You know at times it gets real hard Keep runnin'

You know at times it breaks your heart Keep runnin'

In all the world there's one of you Just hold your head up high be proud And let your spirit cry out loud

Shout it out

You know at times things get so bad Keep runnin'

You know at times things make you mad Keep runnin'

In all the world there's one of you Just hold your head up high be proud And let your spirit cry out loud

Shout it out

You know at times you want to quit Keep runnin'

You know at times you take a hit Keep runnin'

In all the world there's one of you Just hold your head up high be proud And let your spirit cry out loud

Shout it out