

If You Are Not A Running Cougar

By Paz Leos

Mrs. Santalo's class

If you're not a Running Cougar,
then you don't know what it means.
It is not just going outside and burning calories.
You must work hard to achieve your goal
And not set your mind on money or gold.

If you're not a Running Cougar,
then you have not seen
all the sweat and effort
it takes to compete.
You haven't gone so many times around a track
That you forget how many laps you ran
Or heard Coach Carlos encouraging you
to finish as strong as you can.

If you're not a Running Cougar,
then you don't know the beat
Of your heart racing and pumping
All the way to the last feet.

If you're not a Running Cougar,
then you don't know if you feel like stopping
or lying on the floor,
the cheers and advice from friends give you strength
before stepping up to lane four

When you hear the gunshot
It feels as if it was shot just for you.
Ready, set, set your mind,
Surpass your goal
And do the best you can do!

If you're not a Running Cougar,
you don't know that in the end,
It's not about your time and place
But how much effort you put into your race.
You lose some; you win some
A Running Cougar remains strong and firm
And never quits...
And that's what makes a winner!

If you're not a Running Cougar, you just wouldn't know.