

The Longest Mile

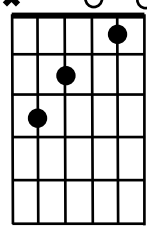
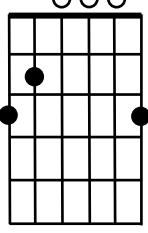
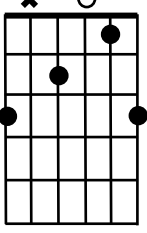
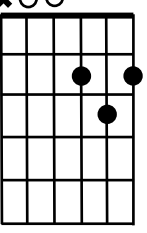
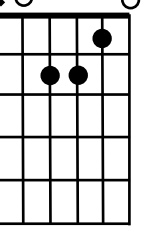
Background: In the spirit of the 2024 Olympics, this analogy came to me based on a common quote about long distance running. The longest mile is the last one. Life is a marathon not a sprint. Pace yourself. Save some energy for the end. You've gotten this far. Don't look back. Finish strong.

Written: Summer 2024 during the Summer Olympics.

Arr.	Key	Time	Tuning	Tempo	Style	Capo
1	G	4/4	Standard	130	Acoustic Rock	None

Arrangement	1
Intro	G C D
Verse	G (C/G) C C G G D D
Chorus	C G D G C G D C G
Bridge	Am C G D x3

Chords Used in this Song

C	G	C/G	D	Am
x o o 	o o o 	x o 	x o o 	x o 

The Longest Mile

Verse

G **C/G** **G**

This life is not a sprint

C

But a marathon to be paced

G

The distance runner knows

G **C/G** **G**

The hardest mile to run

D

Is the last one in the race

G **C/G** **G**

Every mile behind you

C

Is one less mile ahead

G

Let your life not be judged

G **C/G** **G**

By the miles behind your shoes

D

But by what's left of the tread

Chorus

C

The longest mile

G

Is the last one left

D

You can look back for a while

G

Just don't second guess

C

Finish the race in style

G

Let go of past regrets

D

The longest mile

C G
Is the last one left

Verse

G C/G G
It's an uphill battle

C
Whether in pursuit or bein' chased

G C/G G
For every long day climbed

G
As the moments drag by

D
You find another year erased

G C/G G
Cherish each and every moment

C
Don't leave another day to waste

G
The years go by fast

G
Make them last

D
Regret can leave a bitter taste

Chorus

C
The longest mile

G
Is the last one left

D
You can look back for a while

G
Just don't second guess

C
Finish the race in style

G
Let go of past regrets

D

The longest mile
C G
Is the last one left

Bridge

Am
Let what's past bring you a smile
C
Let wisdom bring you peace
G
Let the road behind remind you
D
Every day is a new lease

Am
Let past shadows be your shade
C
Let the guilt of past sins cease
G
Let the future be a puzzle
D
Where you're the missing piece

Am
Let the scars be your trophies
C
Let each bruise be a fond memory
G
Let sweat and blood be highlights
D
In each day find a new victory

Interlude or Harmonica Solo

Verse

G C/G G
Save some energy for the finish
C
Keep a little gas in the tank
G

As you round the final turn

G

And enter the home stretch

D

Finish strong & lean into the tape

G C/G G

Stand arms raised on the podium

C

Medal dangling off your chest

G C/G G

Shoulders draped with the flag

G

Anthem ringing

D

Content you did your very best

Chorus

C

The longest mile

G

Is the last one left

D

You can look back for a while

G

Just don't second guess

C

Finish the race in style

G

Let go of past regrets

D

The longest mile

C G

Is the last one left

The Longest Mile

Verse

This life is not a sprint
But a marathon to be paced
The distance runner knows
The hardest mile to run
Is the last one in the race

Every mile behind you
Is one less mile ahead
Let your life not be judged
By the miles behind your shoes
But by what's left of the tread

Chorus

The longest mile
Is the last one left
You can look back for a while
Just don't second guess

Finish the race in style
Let go of past regrets
The longest mile
Is the last one left

Verse

It's an uphill battle
Whether in pursuit or bein' chased
For every long day climbed
As the moments drag by
You find another year erased

Cherish each and every moment
Don't leave another day to waste
The years go by fast
Make them last
Regret can leave a bitter taste

Chorus

The longest mile
Is the last one left
You can look back for a while
Just don't second guess
Finish the race in style
Let go of past regrets
The longest mile
Is the last one left

Bridge

Let what's past bring you a smile
Let wisdom bring you peace
Let the road behind remind you
Every day is a new lease

Let past shadows be your shade
Let the guilt of past sins cease
Let the future be a puzzle
Where you're the missing piece

Let the scars be your trophies
Let each bruise be a fond memory
Let sweat and blood be highlights
In each day find a new victory

Interlude or Harmonica Solo

Verse

Save some energy for the finish
Keep a little gas in the tank
As you round the final turn
And enter the home stretch
Finish strong & lean into the tape

Stand arms raised on the podium
Medal dangling off your chest
Shoulders draped with the flag
Anthem ringing
Content you did your very best

Chorus

The longest mile
Is the last one left
You can look back for a while
Just don't second guess
Finish the race in style
Let go of past regrets
The longest mile
Is the last one left
Yeah the longest mile
Is the last one left

The Longest Mile

<p>Verse: G (C/G) C C G G D D</p>	<p>Chorus: C G D G C G D C G Bridge: Am C G D x3</p>
<p>Verse This life is not a sprint But a marathon to be paced The distance runner knows The hardest mile to run Is the last one in the race</p>	<p>Chorus</p>
<p>Every mile behind you Is one less mile ahead Let your life not be judged By the miles behind your shoes But by what's left of the tread</p>	<p>Bridge Let what's past bring you a smile Let wisdom bring you peace Let the road behind remind you Every day is a new lease Let past shadows be your shade Let the guilt of past sins cease Let the future be a puzzle Where you're the missing piece Let the scars be your trophies Let each bruise be a fond memory Let sweat and blood be highlights In each day find a new victory</p>
<p>Chorus The longest mile Is the last one left You can look back for a while Just don't second guess Finish the race in style Let go of past regrets The longest mile Is the last one left</p>	<p>Interlude or Harmonica Solo</p>
<p>Verse It's an uphill battle Whether in pursuit or bein' chased For every long day climbed As the moments drag by You find another year erased</p>	<p>Verse Save some energy for the finish Keep a little gas in the tank As you round the final turn And enter the home stretch Finish strong & lean into the tape</p>
<p>Cherish each and every moment Don't leave another day to waste The years go by fast Make them last Regret can leave a bitter taste</p>	<p>Stand arms raised on the podium Medal dangling off your chest Shoulders draped with the flag Anthem ringing Content you did your very best</p>
	<p>Chorus</p>