

# Phil Ochs, Fifty Mile Hike

Some people never get their feet on the ground,  
They're either sitting in a chair or they're laying down  
Their bellies are hanging down on their knees,  
It's almost a national emergency.  
Fifty miles, keep a-walking,  
Twenty-five miles and you're almost there,  
Fifty miles no use a-talkin',  
Better get in step with the new frontier.

Well, the president put on his walkin' shoes  
He had a country with 30 millions pounds to lose  
He remembered a promise he made 'way back when  
He's gonna get the country movin' again.  
\*chorus\*

Then everybody started getting into the act  
Even sallinger left but he soon came back  
On his return he was heard to say  
Fifty miles a day keeps republicans away

\*chorus\*

Rockefeller's happy with his brand new wife,  
And richard nixon's done enough running for life  
And lyndon johnson is too busy a man  
And joseph p. kennedy bought out tom mccann.  
\*chorus\*

So I decided I would carry my load  
I grabbed a carton of cigarettes and I hit the road,  
The golf clubs were heavy and the gin was slow  
If you want to get healthy, that's the way to go.  
\*chorus\*

While everybody's goin' out and havin' fun  
They ought to lose some weight in more ways than one  
Fifty miles of thinking is a heavy strain  
But it's about the only cure, for an overweight brain.  
\*chorus\*