providing support and prizes for all that we do.

There are many more we count on, to name a few;
Steve, Judy, Bob, Tony, Laurie and **Lou**.
The boys in the kitchen we can't forget either,
Cliff, Peter, Johnny and **Roy** are always so eager.

If only I was given enough of your time
On every last member the spotlight would shine.
The volunteers we have should fill you with pride,
As for me, well I'm just along for the ride!

If I missed you I'm sorry and want I you to know
With this toast to you, my thanks I now show.

To our volunteers!

Merry Christmas Everyone

See you on the Roads and Trails

Goodbye My Friend

Written for Marty's going away party June 2004 at Helen's

We're all sad because you are going away,
But know this my friend,
You'll always be in our hearts.
You've touched us all with your wisdom and grace
And we'll surely miss your smiling face.
This goodbye will not last forever.
When we close our eyes we'll still be together.
You may be gone for many days,
And we all can only hope and pray
That we'll be together again some day.
And when that day we know will come,
You'll be wiser and we'll be older.
We'll hug and once again rub shoulders.
It's going to be hard without you by our side,
But we'll all stand strong and run with pride
Because you've been a true friend
We'll do anything to see you again,
But, for now goodbye my friend.
Stay strong, God bless, goodbye does not last forever.
Just close your eyes and we'll be together.

You're Friends

Trails

KRC Christmas Party Dec. 18, 2004

Eight years I've been running now,
This one word sums it all up, WOW!
Since that very first marathon where I hit the wall,
From 5k to a hundred miles I've done them all.

My share of injuries I've had from the start,
Mostly because of not training too smart.
I finally found a sure cure for those ills,
Spend a lot more time in the hills.

I've run with a special group for a while,
When we meet at the trail we can't help but smile.
Whatever the weather, sun, rain or snow,
No complaints ever heard, only this...Hey let's go!

Because of the passion we have for the trails,
Even the slightest hint, never fails to
Get us excited and quickly agree,
There's nothing else that makes us feel so free.

Sometimes I hear the hills call my name.
If you've never experienced this, what a shame.
The beauty and serenity of nature, you deprive
Yourself the feeling of being truly alive.

The pressure of work and life's quickening pace,
Speed work and tempo runs preparing to race.
Getting rid of these stresses, when all else fails,
I put on my runners and hit the trails.

Trails

A few of us crazies as we've been called,
With little rest and maybe hung over, have hauled
Our asses out of bed at ungodly hours,
To go on a trail run for up to six hours.

All the things you had planned in advance
Are suddenly forgotten, when you get the chance
To join your friends and with, them share
The freshness of cool mountain air.

Some of us tired of running the road,
Decided to stay on the trails though it snowed.
Without giving thought whether wrong or right,
Made it an adventure by running at night.

Single or double track we don't mind,
We'll sometimes go bushwhacking new trails to find.
Some days we head out with 30 or more,
But we still have a great time with just 3 or 4.

We've started something that's really caught on,
Others anxious Tammy's email list to get on.
We schedule our runs from spring time to fall,
Now we just listen to see which hill will call.

The trail group gives me the outlet I seek,
It's the one special run I anticipate each week.
If I haven't written enough reasons here,
The bonus for all is the pizza and beer!

See you on the trails!

The Christmas Story

This poem was written just before Christmas 1987.
Added just because it's Christmas

A plan of God before time began
Foretold by prophets of God to man
Servants of God prepared and sure
An Angel visits a woman pure
A Son conceived by the Holy Ghost
The Story spread from coast to coast
A Child of God adored by all
Born in a lowly manger stall
Chosen by God from the very first hour
To speak His Word to man, with power
Learned to serve and learned to love
Guided by God's hand above
Tempted just like any man
Understood salvations plan
Preached the Kingdom of God at hand
Taught His Disciples how firm to stand
Healed the sick, comforted all who cried
Went to the Cross for us and died
Fulfilled God's plan to save all mankind
If they only repent and leave sin behind
Victorious over Death and the Grave, He has risen
To sit on the Throne with His Father in Heaven
Sent back the Comforter to take His place
Until we shall meet God, face to face
Fills us with Love, Peace and Happiness
JESUS, the reason for Christmas.

Merry Christmas everyone!
May you and your family be blessed.
With Love, Dan Crockett