Subject: Re: Music to Run By Posted by Manualblock on Sun, 13 Feb 2005 21:41:20 GMT View Forum Message <> Reply to Message

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.