

## A is for Airborne (running)

A is for Airborne  
I is for in the sky  
R is for rough and tough  
B is for bonafide  
O is for on the go  
R is for Ranger  
N is for never quit  
E is for every day

## When I get to Heaven (running)

When I get to Heaven  
Saint Peter's gonna say  
"How'd you earn your livin' boy?  
How'd you earn your pay?"  
I'll reply with a whole lot of anger,  
"I made my living as an Airborne Ranger!"  
Blood, guts, and a whole lot of danger  
That's the life of an Airborne Ranger!"  
When I get to hell  
Satan's gonna say  
"How'd you earn your livin' boy?"  
How'd you earn your pay?"  
I'll reply with a boot to his chest  
"I made my living laying souls to rest!"  
When I get to home  
Mama's gonna say  
"How'd you earn your livin' boy?"  
"How'd you earn your pay?"  
I replied with no such anger  
Mama used to beat me with a coat hanger

## No Sweat (running)

One mile  
No sweat  
Two miles  
Better yet  
Three miles  
Gotta run  
Four miles  
Just for fun  
Come on  
Let's go  
We can go  
Through the snow  
We can run  
To the sun  
We train  
In the rain

## Saw an old lady... (running)

Saw an old lady running down the street  
Had a chute on her back, jump boots on her feet  
Said, "Hey old lady where you goin' to?"  
She said "US Army Airborne School"  
Whatcha gonna do when you get there?  
Jump from a plane, float through the air  
I said "Hey old lady ain't you been told?"

Airborne School's for the young and the bold  
She said "Hey young punk who you talkin' to?  
I'm an instructor at the Airborne School

Saw an old lady marching down the road  
Had a knife in her hand and a 90lb load  
Said, "Hey old lady where you goin' to?"  
She said "US Army Ranger School"  
"Whatcha gonna do when you get there?  
Jump and swim and kill without care"  
I said "Hey old lady ain't you been told?  
Ranger School's for the young and the bold"  
She said "Hey young punk who you talkin' to?  
I'm an instructor at the Ranger School"

Saw an old lady running down the track  
Had fins on her feet and a tank on her back  
Said, "Hey old lady where you goin' to?"  
She said "US Army Scuba School"  
"Whatcha gonna do when you get there?  
Swim under water and never breath air"  
I said "Hey old lady ain't you been told?  
Scuba School's for the young and the bold"  
She said "Hey young punk who you talkin' to?  
I'm an instructor at the Scuba School!"

Saw an old lady walkin' down the street  
I.V. in her hand and boots on her feet  
I said "Hey old lady where you goin' to?"  
She said "Army Combat Medic School"  
I said "Hey old lady ain't you been told?  
Medic School's for the young and the bold"  
She said "Hey young punk who you talkin' to?  
I'm an instructor at the Medic School?"

## Up in the Morning (running)

Up in the morning, all day  
I don't like it, no way  
Eat my breakfast too damn soon  
Hungry as a hound dog, by noon  
Went to the mess hall on my knees  
I said, "Mess SGT, Mess SGT, feed me please!"  
Mess SGT said with a big ol' grin  
"If you wanna be Airborne, you gotta be thin"

Up in the morning, all day  
Working so hard we never play  
Running through the jungle where the sun don't shine  
All I do is double time

Up in the morning and out of the rack  
Grab my clothes and put them on my back  
Running cross the desert in the shifting sand  
Drill SGT, look, I'll give you a hand

Up in the morning with a whistle and a yell  
I know that voice and I know it well  
Drill SGT says you better hit the floor  
And don't be walking going out the door

## Two Old Ladies (running)

Two old ladies lying in bed  
One rolled over to the other and said,  
I wanna be an Airborne Ranger  
Live a life of guns and danger  
Airborne Ranger  
Guns and danger,

Two old ladies lying in bed  
One rolled over to the other and said,  
I wanna be a paramedic,  
Shoot some funky anesthetic,  
Paramedic  
Anesthetic  
Airborne Ranger  
Guns and Danger

Two old ladies lying in bed  
One rolled over to the other and said,  
I wanna be a scuba diver,  
Jump right in that muddy water  
Scuba diver  
Muddy water  
Paramedic  
Anesthetic  
Airborne Ranger  
Guns and Danger