

# Does anyone hear the music or is it...

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[Jen McDevitt](#) 9 posts since

Mar 28, 2008

So does anyone run with music? I know...it is not legal on the marathon course but certainly you have to have something to take you to your "happy place." Last year, at the NYC marathon I did run with my iPod (shhhhhh don't tell) and I did something very inspiring. Everyone of my songs that I ran with was from a loved one who was cheering me on through their own favorite songs. Aunt Patty kept it real with "We are family" and Jennifer Brusstar gave me a very "Beautiful Day" by U2. Isn't that fun? Tell me what you listen to. I need some new tunes for this year. Check out the attachment below. Just a fun way of talking about what I like to do to incorporate music into my Running World.

**Attachments:**

- [Every breath you take.doc](#) (33.5 K)

Tags: music, ipod, team\_mcgraw, new\_york\_marathon



[kevin leathers](#) 43 posts since

Dec 31, 2007 1. **Re: Does anyone hear the music or is it just me????** Jun 26, 2008 7:36 AM

Jen

**I hear it!** My iPod is extremely diverse yet each playlist serves a particular purpose. "Fast" is for those days where i need extra fuel to run fast and a distraction from how painful a tempo run can be. A sample: "Given to Fly" & "Alive" Pearl Jam, "Thunderstruck" ACDC, "How Bad Do You Want It" Tim McGraw and the DanceHall Doctors, "Stronger" Kanye West, "Fly From the Inside: Shinedown, "Born to Fly" Sara Evans, "Can't Stop" Red Hot Chili Peppers.

On long runs I typically start with my favorite podcasts in order to relax: espn, news, endurance planet, NPR, etc... But I do pull out the "Long Run" playlist for the last hour or so

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when i need to really focus. Some favorites: "Hallelujah" Jeff Buckley, "Thunder Road" Bruce Springsteen, "The Long Run" The Eagles, "Live Like You Were Dying" Tim McGraw and the Dancehall Doctors, "If I Had A Boat" Lyle Lovett, "Ring of Fire" Johnny Cash, "Lose Yourself" Eminem.

I never race with my iPod, (ok...no soapbox today). I also leave it at home when i run with a group. I always get a chuckle when i see two runners together and they both have on headphones. Reminds me of that old married couple i saw at a restaurant. They were both reading books!

Coach Kevin/ Team McGraw/ YGB



[Nadene Murphy](#) 2 posts since

Jul 3, 2008 2. **Re: Does anyone hear the music or is it just me????** Jul 5, 2008 6:35 AM

When I'm running alone I have to listen to music. It keeps my mind distracted. When I'm running with a group, I'll still bring it with my....although I will only keep it in one ear and the volume is turned way down! It's funny, it's kind of like a security blanket, it's there just in case I need it!



[hunn07](#) 2 posts since

Dec 14, 2007 3. **Re: Does anyone hear the music or is it just me????** Jul 4, 2008 4:59 PM

Hi, so I am finally up and going on here and yes I run with my ipod! I actually just spent the evening putting some new playlists together! I have to second the Sara Evans, Kevin! I also have Madonna's "Like a Prayer" to get me going! "I Want You to Want Me" by Cheap Trick, some Sugarland, kind of a big crazy mix of things!

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I went through a phase where I didn't run with my music and that was so bizarre to me because I thought I would never be one to be able to make it through a run without it. I have now that training without my partner I really like to have it at least with me! Depending on the time of day seems to make a difference to but I have brought mine to quite a few races this year! I tend to pick up the pace and for a shorter race(5m) I don't worry so much about picking it up early on.

So, I look forward to continuing the chats on here! Hey is anyone running the NYC half?!



[tracinixon](#) 1 posts since

Jul 5, 2008 4. **Re: Does anyone hear the music or is it just me????** Jul 5, 2008 6:18 AM


I agree! My music keeps me moving- it motivates me! So far I've made 5 CD's from Napster and they always make me feel happy and energized. I'm thinking of purchasing some of those MP3 sunglasses. My exercise is MY time for MY music!



[Phreds Mom](#) 14 posts since

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Nov 28, 2007 5. **Re: Does anyone hear the music or is it just me????** Jul 5, 2008 3:47 PM

 in response to: [hunn07](#)

I absolutely run with my iPod...I cannot seem to get moving consistently without music! When I run with people I do tend to do the one earbud thing with low volume...but I've found that talking slows me down a bit - or perhaps that's an excuse! Very eclectic mix of music on mine..Aerosmith and ACDC to John Denver and. some old Michael Jackson...Stevie Wonder and EWF...John Fogerty and Creedence...tons of stuff. Lots of times I get a little surprise somewhere in my run when a song comes up that I'd forgotten was on there!

Heather, I'm doing the NYC Half -- if you're gonna be there we should meet up!



[Colleen Tierney](#) 1 posts since

Jun 24, 2008 6. **Re: Does anyone hear the music or is it just me????** Jul 7, 2008 9:51 AM

Hi Jen,

I run with an ipod when I am running alone - and that is most of the time. I run with cadence (Army, Air Force, Marines chanting songs), it really keep me moving. I also LOVE the theme from "Absolutely Fabulous", do you know that show? For the long runs, sometimes I try and see how long I can go without music and then it is great when I really need it. Earth, Wind and Fire, Prince - Let's Go Crazy, House of Pain - Jump Around is a real motivator, Smiths.

As far as running in races with an ipod, copied this off the New York Road Runners page, I take this as you can run with music, they just don't recommend it. *The use of headphones is strongly discouraged.*

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[aztundra](#) 4 posts since

Jun 24, 2008 7. **Re: Does anyone hear the music or is it just me????** Jul 14, 2008 11:08 AM

Since I'm training alone these days I have to have my ipod. I'm rolling with AC/DC and the music from Rocky right now. Some mornings i have experimented with some Classical. But I'm a bit more aggressive in my normal likes, so its different. I run a bit slower, but it seems to make it easier to go for longer distance.