

2019 Holiday Lake 50K+

Chase D. Cox (#40)

Start – AS1

we start with a prayer in the dark
and after our song we embark
up the road we take heed
of the strength we will need
this trial is no walk in the park

AS1 – AS2

there is proof that the sun still exists
though its hidden by light rain and mist
the headlamps now gone
we've been running since dawn
this course seems the same with a twist

AS2 – AS3

at mile seven we come to a stream
so cold that you can't help but scream
it's not all that deep
but too wide for a leap
a bridge here would be quite supreme

AS3 – TURN-AROUND

through a mud bath our first lap adjourns
swift movements now slowed to a churn
across a small dam
the runners all cram
down the last bit of trail to the turn

TURN-AROUND – AS3

now having a lay of the lands
i abandon my ambitious plans
just finish unhurt
still cold, but alert
the feeling has gone from my hands

AS3 – AS2

after a snack starts the climb
and the thought of the end is sublime
a mile down the way
where the power lines stay
my race is now against time

AS2 – AS1

for some time we've been running in snow
but now it is starting to slow
the creek is still there
yet I'm all too aware
through 8 miles of mud I must go

AS1 – FINISH

more than once did my shoes come untied
as I made my way down the lakeside
then out came the sun
and I started to run
at the finish my shirt was supplied