

## RACE OF A LIFETIME

Some days my body and my mind

Race each other to the finish line

Who will give in ... who will give out ...

and how will I be when time runs out?

The inner me still runs free leaping and dancing about.

My body says "Wait! ... Take your time!

"We'll still get to the finish line.

But my mind races on, paying "I wanna dues"

and if I don't ... who will? ... choose.

Oh there's plenty of time ...

remember that rhyme - you wrote

yesterday ... or was it last year?

Five years ago? ... was it ten or more? ? ?

So where did the time go, if my mind is still young?

And what about the ideas to which I've clung?

(is that wheezing from My lung?)

So as the sun sets and I turn to the West

Be it known to all, that I did my best

to spread joy, good cheer, peace and rest,

Hope, unconditional love, and a hearty zest

ever grateful

for the Gift of Life!