The rat race was over
Before it was won
And I started walking
When I could have run
Like a child who missed out
On a sunday school treat
Now you know how I feel when
I beat the retreat.

I slept like a soldier
My gun at my side
My uniform folded
I wore it with pride
I could not rest contented
Till I joined the elite
Now you know how I feel when
I beat the retreat.

This winter wind brings
Such a chill to my bones
Erect in my memory
A small cairn of stones
So that those from afar
Can see where our paths meet
Now you know how I feel when
I beat the retreat.

The last post is sounding
Now it's time to be gone
There's no further reason
For singing this song
The battle is over
I accept the defeat
Now you know how I feel when
I beat the retreat.