



Headin' out on the Appalachian Trail

Lyrics by Raquel Hecker

Performed by Raquel Hecker and Wilson Montuori at
The Work Office (TWO), July 17, 2009

Sometimes I like to get away
go far beyond the pale
I leave no word with anyone
and I just hit the Trail...

I mean that Appalachian one.
I think you know just what I mean.
It starts way up in Maine
and ends down in the Argentine.

On the Appalachian Trail, you see
I "crossed so many lines"
with my enormous walking stick
probably 'bout 14 times...

But who's counting?
Guess that's a matter of debate.

'Cause on that Appalachian Trail
is where I met my true soulmate.

I am off on the Appalachian Trail.
Headin down that Appalachian Trail.
Adios, I'm on the Appalachian Trail,
goin' down on that Appalachian tail.

Well Virginia is for lovers,
Maryland she is divine,
slide down Tennessee to Georgia,
and then straight to Argentine..

That's the Appalachian Trail.
Yes, that's exactly where it goes.
And just where it goes after that
my lawyers won't let me disclose.

Well I ran into her on the trail
and she was so well packed,
I had to ask how she had hidden
"two magnificent parts of herself" in that.

Well it would have been
it would have been rude not to say.
She said, "Que tienes una verga muy grande!"
And then we shared our DNA.

Headin down that Appalachian Trail
Goin down that Appalachian Trail
Arrivederci from the Appalachain Trail,
goin' down on Appalachain tail.

You know i love to kiss and tell,
although it's T.M.I.
I'm gonna give a blow-by-blow
of our lovemaking on the fly...

I threw a hot dog down her hallway
so many times that i lost count. (I'm not proud, well maybe a little

proud.)

Let's just say, "she had a full tank of love
in her emotional bank account."

Well, I "love heavy equipment"
and all of that "wood at sunrise"
but the FBI is onto us
we best be sayin' our good-byes...

I mean adios my dear.
Or shall we just say fare-thee-well.
I sure wish I hadn't waited
some 40-odd years to rebel.

Yodel-a-hee that Appalachian Trail
Yodel-a-hoo the Appalachian Trail
Yodel-a-hee the Appalachain Trail
Goin' down on Appalachain tail.

That was eight long years ago
it brings us to today.
Now I have to pay the price
for rolling in the hay...

or maybe i do not.
I'll have my cake and eat it too
I'll hike this trail up to Alaska
and sex up Sarah Palin's crew.

Everybody!

I am off on the Appalachian Trail.
Headin down that Appalachian Trail.
Adios, I'm on the Appalachian Trail,
goin' down on that Appalachian tail.

NOTE: Everything in quotations is taken from Gov. Sanford's emails or testimony