

NHS JROTC Running Cadences (as of: 04 JAN 16)

C130

C130 Rolling Down the Strip
64 Jumpers on a One Way Trip
Mission Top Secret Destination Unknown
Don't Even Know If We're Ever Coming Home
Stand Up, Hook Up, Shuffle to the Door
Jump Right Out and Count to Four
If My Main Don't Open Wide
I've Got a Reserve By My Side
If That One Should Fail Me To
Look Out Below I'm Coming Through
If I Die on the Old Drop Zone
Box Me Up and Ship Me Home
Pin My Medals Upon My Chest
And Bury Me in the Leaning Rest
Because I'm Airborne All the Way
And I Do PT Every Day

Feel Alright Now:

Hey I Feel Alright Now
I can Run All Day and I Can Run All Night Now
One Mile – No Sweat
Two Miles – Better Yet
Three Miles – Easy Run
Four Miles – To the Sun
Five Miles – Feeling Great
Six Miles – Why Not Eight
Nine Miles – Almost Done
Ten Miles – Just for Fun

My Grand Daddy:

When My Grand Daddy Was Ninety One
He Did PT Just For Fun
When My Grand Daddy was Ninety Two
He Did PT Better Than You
When My Grand Daddy Was Ninety Three
He Did PT Better Than Me
When My Grand Daddy Was Ninety Four
He Did PT More and More
When My Grand Daddy Was Ninety Five
He Did PT to Stay Alive
When My Grand Daddy Was Ninety Six
He Did PT Just for Kicks
When My Grand Daddy Was Ninety Seven
He Up and Died and He Went to Heaven
When My Grand Daddy Was Ninety Eight
He Met Saint Peter at the Pearly Gates
When My Grand Daddy Was Ninety Nine
He Put Saint Peter at the Double Time

Mess Sergeant:

Up in the Morning Too Soon
Hungry as a Grizzly Bear by Noon
I Went to the Mess Sergeant (SGT) on My Knees
I Said Mess SGT, Mess SGT Feed Me Please
The Mess Sergeant Said with a Big Old Grin
If You Want to Be a Raider You Got to be Thin