

Jumping Hurdles: Hurdles

Hurdles are hot I run and I hop
I keep myself going with good self-talk
Hurdles are hot I run and I hop
I keep myself going

I'm not saying it's not hurtful to hit a couple hurdles
I've got some black and purples
I've spun around in circles
But I've got to get up and try again
Because hurdles are fun when you run with friends
You only lose if you give up so you should get up
When you fall down believe in a change
Through gains of small ground
Grinding it out will make me stronger
So every time I run I run a little bit longer
When I see my problems then I see my options
When I seek help I can see that I've got them
Then I take action my hurdles I hop them
Jump back up and keep from stopping
In my wood shop I keep on chopping
Get my good props and keep the profits
One more hop and I can cross the mosh-pit of the lost kids

(CHORUS) (ALT)

Let me explain simple and plain
You want to have game kid you've got to train
You've got to work your muscle got to work your brain
You've got to work hard got to work through pain
(ALT.....got to work your heart got to work your brain..)
Inch by inch you can measure your gain
'Til you've come so far I could cross the Great Plains
And in the end it's worth your strain
Because you hit all your hurdles on the inside lane
Inch by inch we can measure our gains
'Til we've come so far we've crossed the Great Plains
And in the end it's worth our strains
Because we hit all our hurdles on the inside lanes

(CHORUS) (repeat)

