

The Shropshire Shufflers

Just Run.

Run at a pace that allows you to chat -

We make it our practice to run like that.

Still come if you're shy and don't want to talk
while you run, or Shuffle, or race, or walk.

So, if you're someone who does a superfast 5k,
or if leaving the sofa's your work for the day -
as long as your friendly, join us!

If you're an engineer or drive a big bus;

If you're a teacher, a nurse, or retired –

When you're with us, you'll never feel tired!

We're a solar panel to give you power,

a countryside field of golden sun flowers –

on a run to the weir or the water tower,

we're the tandem partner who'll help you along.

So, whether you're old, middle aged or young

just run,

with the Shropshire Shufflers

Written by Brenda Read-Brown for the Shropshire Shufflers in July 2022

Brenda is a poet and performer. If you want to see more of her work, go to:

<https://www.brendareadbrown.co.uk/>