

## A Day At The Beach

I wake up happy and bright, for today will be such a delight.

A pony tail for my hair, and tennis shoes by the pair.

With a basket full of snacks, I dawn my jogging slacks.

I pack my stuff into the car, to head to the beach, it isn't that far.

Top down, wind in my hair, I long for that first breath of salty sea air.

The sun is peaking over that distant hill, this is better than any pill.

I walk out to the wet sand, while my earbuds play my favorite band.

The only life I see, is the seagulls flying free.

I take time for a quick stretch, then fill my lungs with a deep breath.

A quick check of my shoelace, and then I'm off, running a steady pace.

I run for a while, then turn back to complete a mile.

I return to my car for all I need, then back towards the water I proceed.

My arms full, I head towards the sea, to find the perfect spot for me.

I take off my clothes, my socks and shoes, to a bathing suit in shades of blues.

With the sun and the ocean, I put on my suntan lotion.

I place my chair and umbrella, and pull out my recent novella.

As the sun rises higher, others show up in their beach attire.

What started as my private place, is full of others enjoying this space.

The heat of the sun has warmed my skin, so, to the water I go for a swim.

With my mask and snorkel, looking at brightly colored fish and coral.

Finally, back to my spot on the beach, for something good to eat.

As the sun starts to dip lower, the breeze becomes a bit colder.

To stay longer is my only desire, so I light a small bon fire.

A breathtaking sunset fills the sky, as I look to the heavens and sigh.

This has been such a perfect day, every moment in every way.