

## *Ice Run* (this one works best if you read it out loud)

It seemed like we'd been crashing  
Over frozen ruts forever  
There wasn't snow to run on,  
We drove a four-wheeler instead

Our backs and butts were aching  
From the bouncing and the smashing  
Can't wait to ditch this ride  
Run on snow, drive a sled

Well, first it snowed, then it rained  
Then it got real cold and hard  
The trail was slick and icy  
But we had to do a run

We've got snow, we're running sleds  
Just hook a tree, is what she said  
Piece of cake, no problem  
Hook 'em up - let's have some fun

The runners skipped and chattered  
The dogs were really rolling  
We slid and whipped through corners  
I felt adrenalin and dread

Somewhere out there on that trail  
There was a hill, steep but short  
I hit the drag to slow them down -  
My foot hit the snow instead

My foot ripped back  
My feet slipped out  
My knee crashed downed  
Onto the sled

My stomach flopped  
Blood trickled down  
Pain shot up  
And spun my head

But I held on - you can't let go  
We didn't even slow a bit  
The sled stayed up, the dogs went faster  
They always do know how to help!

My body dragged between the rails  
Shit, I gotta slow them down!  
I slammed the brake bar with my knees  
Swallowing a painful yelp

I did a chin-up on the handle  
Dragged myself back into place  
Cleared my head and brushed the snow off  
Then kept on mushing down the trail

We did a twenty mile run  
My knee was sore but not too bad  
We ran on home and stopped the teams  
My knee gave out and down I fell

That night my knee swelled twice its size  
And locked up for a week  
Turned blue on black (and even green)  
And kept me up at night in bed

No I didn't lose the team  
Or even slow them down  
But how the hell do you get that hurt  
If you never even crash the sled?

Now it's two years later  
And I use a wider drag  
I keep my feet where they belong  
But I can still feel that old knee