

17.12.04
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Phil Mawitt

To all the Parramatta Park Runners. . . .

1pm Friday in their best jogging gear
a small car park fills as the runners appear
Wind, rain, cold, hot, they'll always be there
Though they much more prefer it when the weather is fair

The average non-runner could not understand
What we see in this pastime of such physical demand.
Sometimes there's discomfort, we all know the pain,
When the legs feel so heavy & just to finish is a gain.

On the upside there's days when you're light & feel strong,
When you just seem to float & there's not a thing wrong
But it's not just the running that brings me around,
It's the friendship, support & inspiration I've found.

When I feel I can't keep going, & I'm ready to drop,
It's that runner beside me saying "Allie don't stop".
It's that bit of advice from someone who's been there,
That can come in so handy & help muscles repair.

But it's the smiles, jokes & laughter I'm sure to miss most,
As I leave Parra Park Runners to move down the coast.
And all that you've taught me, the encouragement too,
I'll be taking that with me as I start over new.

I will come back to visit. This isn't good-bye,
I'll never forget you who inspired me to try.
You've all helped me to be the best I can be
You're all in my heart so I'm taking you with me!

Lots of love & all the best. Keep on running. Allie xxx