

Ode to Fondy Harriers

What is a fondy harrier?
Why it's a runner that can break through any barrier!

So remember that today as you lace up each shoe,
and more important remember we all believe in you,

So today let's **band** together and bear each others **pain**,
you are an important **piece** of this team with out you Fondy cc
wouldn't be the same,

You've put in your miles and you're worth more than **grand**,
it's your training that will get you to that victory stand.

Embrace this opportunity for it's mint,
and pick off some runners with your finishing sprint!

While the others will fade,
remember your **gatorade**,

Quench your thirst for finishing first,
and your best will be no worst!

Thank you for the miles you've run this year,
Now, you're the one the other teams will fear!

thank for your dedication,
Coach Barribeau

**"To give anything less than your best is to sacrifice
the gift" - Steve Prefontaine**

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