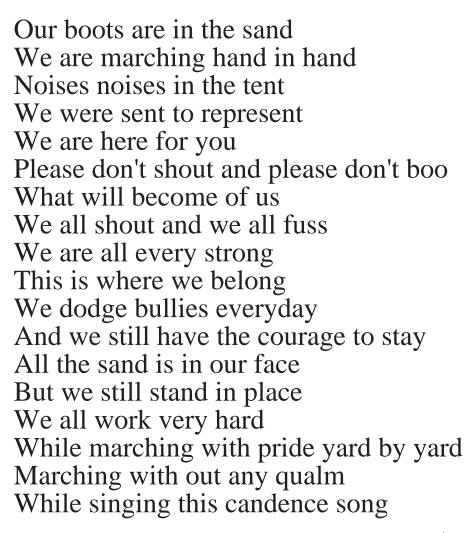
## **Cadences**

**Marching** 

## **Our Boots**





## Cadences Running No Sweat

One mile, No sweat Two miles, Better yet Three miles, Gotta run Four miles, Just for fun

Come on Let's go

We can go Through the snow

We can run
To the sun

We train
In the rain

