

Soundtrack for Life

Name:

Activity

Step	Song / Artist	Genre	Information	Media/Links
Leaving NBT Stadium	Live like You Were Dying by Tim McGraw	Country	I love starting runs with song. The Lyrics tell the story of a man with a life-threatening illness giving advice to another. It talks about living life to the fullest, enjoying every experience and being a better person. Although it is a ballad, (slow tempo) the chorus is uplifting and energetic. The volume increases in the chorus. The backup singers enter and there are more electric instruments, compared to the verse which is mostly acoustic.	https://youtu.be/_9TShlMkQnc?t=49s
Crossing Buckley Rd Interchange	Our Song By Taylor Swift	Country	This song has a playful feel that makes it fun to run to. The lyrics are light and carefree, and the fiddle interjects little solos and counter-melodies throughout.	https://youtu.be/qyS1hb1DEzk?t=59s
Entering the Parkway by the lake	Jessica by The Allman Brothers Band	Southern Rock	The Allman Brothers' blend of acoustic and Electric make them a great choice for a Sunday morning run by the lake. The 16th note variations in the drums sounds like a like a locomotive churning down the tracks, reminding me to settle in to a moderate pace. Part way into the song, I have finished my first mile. 25 miles to go!	https://www.youtube.com/watch?v=F78XV6fjxCE&feature=youtu.be&t=2m24s
Continue on Parkway	Midnight Rider by The Allman Brothers Band	Southern Rock	The lyrics start with "I got to run." They continue to talk about the long road ahead and to just keep moving. The title also reflects a little school spirit	https://youtu.be/GWuoYvgQArE?t=10s
Entering Onondaga Park. Taking a drink of water	Gimme Some Water by Eddie Money	Pop/Rock	I take a drink every 2.5-3 miles, so this song marks my first water. Eddie Money is a perfect fit, sandwiched between these other two artists. The guitar solo and frequent riffs create a connection to the Allman Brothers. although not in this song, Eddie Money's frequently uses horn parts, similar to Dave Matthews.	https://youtu.be/wrDhLqePisQ?t=1m56s
Continuing by Lake	Ants Marching Dave Matthews Band	Southern Rock	Dave Matthews is great running music. It has syncopated rhythmic grooves that keep driving ahead. I also love DMB because of the horns and jazz feel.	https://youtu.be/pQWB_IzHzEs?t=56s
"	Satellite By Dave Matthews Band	Southern Rock	This song has a more relaxed feel, but still keeps pushing forward	https://youtu.be/LEGV9H0aZaQ