

FOUR SYMPHONIC VERSES

(Suite for Orchestra and Narrator)

Music by Robert Sterling (ASCAP)

1. It Couldn't Be Done (by Edgar A. Guest)
2. This, Too, Shall Pass Away (by Lanta Wilson Smith)
3. The Road Not Taken (by Robert Frost)
4. If (by Rudyard Kipling)

It Couldn't Be Done

From
Four Symphonic Verses
(Suite for Orchestra and Narrator)

Music by Robert Sterling (ASCAP)
Poem by Rudyard Kipling (PD)

© 2020 by Robert Matthew Sterling Music (ASCAP)
All Rights Reserved.

It Couldn't Be Done
(for orchestra & narrator)

Music by Robert Sterling (ASCAP)

"It Couldn't Be Done"
by Edgar A. Guest (PD)

Slowly (♩=ca. 48)

Piccolo

Flute

Oboe

Clarinet 1 & 2

Bassoon

Horn 1

Horn 2 & 3

Cornet (solo)

Trumpets 1 & 2

Trombone 1 & 2

Bass Trombone

Tuba

Timpani

Wood Block

Bass Drum

Triangle

Chimes

Narrator

Harp

Violin 1

Violin 2

Viola

Cello

DoubleBass

al

mp

p

Tri.

Chimes

(clar)

(oboe)

pp

div.

2

3

4

Full Score

3

rit. Playfully (♩=ca. 78)

Picc.

Fl. 1/2

mp

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Cor.

Tpt. 1/2

Tbn. 1/2

B. Tbn.

Tba.

Timp.

mp

Wood Block

B. D.

Tri.

Chim.

to Xylo.

Narr.

(flute)

(pizz. stg)

Hp.

Vln. 1

rit. Playfully (♩=ca. 78)

pizz.

Vln. 2

mp

pizz.

Vla.

mp

pizz.

Vc.

mp

pizz.

Db.

mp

5 6 7 8

12 solo

Picc.

Fl. 1/2

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Cor.

Tpt. 1/2

Tbn. 1/2

B. Tbn.

Tba.

Tim.

W.B.

B. D.

Tri.

Chim.

Narr.

Hp.

12 arco

Vln. 1

Vln. 2

Vla.

Vc.

Db.

9 10 11 12

Picc.

Fl. 1/2

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Cor.

Tpt. 1/2

Tbn. 1/2

B. Tbn.

Tba.

Timp.

W.B.

B. D.

Tri.

Chim.

Narr.

Hp.

Vln. 1

Vln. 2

Vla.

Vc.

Db.

13

14

15

16

that it couldn't be done.

But he with a chuckle replied

that "maybe it couldn't,"

solo

mp

Picc.

Fl. 1/2

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Cor.

Tpt. 1/2

Tbn. 1/2

B. Tbn.

Tba.

Timp.

W.B.

B. D.

Tri.

Chim.

Narr.

Hp.

Vln. 1

Vln. 2

Vla.

Vc.

Db.

But he would be one who wouldn't say so till he tried. (tutti)

PREVIEW ONLY

23

Picc.
 Fl. 1/2
 Ob.
 Cl. 1/2
 Bsn.
 Hn. 1
 Hn. 2/3
 Cor.
 Tpt. 1/2
 Tbn. 1/2
 B. Tbn.
 Tba.
 Timp.
 S. D.
 B. D.
 Anv.
 Xyl.
 Narr.
 Hp.
 Vln. 1
 Vln. 2
 Vla.
 Vc.
 Db.

Picc.

Fl. 1/2

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Cor.

Tpt. 1/2

Tbn. 1/2

B. Tbn.

Tba.

Timp.

S. D.

B. D.

Anv.

Xyl.

Narr.

Hp.

Vln. 1

Vln. 2

Vla.

Vc.

Db.

25

26

27

28

mp

mp

pizz.

mp

mp

mp

If he worried he hid it.

He started to sing as he tackled the thing

Picc. *mp* *mf* *f*

Fl. 1/2 *mp* *mf* *f*

Ob. *mp* *mf* *f*

Cl. 1/2 *mp* *mf* *f*

Bsn. *mp* *mf* *f*

Hn. 1 *mp* *mf* *f*

Hn. 2/3 *mp* *mf* *f*

Cor. *mp* *mf* *f*

Tpt. 1/2 *mp* *mf* *f*

Tbn. 1/2 *mf* *f*

B. Tbn. *mf* *f*

Tba. *mf* *f*

Timp. *f*

S. D. *f*

B. D. *f*

Anv. *f*

Xyl. *mp* *mf* *mf*

Narr. that couldn't be done... (tutti) and he did it! *mf*

Hp. *mf* *f*

Vln. 1 *arco* *mp* *mf* *f*

Vln. 2 *arco* *mp* *mf* *f*

Vla. *mp* *mf* *f*

Vc. *div. arco* *mp* *mf* *f*

Db. *mp* *mf* *f*

29 30 31 32

Picc.
 Fl. 1/2
 Ob.
 Cl. 1/2
 Bsn.
 Hn. 1
 Hn. 2/3
 Cor.
 Tpt. 1/2
 Tbn. 1/2
 B. Tbn.
 Tba.
 Timp.
 S. D.
 B. D.
 Anv.
 Xyl.
 Narr.
 Hp.
 Vln. 1
 Vln. 2
 Vla.
 Vc.
 Db.

Picc. *mp*

Fl. 1/2 *mp*

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Cor.

Tpt. 1/2

Tbn. 1/2

B. Tbn.

Tba.

Timp.

S. D.

B. D.

Anv.

Xyl.

Narr. and a bit of a grin, without any doubting or quiddit, He started to sing
(picc/cornet)

Hp.

Vln. 1 *pizz.* *arco*

Vln. 2 *pizz.* *arco*

Vla. *pizz.* *arco*

Vc.

Db.

45 46 47 48

55 Slower (♩=ca. 64)

rit.

Picc.

Fl. 1/2

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Cor.

Tpt. 1/2

Tbn. 1/2

B. Tbn.

Tba.

Timp.

S. D.

B. D.

Cym.

Xyl.

Narr.

Hp.

Vln. 1

Vln. 2

Vla.

Vc.

Db.

53

54

55

56

Picc.

Fl. 1/2

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Cor.

Tpt. 1/2

Tbn. 1/2

B. Tbn.

Tba.

Timp.

M.tree

B. D.

Cym.

Chim.

Narr.

Hp.

Vln. 1

Vln. 2

Vla.

Vc.

Db.

mp

p

p

mp

p

pp

rit.

rit.

pp

rit.

There are thousands to point out to you, one by one,

the dangers that wait to assail you.

61

62

63

64

Picc. *mp*
 Fl. 1/2 *mp*
 Ob.
 Cl. 1/2
 Bsn.
 Hn. 1
 Hn. 2/3
 Cor.
 Tpt. 1/2
 Tbn. 1/2
 B. Tbn.
 Tba.
 Timp.
 S. D.
 B. D.
 Cym.
 Chim. *mp*
 Narr. Just take off your coat and go to it. Just start to sing as you tackle the thing
 Hp.
 Vln. 1 *pizz.* *arco*
 Vln. 2 *pizz.* *arco*
 Vla. *pizz.* *arco*
 Vc.
 Db.

This, Too, Shall Pass Away

From
Four Symphonic Verses
(Suite for Orchestra and Narrator)

Music by Robert Sterling (ASCAP)
Poem by Lanta Wilson Smith (PD)

© 2020 by Robert Matthew Sterling Music
All Rights Reserved.

Commissioned by the CUE Foundation. Randy Edwards, president.

"This, Too, Shall Pass Away"
by Lanta Wilson Smith (PD)

This, Too, Shall Pass Away
(for orchestra and narrator)

Music by Robert Sterling

Adagietto (♩=ca. 69)

Piccolo

Flute 1 & 2

Oboe 1 & 2
a1
mp

Clarinet 1 & 2
mp

Bassoon

Horn 1

Horn 2 & 3

Trombone 1 & 2

Bass Trombone

Tuba

Timpani

Percussion

Glockenspiel

Narrator
(oboe)

Harp
(Eb)
mp 6

Violin 1
no vib.
ppp

Violin 2

Viola

Cello

Double Bass

Picc.

Fl. 1/2
mp
a1.
a2|

Ob. 1/2

Cl. 1/2

Bsn.
mp

Hn. 1

Hn. 2/3

Tbn. 1/2

B. Tbn.

Tba.

Timp.

Perc.

Glock.

Narr.
(pizz. stg)

Hp.

Vln. 1
pizz.
p

Vln. 2
pizz.
p

Vla.
pizz.
p

Vc.
pizz.
p

Db.
pizz.
p

5 6 7 8

9

Picc.

Fl. 1/2

Ob. 1/2

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Tbn. 1/2

B. Tbn.

Tba.

Timp.

Perc.

Glock.

Narr.

Hp.

9 (vib.) arco

Vln. 1

arco

Vln. 2

arco

Vla.

arco

Vc.

Db.

9 10 11 12

Picc.
 Fl. 1/2
 Ob. 1/2
 Cl. 1/2
 Bsn.
 Hn. 1
 Hn. 2/3
 Tbn. 1/2
 B. Tbn.
 Tba.
 Timp.
 Perc.
 Glock.
 Narr.
 Hp.
 Vln. 1
 Vln. 2
 Vla.
 Vc.
 Db.

are swept from sight forever, Say to your heart each trying hour:
 "This, too, shall pass away."
 (tri.)
 (B $\natural$, D $\flat$)
 Triangle
p
pp *mp*
div.
pp *mp*
div.
pp *mp*
div.
pp *mp*
arco
 13 14 15 16

17

Picc. *mf* 3 6

Fl. 1/2 *mf* 3 6

Ob. 1/2 *mp* 3 3 3

Cl. 1/2 *mf* 3 6

Bsn. *mp*

Hn. 1 *mp* 3 3 3 3 3 3

Hn. 2/3 *mp*

Tbn. 1/2 *mp*

B. Tbn. *mp*

Tba. *mp*

Timp.

Perc.

Glock. *mp* 3

Narr. When ceaseless toil has hushed your song of gladness, and you have grown almost too tired to pray, Let this truth
(horns) (stgs) 3 3 3

Hp.

17

Vln. 1 *mp* 3 3 3

Vln. 2 *mp* 3 3 3

Vla. *mp* 3 3 3

Vc. *mp*

Db. *mp*

17 18 19 20

Picc.

Fl. 1/2

Ob. 1/2

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Tbn. 1/2

B. Tbn.

Tba.

Timp.

Perc.

Glock.

Narr.

Hp.

Vln. 1

Vln. 2

Vla.

Vc.

Db.

banish from your heart its sadness, And ease the burdens of each trying day: "This, too, shall pass away." (harp gliss)

(winds)

(D♭, E♭)

Sus. Cym.

mf

p

mp

gliss.

Full Score

This, too, Shall Pass Away

24

Picc. *mf*

Fl. 1/2

Ob. 1/2

Cl. 1/2 *mp*

Bsn.

Hn. 1

Hn. 2/3

Tbn. 1/2 *mf* *mp*

B. Tbn. *mf* *mp*

Tba. *mf* *mp*

Timp. *mf* *mp*

Perc. *mf* *p*

Glock. *mf*

Narr. When fortune smiles, and, full of mirth and pleasure, the days are flitting by without a care, Lest you should rest

Hp. (Db, Eb, Gb, Ab, Bb)

24

Vln. 1 *mf* *mp*

Vln. 2 *mf* *mp* *div.*

Vla. *mf* *mp* *div.*

Vc. *mf* *mp*

Db. *mf* *mp* *unis.*

24 25 26 27

31

Picc.

Fl. 1/2

Ob. 1/2

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Tbn. 1/2

B. Tbn.

Tba.

Timp.

Perc.

Glock.

Narr.

Hp.

Vln. 1

Vln. 2

Vla.

Vc.

Db.

with only earthly treasure, let these few words their fullest import bear:

"This, too, shall pass away."

When earnest labor

(harp)

(oboe)

no vib.

mp

mf

p

ppp

Picc.

Fl. 1/2

Ob. 1/2

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Tbn. 1/2

B. Tbn.

Tba.

Timp.

Perc.

Glock.

Narr.

Hp.

Vln. 1

Vln. 2

Vla.

Vc.

Db.

brings you fame and glory, and all earth's noblest ones upon you smile,

Remember that life's longest, grandest story

mp

a1.

a2.

6

6

[illegible]

The Road Not Taken

From
Four Symphonic Verses
(Suite for Orchestra and Narrator)

Music By Robert Sterling (ASCAP)
Poem by Robert Frost (PD)

© by Robert Matthew Sterling Music
All Rights Reserved.

(for orchestra & narrator)

Music by Robert Sterling (ASCAP)

Expressive; Largo (♩ =ca. 48-50)

© Copyright 2020 by Robert Matthew Sterling Music
All Rights Reserved.

5

Fl. 1/2

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Timp.

Perc.

Vib.

Narr.

Hp.

Cel.

5

Vln. 1

Vln. 2

Vla.

Vc.

Db.

5

6

7

8

Two roads diverged in a yellow wood, and sorry I could not travel both and be one traveler,

(A $\flat$)

p

pizz.

p

Fl. 1/2

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Timp.

Perc.

Vib.

Narr.

Hp.

Cel.

Vln. 1

Vln. 2

Vla.

Vc.

Db.

p

rit.

p

unis.

p

(motor off)

p

long I stood and looked down one as far as I could

to where it bent in the undergrowth;

(F#)

(F#)

(B $\natural$)

arco

div.

p

pizz.

p

9

10

11

12

13 A tempo

Fl. 1/2

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Timp.

Perc.

Vib.

Narr.

Hp.

Cel.

13 A tempo

Vln. 1

Vln. 2

Vla.

Vc.

Db.

p

6

(celeste)

p

6

6

6

p

arco

13

14

15

16

Fl. 1/2

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Timp.

Perc.

Vib.

Narr.

Hp.

Cel.

Vln. 1

Vln. 2

Vla.

Vc.

Db.

rit.

p

p

mp

mp

Sus. Cym.

pp

though as for that the passing there had worn them really about the same.

(winds)

(F#)

(G#)

rit.

17

18

19

20

21

Slightly hurried

Fl. 1/2

mp

Ob.

mp

Cl. 1/2

mp

Bsn.

mp

Hn. 1

Hn. 2/3

Timp.

mp

Perc.

mp

Vib.

mp

Narr.

And both that morning equally lay in leaves no step had trodden black. Oh, I kept the first for another day!

Hp.

mf *mp*

Cel.

p

21

Slightly hurried

Vln. 1

pp *mp* *pp* *mp*

Vln. 2

pp *mp* *pp* *mp*

Vla.

pp *mp* *pp* *mp*

Vc.

mp

Db.

pp 21 *mp* 22 *pp* 23 *mp* 24

29Tempo 1

Fl. 1/2

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Timp.

Perc.

Vib.

Narr.

Hp.

Cel.

Vln. 1

Vln. 2

Vla.

Vc.

Db.

p

p

mp

(To Tri.)

I shall be telling this with a sigh somewhere ages and ages hence: Two roads diverged in a wood, and I -

(B $\flat$)

(A $\flat$)

p

p

p

p

pizz.

p

29

29

30

31

32

Fl. 1/2

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Timp.

Perc.

Vib.

Narr.

Hp.

Cel.

Vln. 1

Vln. 2

Vla.

Vc.

Db.

I took the one less traveled by, and that has made all the difference.

(B $\natural$)

arco

33 34 35 36

37

Fl. 1/2

Ob.

Cl. 1/2

Bsn.

Hn. 1

Hn. 2/3

Timp.

Perc.

Vib.

Narr.

(winds)

Hp.

Cel.

37

Vln. 1

Vln. 2

Vla.

Vc.

Db.

37 38 39 40

IF

From *Four Symphonic Verses* (Suite for Orchestra and Narrator)

Music by Robert Sterling (ASCAP)
Poem by Rudyard Kipling (PD)

© 2020 by Robert Matthew Sterling Music
All Rights Reserved.

IF

(for orchestra & narrator)

"If" by Rudyard Kipling (1936)

Music by Robert Sterling (ASCAP)

Slow, with some freedom (♩=ca. 60)

Solo

mf

Solo

mf

Solo *mute*

mf

p

p

p

(picc)

(tpt)

(flute)

mp

Slow, with some freedom (♩=ca. 60)

pp

pp

pp

pp

pp

pp

pp

mp

pizz.

1 2 3 4

© Copyright 2020 by Robert Matthew Sterling Music
All Rights Reserved.

Picc.
 Fl.
 Ob.
 Cl.
 Bsn.
 Hn.
 Tpt.
 Tbn.
 B. Tbn.
 Tba.
 Timp.
 Tri.
 Cym.
 Chim.
 Glock.
 Narr.
 Hp.
 Vln. I
 Vln. II
 Vla.
 Vc.
 Db.

4

Steadily

10

IF

Picc.

Fl.

Ob.

Cl.

Solo

mp

a2

Bsn.

Hn.

Tpt.

Tbn.

B. Tbn.

Tba.

Timp.

Tri.

Cym.

Chim.

Glock.

Narr.

(harp)

If you can keep your head when all about you
Are losing theirs and blaming it on you;

Hp.

p

Steadily

10

Vln. I

Vln. II

Vla.

Vc.

Db.

9

10

11

Picc.
 Fl.
 Ob.
 Cl.
 Bsn.
 Hn.
 Tpt.
 Tbn.
 B. Tbn.
 Tba.
 Timp.
 Tri.
 Cym.
 Chim.
 Glock.
 Narr.
 Hp.
 Vln. I
 Vln. II
 Vla.
 Vc.
 Db.

If you can trust yourself when all men doubt you,
 But make allowance for their doubting, too;
 If you can wait and not be tired by waiting,
 or, being lied about, don't deal in lies,

no vib.
ppp
pp
 no vib.
ppp
pp
 vib.
mp

12 13 14

Picc.

Fl.

Ob.

Cl.

Bsn.

Hn.

Tpt.

Tbn.

B. Tbn.

Tba.

Timp.

Tri.

Cym.

Chim.

Glock.

Narr.

Hp.

Vln. I

Vln. II

Vla.

Vc.

Db.

Solo

mp

mp

mp

mp

Or being hated don't give way to hating,
And yet don't look too good nor talk too wise;

(picc)

mp

[illegible]

8

Picc.

Fl.

Ob.

Cl.

Bsn.

Hn.

Tpt.

Tbn.

B. Tbn.

Tba.

Timp.

Tri.

Cym.

Chim.

Glock.

Narr.

Hp.

Vln. I

Vln. II

Vla.

Vc.

Db.

poco accel.

IF

mute a2

mf

To B. D.

Sus. Cym.

pp

mf

If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,

Or watch the things you gave your life to broken,
And stoop and build 'em up with worn-out tools;

(winds)

poco accel.
senza

senza

senza

senza

pizz.

arco

pp

p

mf

22

23

24

25

Picc.
 Fl.
 Ob.
 Cl.
 Bsn.
 Hn.
 Tpt.
 Tbn.
 B. Tbn.
 Tba.
 Timp.
 Tri.
 Cym.
 Chim.
 Glock.
 Narr.
 (vlns.)
 Hp.

Rehearsal mark 26 is indicated by a box containing the number 26 and the instruction "Slightly faster". The score for measures 26-29 is as follows:

- Vln. I:** Treble clef, key of B-flat major. Measure 26: quarter rest, quarter note B-flat, quarter note C, quarter note D. Measure 27: half note E, quarter note D. Measure 28: quarter rest, quarter note E, quarter note F, quarter note G. Measure 29: half note A, quarter rest. Dynamics: *mp* in measure 26, crescendo hairpin in measure 29.
- Vln. II:** Treble clef, key of B-flat major. Measure 26: quarter rest, quarter note B-flat, quarter note C, quarter note D. Measure 27: half note E, quarter note D. Measure 28: quarter rest, quarter note E, quarter note F, quarter note G. Measure 29: half note A, quarter rest. Dynamics: *mp* in measure 26, crescendo hairpin in measure 29.
- Vla.:** Alto clef, key of B-flat major. Measure 26: quarter rest, quarter note B-flat, quarter note C, quarter note D. Measure 27: half note E, quarter note D. Measure 28: quarter rest, quarter note E, quarter note F, quarter note G. Measure 29: half note A, quarter rest. Dynamics: *mp* in measure 26, crescendo hairpin in measure 29.
- Vc.:** Bass clef, key of B-flat major. Measure 26: eighth note G, eighth note F, eighth note E, quarter note D. Measure 27: half note C, quarter note B, quarter note A. Measure 28: half note G, quarter note F, quarter note E. Measure 29: half note D, quarter note C, quarter note B. Dynamics: *mf* in measure 26.
- Db.:** Bass clef, key of B-flat major. Measure 26: half note B-flat, quarter rest. Measure 27: half note A, quarter rest. Measure 28: half note G, quarter rest. Measure 29: half note F, quarter rest.

Picc.

Fl. *mf* *mp*

Ob. *mf* *mp*

Cl. *mf* *mp*

Bsn. *mf* *mp*

Hn. *mf*

Tpt.

Tbn. *mp*

B. Tbn.

Tba.

Timp. *mp*

Tri.

Cym.

Chim.

Glock.

Narr. *mf* *mp*

Hp. *mf* *mp*

Vln. I *mf*

Vln. II *mf*

Vla. *mf*

Vc. *mf*

Db. *mf*

If you can force your heart and nerve and sinew
To serve your turn long after they are gone,

And so hold on when there is nothing in you
Except the will which says to them:

(winds)

(A^b) (A⁺)

arco

30 31 32 33

IF

36 **Tempo 1**

11

The image shows a page of a musical score, likely for a symphony, featuring various instruments and a narrator. The score is written in 3/4 time and includes dynamic markings such as *p*, *mf*, and *mp*. A large diagonal watermark "OR PREVIEW ONLY" is overlaid on the page.

The instruments and parts shown include:

- Picc. (Piccolo)
- Fl. (Flute)
- Ob. (Oboe)
- Cl. (Clarinet)
- Bsn. (Bassoon)
- Hn. (Horn)
- Tpt. (Trumpet)
- Tbn. (Trombone)
- B. Tbn. (Bass Trombone)
- Tba. (Tuba)
- Timp. (Timpani)
- Tri. (Triangle)
- Cym. (Cymbal)
- Chim. (Chimes)
- Glock. (Glockenspiel)
- Narr. (Narrator)
- Hp. (Harp)
- Vln. I (Violin I)
- Vln. II (Violin II)
- Vla. (Viola)
- Vc. (Violoncello)
- Db. (Double Bass)

The score includes a section marked "36" and "Tempo 1". The music is in 3/4 time. The narrator's part includes the text: "Hold on." and "If you can talk with crowds and keep your virtue, Or walk with kings- nor lose the common touch,". The harp part includes the text: "(Bb scale) *mp*". The double bass part includes the text: "8va 7/8".

12

Picc.

Fl.

Ob.

Cl.

Bsn.

Hn.

Tpt.

Tbn.

B. Tbn.

Tba.

Tim.

B. D.

Cym.

Chim.

Glock.

Narr.

Hp.

Vln. I

Vln. II

Vla.

Vc.

Db.

IF

Open a2

mf

(s.c.)

piatti

mf

If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;

If you can fill the unforgiving minute
With sixty seconds worth of distance run,

38 39 40

[illegible]

[illegible]