

When you look to the hill you must climb
And your doubts will not disappear
But don't look down, look ahead
Isn't that what they said
It's a long way up from down here

To be fearless does not mean you're brave
To be brave means you have to know fear
Each crevice, each grip
Each foothold, each slip
It's a long way down from up here

So rise with the morning and run to the hills
Until you can't run no more
Like a bird set free from the chains of the night
And rise from the valley floor

Well, the bigger the hill the more shade
Deep in the dark lurks the fear
On the top all alone
The only shadow's your own
It's a long way down from up here

And you'll remember each painstaking step
And the thump of your heart in your ear
Let it beat like a drum
Marshall courage to come
It's a long way down from up here

So rise with the morning and run to the hills
Until you can't run no more
Like a bird set free from the chains of the night
And rise from the valley floor

The picture is broader high up
With a view that cannot compare
Three-sixty degrees
Might bring you to your knees
It's a long way up from down here

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Until you can't run no more
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