

# Canibus, Ultra Runner

Conditioning, Endurance, Memory, Quick Recovery,  
Run with me, among other things  
The man is wise.. Scan through the air with his eyes  
Cabin air analyze rhymes  
100 bottles of beer on the wall  
From a slow jog, to a low crawl, i move on  
Run with firm footing, calories burn fully  
Orlando trains and exchange words wit' me  
Circular breathing, break for hydration feeding  
No eating, No self defeating,  
No dreaming, the bleeding has No meaning..  
Just cross the finish line screaming  
Envisioning this! is believing..  
The tail gates fail safe, to move at a snails pace  
And clover leafa back around to the race  
REPORT!!! How do the electrolytes taste?!  
GREAT!!! Continue to maintain pace  
Written, produced, recorded the water then resorted  
Jesse charted the precise approach coordinates  
The name Jesse James, NO PAIN NO PLAYIN??  
No plane, this is Tarahumara.. on the train  
The medic in the theatre of athletics  
Hypoxia Calisthenics.. Reanimate the subjects  
Inject the Celibrex, 80 miles and 12 hours bet  
Lets get going, no sweat..  
STOP. Let us watch the horse grow crops  
Thats a bad sign, lets go back.. Lets not  
3 point knee joints, pigeon toed Spike Lee joints  
Blonde hair beach boy complete point  
Road Runna, hot Hemoglobin on a cold summer  
I already won the race.. NO WONDER