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Subject: Re: Music to Run By

Posted by [Manualblock](#) on Sun, 13 Feb 2005 21:41:20 GMT

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I used to run to R&B. Sam and Dave; Otis Clay, Ann Peebles, Marvin Gaye. It's uplifting and energizing. The songs are infectious and help the time go by. Try Sly Stone. Or Barry White.

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