

The Saturday Morning Group

We're a dedicated group who on Saturday morning can't sleep in
We're up at 5.30 and off and running to keep fit and thin.

We head off each week from Elephant Park
Mostly in the cold and often in the dark.

Frank, the fearless leader is always in the lead
Setting the pace and the overall speed.

There is a variety of runners, some fast, some slow
Somehow we manage to sort ourselves into groups before we go.

It's 6.31 and we are ready to go, just a minute where's Maree?
Sure enough in the distance a speeding BMW we can see.

Although in the talking department Frank is hard to beat
The girl's jaws generally work harder than their feet.

You may not see them coming,
But you can hear their voices humming.

We see dogs, maggies, cattle, sheep, alpacas and sometimes yabbies with luck,
But our biggest wildlife problem we face is the dreaded killer duck.

That's something we will never forget
Tony with the duck on the back of his neck.

As we go along the dogs start to bark.
There goes those bloody runners the residents hark!

I wish they would stay at home and get a life
And stay in bed with their partner or their wife.

Another lesson we learnt that we must get right,
Is not to have Indian food the previous night.

Thanks to Frank for getting us all going,
I'm sure in 2010 there will not be any slowing.