

Marathon

**on the bus people are staring at me
I keep my head to the floor, concentrate
I tighten and un-tighten my leg muscles
ready them for the big event
try to ignore them, don't get distracted**

**they all said I couldn't do it
but I know I will**

**a child laughs
I redden
I am alone
I still feel stupid
the loneliness of the long distance runner**

**a man dressed as a duck carrying his head under
his arm
gets on the bus
he sits across from me
says "quack quack"
"mooo" I reply**