

There's nothing that compares  
To feeling your chest tighten  
Heart sink and beat so hard  
You feel it while remaining completely still

I came across a video that made that feeling all too real  
Maybe I wasn't ready to see it  
I should have thought harder about my decision  
Something I didn't think was so touchy anymore  
Was ignited once again

I saw myself crawling across a finish line  
At the end of a very important cross country race  
Like I said, my heart sank  
For many reasons

One being pure frustration  
Frustration towards myself with two differing approaches  
1: Being mad my body let me down at an important moment  
But at the same time  
2: Being mad it got to that place to begin with

To look objectively, my body didn't let me down  
It fought as hard as it could  
It gave me everything it possibly could have  
But there was nothing left  
It was depleted  
My body wasn't the problem, it was me

Collapsing was my body trying to tell me it was hurting  
I should have seen the signs early  
As it asked for help  
But I blatantly ignored them for so long  
It was a routine that sadly felt so familiar

Watching myself trying to crawl  
Brought back every memory I had of that day  
I can say I have never felt that way before  
Only experiencing it in dreams when you were paralyzed and unable to move  
But I wasn't going to wake up and find it to be a nightmare  
It was real this time  
And I know I never want to feel like that again

So here I am  
Saying to myself  
This next season will end differently  
I owe it to my family and coaches  
To show all their hard work and dedication peak at the right moment  
They've done everything they can for me  
So it's time I do everything in my power for them  
No excuses  
It's time to find out what could be  
Instead of what would have been

e.g.