Subject: Music to Run By
Posted by elektratig on Sun, 13 Feb 2005 14:53:06 GMT
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Anybody a runner here? I'm not, but Mrs. E is looking for music to run by. She has an iPod and has found Beethoven and Eminem to be good accompaniments -- they have "energy" and "keep you moving" -- so don't worry about genre. All suggestions appreciated.e

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.

Subject: Re: Music to Run By
Posted by elektratig on Mon, 14 Feb 2005 00:01:23 GMT
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Thanks, MB! I never woulda thought of it!

Subject: Re: Music to Run By
Posted by Manualblock on Mon, 14 Feb 2005 00:17:37 GMT
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My Pleasure!