

# Joggin'

Ray Stevens

Well I wake up ev'ry morning 'fore the crack of dawn  
Slip into my Nikes and my sweats and I'm gone  
Joggin'... I got joggin' on my brain  
Heat wave, sleet, hail or hurricane  
I'm a-poundin' down the pavement, I'm a fool for pain

Joggin' (joggin')  
Yeah I'm joggin' (joggin')

Well I've been gaulded 'tween the thighs by my velveteen togs  
I've been bit right on the buns by them Doberman dogs  
I've had severe inflammation of my Achilles heel  
Is this the way a healthy person's supposed to feel?

I got muscle cramps, I got runner's knee  
But no amount of sufferin' will ever stop me  
From joggin'... I got joggin' on my brain (uh-huh)  
Heat wave, sleet, hail or hurricane  
I'm a-poundin' down the pavement, I'm a fool for pain

Joggin' (joggin')  
Joggin' (joggin')

I got fluorescent patches for runnin' in the dark  
I got a little can of mace for the muggers in the park  
I've been bust at and cussed at by people in their cars  
I've been clotheslined runnin' blind in people's backyards

Joggin'  
Joggin'

Joggin' (joggin')  
Joggin' (joggin')

Well I got hundred dollar shoes and fifty dollar shorts  
A Walkman, head bands, devices of all sorts  
A jogger's watch, I read the Runner's Magazine  
I eat fruit, bran, fiber and frozen Lean Cuisine

I tried handball, raquetball, tennis and golf  
But they don't move me, I only get off  
On joggin'... I got joggin' on my brain (uh-huh)  
Heat wave, sleet, hail or hurricane  
I'm a-poundin' down the pavement, I'm a fool for pain

Joggin' (joggin')  
Yeah I'm joggin' (joggin')  
Yeah I'm feelin' good now  
Oh I've been joggin' for 27 miles today  
Uh-oh, is that a black dog peeping  
Round the corner of that house at me?  
Dag blame it, I told him to put a chain on his boy!  
I'm a gonna have to call the pound again...  
Oh Lord, here he comes! Oh! Good boy! Nice dog!  
Heel! Down boy! Now I'm really joggin'!  
I think I just pissed up my fifty dollar shorts!  
Feet don't fail me now! Aaarrrghh!