

MVS Playlist

Bob Lussier:

"Keep on Chooglin'" by Credence Clearwater Revival. 8 minutes long ... steady beat. Will pick you up to tempo pace.

Bob Lennon:

From my iPod's 25 most played list:

e-pro by Beck

Chocolate- Snow Patrol

Fortress- Pinback

Love My Way- Psychedelic Furs

Don't you evah-Spoon

The Distance- Cake

Bohemian Like you- Dandy Warhols

Da Funk- Daft Punk

Swamp - Talking Heads

Face the Face- Pete Townsend

Also try, Fanfare for the Common Man- Emerson Lake & Palmer and just about anything by Oakenfold

Donna Phaneuf:

I like Melissa Ethridge, "I run for life"

How about Queen..... Don't stop me now!

"Rwana":

Phish - "Run Like an Antelope"

Veronica Morris:

For a challenge, I recommend:

Sabbath: Iron Man

Yes: Your Move/All Good People

Pink Floyd: Welcome to the Machine

Cake: Short Skirt/Long Jacket

James Carrington:

Showing my age here but Lonelyhearts by The Atlantics is an early '80s hard driving pop-rock tune with a simple yet screaming guitar riff and fast clean vocals and bass line. If this doesn't get your blood pumping you're most likely dead. Go to <http://www.myspace.com/atlantics> and click on Lonelyhearts for a sample.

Other great '80s stimulants are Twist And Crawl, Mirror In The Bathroom, I Confess, and A fantastic Ska cover of Tears Of A Clown; all by The English Beat, and Rock The Casbah by The Clash.

Also if you're into '80s techno I highly recommend the CD Substance by New Order, a greatest hits compilation - it's all good.

From the '70s go for Save My Life by Head East; Whose Cadillac Is That by War; Roll With The Changes by REO Speedwagon; any of the many hits from Earth, Wind, and Fire; and anything from the first Boston album.

More recent treats include Hey Man Nice Shot by Filter, Closer by Nine Inch Nails, Are You Gonna Be My Girl by Jet, A.M. Radio by Everclear, Bombtrack by Rage Against The Machine, Power Of Equality and Walkabout by The Red Hot Chili Peppers, and too many to list from The Offspring (though you have to have an appreciation for Surf Punk for most of that).

Wrap it all up by jogging a cool-down to This Must Be the Place by The Talking Heads.

Kim Grady:

B52---Love Shack
Aretha Franklin---Respect
Elvis Costello----Veronica
Blind Melon---No Rain
C&C Music Factory---Gonna Make You Sweat (oldie but goodie!)
Clash---several keep me going, but Rude Can't Fail is good
The Commitments---Mustang Sally
Jackson Five---ABC
Joe Cocker--Feeling Alright---now I am showing my age!!
Natasha Bedingfield---Unwritten
Sean Kingston---Me Love
Don't forget Squeeze...great upbeat motivating tunes!!
For a long run-----Yes Roundabout--7+ minutes!!