

## Running Related Quotes

- Runs end... Running doesn't!
  - Nike
- Hard work, given time, will defeat talent.
  - Unknown
- Sweat cleanses from the inside. It comes from places that soap will never reach.
  - George Sheehan
- The only difference between Champ and Chump is "U"!
  - Unknown
- The greater the obstacle, the more glory in overcoming it.
  - Moliere
- I will win if I can; if I cannot win, I shall be second; if I cannot be second, I shall be third; if I cannot place at all; I shall still do my best.
  - Unknown
- The five "S's" of sports training are:  
"Stamina, speed, strength, skill and spirit; but the greatest is spirit"
  - Ken Doherty
- Excuses only satisfy those who make them.
  - Unknown
- Do what you can, with what you have, where you are.
  - Theodore Roosevelt
- You can always run faster... It is just going to hurt.
  - Unknown
- You don't get what you wish for; you get what you work for.
  - Unknown
- Some people ask why I run so fast... well what do you do when you hear a gun.
  - Unknown
- You're running on guts. On fumes. Your muscles twitch. You throw up. You're delirious. But you keep running because there is no way out of this hell you are in, because there is no way that you are not crossing the finish line. It is a misery that non-runners don't understand.
  - Martine Costello

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- The Ten Commandments of Running
  - Train hard
  - Make sacrifices
  - Make positive choices
  - Seek your potential
  - Set high goals
  - Relax under pressure
  - Attack pain
  - Work as a Team
  - Run to win
- Heart pumping, muscles burning, feet aching, lungs screaming for air... yea we run for fun
  - Unknown
- No refs, out of bounds, timeouts, fouls, or benchwarmers. Cross Country... Not a Game!
  - Unknown
- Cross Country; all it takes is all you have got.
  - Unknown
- Running won't kill you... you'll pass out first.
  - Anonymous
- Running is for everyone... Cross Country is for athletes.
  - Anonymous
- There is a moment in every race where you can quit, fold or say to your self "I can do this".
  - Gatorade Commercial
- A true runner runs even when he doesn't feel like it, and races when he is supposed to, without excuses and nothing held back. He runs to win and would rather die than not finish what he has started.
  - Once a runner
- Why do I run? You ask. Why do you breathe? I ask.
  - Nike Ad

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- 100% pure running, nothing added:
  - No balls, pads, bats or gloves.
  - No nets, hoops or racquets.
  - No hash marks or helmets.
  - No jersey, skirts, stirrup socks or mouth guards. No chewing tobacco.
  - Just running!
    - Nike Add
- People can't understand why a man runs. They don't see any sport in it. Argue it lacks the sight and the thrill of body contact. Yet, the conflict is there, more raw and challenging than any man versus man competition. For in running it is man against himself, the cruelest of all opponents. His adversary lies within him, in his ability, with brain and heart to master himself, his emotions and his pain.
  - Glenn Cunningham
- Games require skill. Running requires endurance, character, pride, physical strength and mental toughness. Running is a test, not a game. A test of faith, belief, will and trusts in ones self. So hardcore that it needs a category all to itself to the define pain. When game players criticize, it's because they aren't willing to understand, not because they're stronger. Running is more than sport; it's a lifestyle. If you have to ask us why we run, you'll never understand, so just accept it.
  - Jessica Post
- When you win nothing hurts.
  - Unknown
- It is true that speed kills. In distance running, it kills anyone who doesn't have it.
  - Brooke Johnson
- Thos who say it cannot be done should not interrupt those doing it.
  - Michael Johnson's Personal Trainer
- Cross Country isn't for everyone, only those "weirdos" who like to run through the woods, mud and hills in little more than underwear.
  - Unknown (Traunt's Favorite)
- Running: if it were easy it would be called football or basketball.
  - Unknown

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- People spend a lifetime searching for happiness; looking for peace. They chase idle dreams, addictions, religions, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within.
  - Romana Anderson
- Runners have balls; all others just play with them.
  - Unknown
- There are two types of people: those who run, and those who should.
  - Unknown
- Running: Our sport is your sports punishment.
  - Unknown
- There is no I in team, but there is a “U” in suck.
  - Anonymous
- Nobody said it would be easy, they just said it would be worth it.
  - Preacher
- Catch the person in front of you. Stay in front of the person behind you. Beat the shadow next to you!
  - Unknown
- The talent to be great runner is a gift from God; utilizing that talent is a gift from you to yourself.
  - Anonymous
- Some people say religion is life, if that is the case then running is life.
  - Marathon competitor
- Cross Country: finally a good reason for a golf course
  - Anonymous
- The miracle isn't that I finished... The miracle is that I had the courage to start.
  - Anonymous
- Run like hell and get the agony over quicker.
  - Anonymous
- Only think of two things- the gun and the tape. When you hear the one, just run like hell until you break the other.
  - Sam Mussabini

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- Runners just do it- they run for the finish line even if someone else has reached it first.
  - Unknown
- Success comes before work only in the dictionary.
  - Unknown
- Tough times don't last, but tough people do.
  - AC Green
- Stadiums are for spectators. Runners have nature and that is much better.
  - Unknown
- In running, it doesn't matter whether you come in first, in the middle of the pack or dead last. You can say "I have finished" There is a lot of satisfaction in that.
  - Unknown
- Above all, train hard, eat right, and avoid television and people with bad attitudes.
  - Scott Tinley
- Don't underestimate "easy days." Easy days help you beat fatigue, to keep fatigue from beating you.
  - Bob Glover
- Train to near death, rest, and repeat.
  - Unknown
- The answer to the big questions in running is the same as to the answers to the big questions in life. Just do the best you can with what you've got, and that includes your stride length.
  - George Sheenan
- Don't let fatigue or pain make you a coward.
  - Unknown
- You either plan for what is ahead or you fight with what you have got: worry is a waste of time.
  - Richard Bach
- I just want to make sure it's a living hell for anyone out there that's going to beat me.
  - Ken Souza
- The best conditioned athlete is a long distance runner
  - Anonymous

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- I love controlling a race, chewing up an opponent. Let's get down and dirty. Let's fight it out. It's raw, animalistic, with no one to rely on but you. There is no better feeling in life!
  - Adam Goucher
- You can't become a winner overnight or even in a couple of years- it takes time... You will lose races and you will have to accept that, learn from it and believe that you will win the next one, knowing that you will probably lose that as well. You have to just keep believing that one day you will win.
  - Paula Radcliffe
- A sobering thought "what if, right at this very moment, I am living up to my full potential?"
  - Jane Wagner
- Just go out there and do what you have got to do.
  - Martina Navratilova
- It is easier to stay up with the pack than to catch up.
  - Unknown
- Hard work given time will beat all.
  - Unknown
- Ask yourself. "Can I give more?" The answer is usually "Yes".
  - Paul Tergat
- It is not the amount of time you put into practice that counts; it is the effort you put into practice everyday that counts.
  - Unknown
- If you want to be great, "Pretty Good" is really pretty bad.
  - Pavvo
- The only thing that limits you is you!
  - Unknown
- Talk is cheap. Don't tell me what you can do, show me!
  - Coach
- The tougher the experience, the tougher you become.
  - Unknown
- What doesn't kill you only makes you tougher.
  - Coach Johnson's Favorite

## Running Related Quotes

- I have no control over how fast my opposition can run. It's not like I can tackle them. All I can do is work harder, train smarter, train when my opposition doesn't. In blood-chilling temperatures, in rain, in sleet, in wind, in snow.
  - Unknown
- The weather, your opponents, the time, the course, your finishing, all these things don't matter. What matters is how you did today compared to how you did yesterday.
  - Unknown
- If we needed butt pads, timeouts, halftimes, and substitutes, we'd play football.
  - Marathon runner
- Good teams become great ones, when the members trust each other enough to surrender the "Me" for the "We".
  - Unknown
- People begin running for any number of motives, but we stick to it for one basic-reason- to find out who we are.
  - George Sheehan
- Cowards die many times before their deaths, the valiant never taste death but once.
  - Julius Caesar
- Fear of slacking resides deep in the heart of every great runner.
  - Unknown
- Nothing of importance can be taught. It can only be learned with blood and sweat.
  - Unknown
- Other people may not have high expectations of me, but I have high expectations of myself.
  - Unknown
- I do not run to add days to my life... I run to add life to my days.
  - Ron Rook
- Some people don't have the guts for distance racing. The polite term for them is Sprinter!
  - Unknown
- Some running is good, more is better, and too much is just enough.
  - Unknown
- If it hurts, make it hurt just a bit more.
  - Unknown

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- Nobody is going to finish this damn thing for me, but me.
  - Unknown
- The finish line is not given, it is earned.
  - Unknown
- Don't be content with being average. Average is as close to the bottom as it is to the top.
  - Unknown
- A dream doesn't become reality through magic; it takes sweat, determination and hard work.
  - Unknown
- Pain is weakness leaving the body.
  - USMC
- If I am still standing at the end of the race, hit me with a board and knock me down, because that means I didn't run hard enough.
  - Steve Jones
- Run so hard you come in with bloody feet and missing toenails.
  - Unknown
- Man imposes his own limitations, don't set any.
  - Unknown
- A lot of people run to see who is the fastest. I run to see who has the most guts.
  - Steve Prefontaine
- Somewhere in the world someone is training when you aren't. When you race him, he will win.
  - Tom Flemig
- Good things come slow – especially in distance running.
  - Bill Dellinger
- I don't train. I just run my 3-15 miles a day.
  - Jack Foster
- Dead tired, Dog tired, Sore as hell...
  - Laura Mykytok's Diary Entry
- If you can't win, make the guy in front of you win.
  - Unknown



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- The pride you gain is worth the pain.
  - Dennis Ogilve
- Anyone can run a 100 meters, it is the next 4900 that counts.
  - Frank Shorter
- Hills are simply “Speed work” in disguise.
  - Frank Shorter
- Running hills breaks up your rhythm and forces your muscles to adapt to new stresses. The result you ask? You become stronger.
  - Eamonn Coghlan
- I have always felt that long slow distances produces long slow runners
  - Sebastian Cole
- There are clubs you can’t belong to, and neighborhoods you can’t live in, schools you can’t get into, but the roads... The roads are always open.
  - Nike Ad
- Why do you run?

Because you are wondering if your grandchildren will too. Because it is raining. Because you can, and others can’t. Because it is faster than walking. Because that shaky leg thing is all about nervous energy. Because you can’t fly. Because your personal best is just that, yours. Because the pain of a blister is nothing compared to the pain of stopping. Because you like the resistance the wind gives you. Just Because!

