

## **Up and Down** SPEED POETS 2009

Michael E. Stone

He said:

We climbed the mountain.

It took three days

to reach the peak.

But we could stand there

only for five minutes.

The wind was too strong.

When your legs hurt, she said,

It is easier to climb up than to descend.

In life,

we scabble up

with nails and knees

but slide down

oh, so quickly

on our bottoms.

