

**An Ode to the River Ayr Way Challenge  
by John Tougher**

At the start line 44 miles to go  
In order to finish, I'll need to go slow.

Up and down hills like nobody's business  
This really is a test of my fitness.

Splashing through puddles and boggy terrain  
I'm starting to think that we all are insane.

My shiny white trainers are no longer white  
But at least the weather has stayed nice and bright.

Marathon done and I'm feeling fine  
Only 18 miles to the finishing line.

Ok getting hard now, taking its toll  
Taking all my energy just not to fall

6 miles to go, wheels are coming off  
I don't think I've EVER felt so rough

2 miles out and i need to lie down  
Will i ever get back up off the ground?

5 minutes later and I'm back on my feet  
Knackered but central governor beat.

I enter the stadium, the crowd going wild  
Well, 40 odd people, my wife and my child.

At last I've finally finished the race  
Even if it's at a snail's pace

I feel like I've been hit by a train,  
But like an eejit, I'll probably do it again.

