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!”

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