

Push For The Stride

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How many times have you woken up
To find your coffee's cold and a broken cup
That's a hell of a way to start your day.
How many times have you looked to the date
To find a calendar full of empty pages
What a hell of a way to see time flippin' away

Like a barrel down the hill keeps rolling faster
And circumstances become your master
And you realize your hands ain't on the wheel anymore

Chorus:

With the wind at your back and the sun at your side
Take the bull by the horns and ride
You gotta push for the stride, it wins the race every time
So when you're low on steam but your aim is high
You gotta keep your eye on the prize
You gotta push for of stride - it wins the race every time

For the str-i-de
For the str-i-de

Have you found yourself falling in a vicious dream
And you wake yourself up with a nasty scream
It's a hell of a way to get through the night

Have you opened up your heart to a promise made
Just to get it kicked back into yesterday
It's a hell of a way to lose all the ground that you gained

So when your spirits down and you mood is dark
Let the dark horse come and take you 'round
And you realize you're back in the saddle again .

Chorus

For the str-i-de
For the str-i-de
For the str-i-de
For the str-i-de

Chorus

Gotta push for the stride, it wins the race every time
For the str-i-de, for the str-i-de