

Mr Bowman, I think he's pretty cool

But Mrs Bowman says he's a silly old fool!

He runs so fast but it's never enough

Can he go faster? Probably, he is really tough!

We all know how much he likes to race

And little will get in the way of that speedy pace!

Apart from a streetlight in the middle of the path

It almost knocked his head off, yet still he managed to laugh!

Then there was the time he fell off his bike

He broke his shoulder but still rode home, what is he like?!

I think the point that I'm trying to make

Is he has unbelievable strength; there's no pain he can't take!

Ken Bowman you're a hero and an inspiration

For your strength, speed and determination!