

## The Training Post – Summer 2024 QC Responses

What is your go-to song on a road trip and why?

1. Kendrick Lamar "Not Like Us" is my go-to song on a road trip for the energy it implements the moment the beat drops. Despite it being a "diss song" towards Drake, the lyrics are witty and very catchy. It is impossible to sit still when this song plays!  
**Essence Vines**  
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2. I want to know, In my opinion, it is important to know the why, in order to enhance knowledge and reasoning for the behaviors.  
**Ester Chucaralao**  
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3. Yun hi chala chal raahi- a Hindi song sung by Hariharan Very beautiful lyrics of this song, Beautifully sung and Soul winning music. Music has no language -barrier and this folk music inevitably make me sing and feel happy. Music and words refreshes my mind and helps me drive safely and consciously. It basically explains to keep moving on wonderful roads of life and world around is mesmerizing.  
**Arpita Hunter**  
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4. Happy - Pharell Williams  
**Denise Sawitsch**  
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5. "With You" by Monica because she's detailing her desire to go for a drive with her significant other and the conditions that make it an enjoyable and romantic experience.  
**Ashley Hill Trotter**  
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6. SOAK UP THE SUN by Sheryl Crow  
**Tammy Perilli**  
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7. The Boys are Back in Town-Thin Lizzy It is a fun spirited song; it reminds me of summertime and driving along the shore strip.  
**Tricia Giordano**  
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8. I can't Drive 55 Classic highway song. I like this song, since I have to commute on crowded route 1 to come to work every day.  
**Jignasha Shah**  
**DMAVA**  
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9. Sheryl Crow's Soak up the Sun is fun, happy, and hopeful. My favorite compilation cd on road trips is WXPN Live at the World Cafe 10th anniversary. It includes many hits including the comical song, I'm from New Jersey by John Gorka. Just listen and try not to sing along to this diverse talent!  
**Bridget Sweeney**  
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10. Bennie and the Jets by Elton John. This song thrills me and makes driving so much more fun!  
**Camila Guayasamin**  
**Office of the Governor – Office of Outreach**  
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11. Ordinary Day- Vanessa Carlton. I introduced my daughter to that song when we were taking a road trip to Rhode Island and we played it about 15x in a row, singing at the TOP of our lungs (once she finally learned the words). Now every time we hit the road, she says "mommy, make sure we have our roadtrip song!" and i make sure to put 'Ordinary Day' in the queue.  
**Kayla Black**  
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12. Love Shack - B52's  
**Donna Beagle**  
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13. "Truckin" by Grateful Dead Reminds me of college road trips.  
**John Alexy**  
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14. "Texas Hold' Em", sung by Beyonce. It's energetic, happy, and gives me great energy, making me smile while I'm singing it!  
**Julie Corbley**  
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15. "Timber" by Pitbull . This song always gets my small family and I excited to roll out and dance as we embark on a new adventure on the open road. Our Furthest Driving Trip was to South Carolina but we frequently visited Grandparents in Norfolk VA.  
**Priscilla Tomkinson**  
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16. Free Bird by Lynyrd Skynyrd! It's 7+ minutes and builds momentum as it goes. Be careful not to speed as the end of the song plays.  
**Jami Klein**  
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17. Steppenwolf's Born to be Wild. The lyrics are just what I want to be doing on a road trip! Get your motor runnin' Head out on the highway Lookin' for adventure And whatever comes our way!  
**Terri Slack**  
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18. Life is a Highway - Rascal Flatts It embodies the core feeling of a long road trip! Planning to play it on my honeymoon trip out west in October!  
**Samuel Stewart**  
**JJC**  
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19. Body by Loud Luxury. The beat is infectious and very head noddable in the car.  
**Tim Mutambuki**  
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20. Driver Seat. I love that song. I put that song on in the car and I am bebopping and I am looking forward to where I am going. I have a bunch of road trip songs that I listen to when I go on any road trip. I have t start with "Driver's Seat."  
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