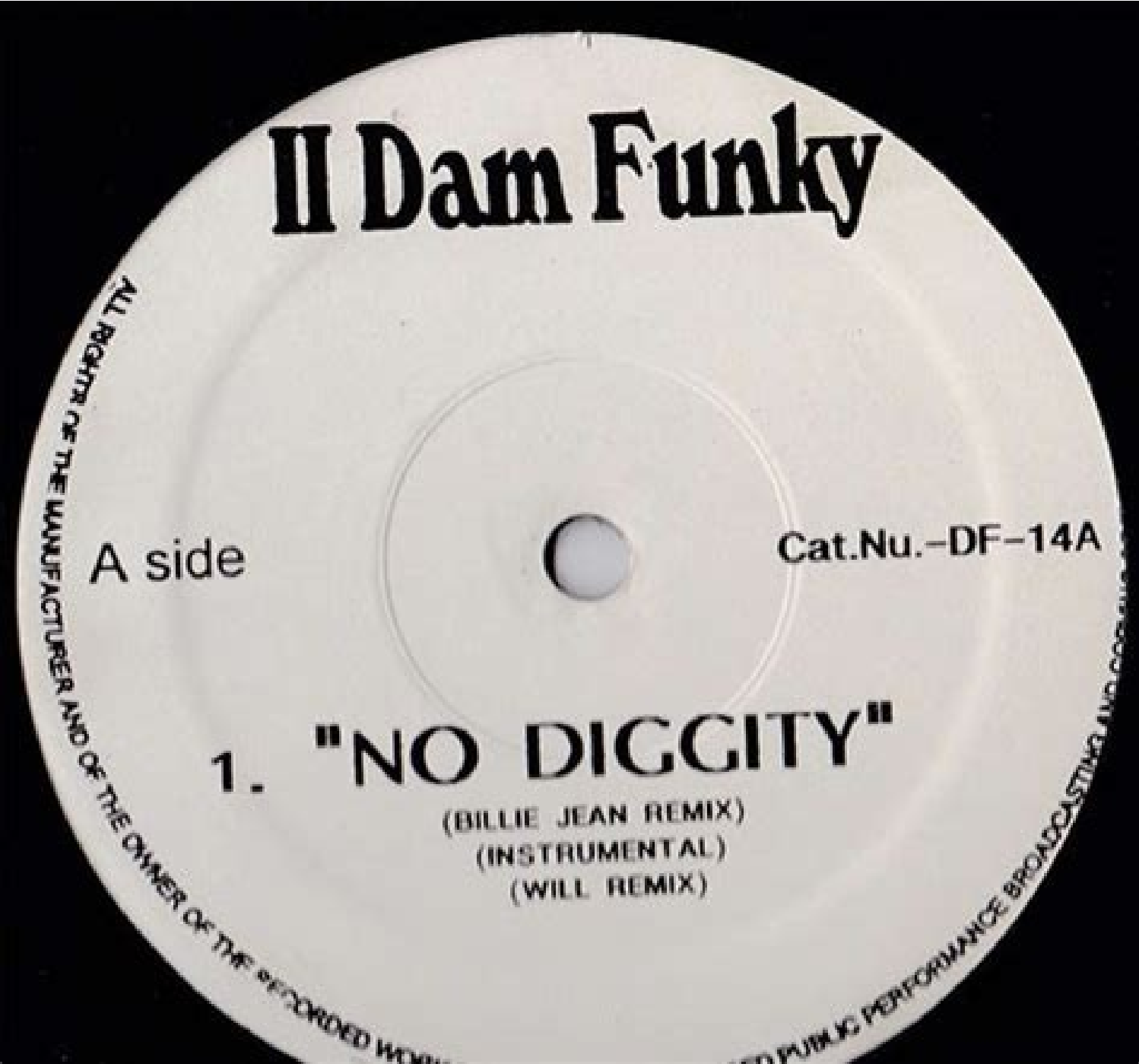


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I run to just get out and go. I run to take in the scenery. I run to compete against myself. I run to feel alive.I run because I can. I run to breathe. Rob ThomaseAAAASmooth (1999)Scatman JohnēAAAAScatman (Ski-Ba-Bop-Ba-Dop-Bop) (1995)SemisoniceAAA Closing Time (1998)Sir Mix-A-LoteAAA Baby Got Back (1992)Smashing PumpkinseAAA Bullet With Butterfly Wings (1995)Smash MouthēAAAWalkin' On the Sun (1997)Spice GirlseAAA Wannabe (1997)Spin DoctorseAAA Two Princes (1993)Sugar RayēAAA Fly (1997)Third Eye BlindeAAA Semi-Charmed Life (1997)VengaboysēAAABoom Boom (1998)The WallflowerseAAAOne Headlight (1997)WeezereAAA Buddy Holly (1994)Will SmithēAAAMiami (1998)Will SmithēAAAWild Wild West (1999)A ASpecial thanks to SparkPeople's Editorial Assistant Melinda Hershey who had way too much fun doing the research for this post.Looking for more? I run to be in nature. I run to move forward. A AI run in rain, snow, sleet, wind. I run to test myself. I run to think about nothing. And as long as I can run, I will.If you're interested in starting or continuing a running program, check out SparkPeople's Running Center for training plans, tips, and more!A ACan you relate to these reasons? Will you run on National Running Day? I run to manage my weight. I run to reach new goals. I run to be present. I run to listen to my heart. Why do YOU run? I run to listen to my music. I run to escape. I run to enjoy that dessert I run to be fit. I run to relax. Some may think that's crazy, but other members of this special club understand. (Can you guess which took the No. 1 spot?) Based on your votes, we have created a 60-minute continuous cardio remix playlist of the top 15 songs! You can get the playlist on iTunes for \$9.99, or at amazon.com for just \$8.99!Go ahead and burn yourself a mix CD for your walkmanēAAAI mean update your iPod or mp3 playereAAAwith these "made in the '90s" tunes next time you work out. I run to compete with others. So for myself, all the other And all the others who believe that something of the best music has already been created, I am delighted to share the mother of all the music lists of all 90. "But this is not just any list. I run to be sweaty. I run to be alone. I run to be a better athlete. I correct all seasons and in the same day of day. I run to save on gas. I run to break in my shoes. I run to get vitamin D. Corro to think about Everything. I run to leave my problems behind. I run out of breath. I run to be a better person. I run to be stronger. I run through the donuts and even through muddy obstacles, by the Diversion of this. Sharing the list with the members of Sparkpeople.com, the most large diet community and the United States exercises, and got them to vote on their favorites, so we could name the best songs Absolute training of the years 90. Mase and Puff Daddy, Mo Money MO problems (1997) * NSYNC, tearing my heart (1998), descent, leaves and plays (1994) presidents of the United States of America, Quad (1995), City DJ "C. A" e Mon A e ā, ~ "Ride (The Train) (1995) Quad City Dj'SA e ā, ~" Space Jam (1996) Rage against the machine: Bulls at the parade (1996) Hot Red Chili Peppers: Give him (1991) Chili Red Hot Chili Peppers: Suck my kiss (1991) Real McCoy, Automatic Lover (1995), Ricky Martin, Livin 'Loca Life (1999), said the right of Fred, I 'M also sexy (1992) Robyn: MuA © Strame Love (1997) Salt-N-Pepa with in Vogue, Whatta Man (1993) Santana Ft. Corro to reach new heights. I run to buy new shoes . I run to have a routine. I run to push my limits. Although it includes some of the best songs of the 90 years that you can think, these are the 100 most optimistic dance, pop, rap and rock tracks for exercise. Click on each link to listen to a preview (or the mp3) on Amazon.com. 2 PAC FT. I run to reach new distances. I run to greet the sun. Dr. Dre and Roger Troutman, California Love (1996) 311 "All Mix (1995) 69 Boyz, Tootsee Roll (1994) Ace of Base, do not become. Return. .elbadulas ratse arap orroC .tF .g.i.b oiron le)6991((av edn²Ad aZĀ ,ycreM yah oN)5991((sbewredipS ,adud niS)8991((ad el euq ol eneitbo detsu :selacidar soveuN)1991((ppo :azelarutaN yb ythguaN)5991((somecah ol omoc se Asa ,nadroJ lletnoM)9991((kcoridoB ,yboM)7991((evutbo euq ed n²Aiserpmi al :senotssob ythgiM yredoP ehT)9991((rebas otiseceñ :ynohtnA craM)8991((.thgiL fO yaR ,annodaM)7991((galfeltaB ,sratsllA ytilediF ajaB)9991((5 .oN obmaM ,ageB uoL)1991((it ne odnasnep odatse eh" ,taeBnodnoL)9991((ogimene roep roep im ,tIL)9991((los im abor ,neL ,neL)8991((lasoc ase(POW ool ,llIH nyruaL)4991((smaerD teewS ,ehcuoB al)5991((etnama im aes ,ehcuoB al)2991((pmuJ ,ssorK ssirK)8991((etnemaveun STNUJ ,noskaj tenaJ)2991((odnatlas ,rolod ed asaC)7991((pobmmM ,nosnaH ,nosnaH)3991((roma se euq ol ,yawaddaH)9991((©Abēb oev et ,adamA eworC)7991((gnO lrevE ,srethgiF oF)8991((knaKs rellefakor le ,milS yoltaF)7991((oAm erdap ,raelcrevE)8991((areufa aicah ortneda eD" ~ā ēAē avE)9991((se erbmon im ,menieE)9991((JEED AB AD(LUZA ,56 leftE)0991((elbAerCni ,MEF)4991((abirra ,ātse euq ol :oknM JD)9991((n'ipmJ' n'ipmJ" , onitsed led o±Āin la)0991((oicneliS led eturfsid ,ehcepeD)5991((YNAFFIT ED EHCPEPED odom le ne onuyased :ogLA odnuforp luzA)0991((n²Azaroc le ne :Ātse ewoorC ,etiL-eeD)6991((knuF aD :knuP tfaD)6991((odnum le odot ed ,knuP tfaD)3991((senoJ ,rS le ,sovreuc sol odnatnoc)7991((gnipmuhtsbuT ,abmawabmuhC)6991((looFevol ,snagidraC ehT)7991((2 gnoS ,rulB)2991((aivull nis ,ogeic n²AleM)6991((yttigDi on :teertskaB)1991((rajenam ed licĀfid ,seworC kcalB)6991((etnemadarepsed naesed euq ,arzE euq rojem)9991((citcalagretnI ,syoB eitseeB)9991((ajor atrela ,xxaJ onat²AS)8991((anames anU" ... samad gnikneneraB)7991((teertskaB ed adlapse al :syoB teertskaB)0991((ajac al ne erbmoH ,sanedac sal ne ecilA)5991((econoc detsu euq ,ettessiroM sinalA)3991((ongis le ,esaB fo eCa)3991((to energize. I run to explore a new city. I run to hear the silence. Quota Quota below! Page 2 I started running several years ago and could barely handle 10 minutes of it. I run to be spontaneous. You may also like our 100 most motivating workout songs of all-time.Are any of your '90s favorites missing from this list? I run to be with others. I run to have great legs. I run to listen to my thoughts. I run to get better. When you choose to join (we're always welcoming new members), you'll understand it, too.Ā ĀTo celebrate my fellow runners and the sport that has my heart, I created this list of all the reasons why I (love to) run. You won't be disappointed! The No. 1 Workout Song from the '90s:Marky Mark and the Funky Bunch-- Good Vibrations (1991)No. 2: MadonnaēAAA Vogue (1990)No. 3: Will SmithēAAA Gettin' Jiggy Wit It (1998)No. 4: ChereAAA Believe (1998)No. 5: C+C Music FactoryēAAA Gonna Make You Sweat (Everybody Dance Now) (1991)No. 6: NirvanaēAAA Smells Like Teen Spirit (1991)No. 7: Reel 2 ReelēAAA I Like to Move It (1994)No. 8: Brimēy SpearseAAAYou Drive Me Crazy (1999)No. 9: Vanilla IceēAAA Ice Ice Baby (1990)No. 10: The VerveēAAA Bittersweet Symphony (1996)No. 11: Tag TeamēAAAWhoomp! (There It Is) (1993)No. 12: MC HammerēAAA U Can't Touch This (1990)No. 13: SaaPeAAAThe Power (1990)No. 14: AquaeAAABarbie Girl (1997)No. 15: Michael JacksonēAAABlack or White (1991)or amazon.comDownload SparkPeople's 132-BPM 60-minute continuous cardio remix of the 15 most popular workout songs of the 1990s on iTunes for \$9.99, or at amazon.com for just \$8.99! Here's the rest of the list (in alphabetic order). I run to have great lungs. \$AAAēĀĀ Ā;ĀĀĀYĀĀĀ I have a theory about music and it's this: Whatever music you listened to and loved the most during your high school and college years will always be your favorite music of all time. I run to get from point A to B. I run to work out wherever I am. But I kept at itēĀĀĀand I'm sure glad I did.Ā Ā Three-and-a-half years, countless races, and thousands of miles later, "runner" is .odipjĀr sjĀm .odipjĀr sjĀm res arap orroC .etneiscnos rec arap orroC .lanosrep daditnedi im ed etrap narg anu

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