Oh the Pain!

Brent wanted to train for the race.
So he went to practice in the rain.
He jumped over a rail and ran around a drain.
Then he ran around a park and jumped over a log.
“I can run all day,” said Brent.
Just then, Brent slipped in some wet clay.
Down he fell.
Oh the pain! It was plain he was hurt.
“It may be a sprain,” said Brent.
“No,” said the doctor. “It’s not a sprain.”
Brent can still train for the race.
But he will not train in the rain.