

The Loneliness of The Long Distance Runner
Iron Maiden

Intro: (E F# D E F# D)

```

e-----|----|--
b-----|----|--
g-10---10-12-13-15--13-12-13--8--8-10-11-13--11-10-8|10--|--
d-----|toca|--
a-----|so--|--
e-----repete 2x-----|nala|--

```

```

e-----|----|--
b-9---9-11-12-14--12-11-12--7--7-9-10-12--10-9-7----|-9--|--
g-----|toca|--
d-----|so--|--
a-----|nala|--
e-----repete 2x-----|vez-|--

```

```

e-----|----|--
b-----|----|--
g-10---10-12-13-15--13-12-13--8--8-10-11-13--11-10-8|10--|--
d-----|toca|--
a-----|so--|--
e-----repete 2x-----|nala|--

```

```

e-----|----|--
b-9---9-11-12-14--12-11-12--7--7-9-10-12--10-9-7----|-9--|--
g-----|toca|--
d-----|so--|--
a-----|nala|--
e-----repete 2x-----|vez-|--

```

Riff 1: 4x

```

e|-----|
B|-4-2/4-2--4-6-2--|
G|-2-4/6-0--2-4-0--|
D|-----|

```

(E F# D E F# D) F# E D

Tough of the track, with the wind
 And the rain that s beating down on your back
 Your heart s beating loud and goes on getting louder
 And goes on even more
 (E F# D E)
 till the sound is ringing in your head
 With every step you tread, and every breath you take
 Determination

(E F# D E F# D) F# E D
 makes you run, never stop
 Gotta win, gotta run till you drop
 Keep the pace, hold the race
 Your mind is getting clearer
 You re over halfway there but the miles
 (E F# D E)
 just never seem to end as if you re in a dream
 Not getting anywhere.
 It seems so futile.

(E C F# C)+ Riff 2 + Riff 3
 Run, on and on Run, on and on
 The Loneliness of the long distance runner.

Riff 2:	E	C	F#	C	
Riff 3:	E		C	F#	C

```

e|-----| e|-----|
B|-----| B|-----|
G|-----| G|-(10-9-8)---(8-7)---(10-9-8)---(8-7)|
D|--9...--9...-11...--9...-| D|-----|
A|--7...--9...--9...--9...-| A|-----|
E|--x...--x...--x...--x...-| E|-----|
  
```

Solo 1:

```

B|-----|
G|-12--11--13--11---12-11-13-12-11--12-12-11-10-9-8-7-|
D|-----|
  
```

Solo 2:

e -----2x-----	e -----18x-----
B -----	B -10---12---10---8-----
G -9--11-10-9-8-9-8-7-	G --9---11---9---7-----
D -9-----	D -----
A -7-----	A -----
E -----	E -----

Solo 3:

(E D E F#) D
 I ve got to keep running the course
 I ve got to keep running and win at all costs
 I ve got to keep going, be strong
 Must beso determined and push myself on.

Solo 4:

```

e|-----4/5-5-4-3-0--8-6-8-6-8-6...-----|
B|-2-3-4-2-----|
G|-----|
D|-----9-8-7-6-----|
A|-----8-7-9-7h8p7-6--|
E|-----|
  
```

```

e |-----PM-----...-----|
B |------(8-7-6-8-7-6)-8b-|
G |-----9b-----7h8bp7-6-----|
D |--7-8----10-9-8-7-8-8b-(9-8-7-6-8-7-6-7b)-----|
A |-6-----|
E |-----|

```

Solo 5:

```

e |-----|-----10-9-8-7-8b-8b-|
B |-5-4--5-4--5-4-----9b-9b-|-----10-9-8-7-----|
G |-----8-7--8-7--8-7-6b-7b-7b-|-10-9-8-7-----|
D |-----|-----|

```

```

e |-----|-----(-9-7)|
B |-----|------(11-9)|
G |-9-8-7-6-8-7-6-5-7-6-5-4-6-5-4-3|9-8-9b-12-11-10-11-10-11-12-----|
D |-----|-----...-|

```

(E F# D E F# D) F# E D
 Run over stiles, across fields
 Turn to look at who s on your heels
 Way ahead of the field
 The line is getting nearer
 but do you want the glory that goes
 (E F# D E)
 You reach the final stretch
 Ideals are just a trace
 You feel like throwing the race
 It?s all so futile.

(E C F# C)+ Riff 2 + Riff 3
 Run, on and on Run, on and on
 The Loneliness of the long distance runner.

Riff 4:

```

e |-----|
B |-9-9-10-11-12-11-10-9-6-6-7-8-9-8-7-6|
G |-----|
D |-----4x-----|

```

Riff 5:

```

e |-----|-----|-----|
B |-(11-10)-9|-(11-10)-12-(11-10)-9|-(11-10)--10-9-8-10-9-8-8-7-8-7...|
G |-----|-----|-----|
D |----2x----|-----6x-----|-----|

```