

# Only If You Run

**Julian Plenti**

I've had my frustrations about the pains of daily life  
I've tasted degradation and found the lace and candlelight  
But we have the weights; we have the measures, of our days and nights  
I've had my frustrations, but now, I've found my place, and you will make it

But only if you run, only if you run  
You will make it, only if you run

These lonely dedications, I've found, they bring me peace and light  
When three-fold applications of doubt surround my fate, you might say  
We have the ways; we have to wait an assault on what it gives  
Because harmless medications abound, and you're not sick, You will make it

But only if you run, only if you run  
You will make it, only if you run

Surprise? Surprise, Surprise.. Surprise..

You will make it, only if you run..  
Only if you run

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Lyrics submitted by Judy.

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