

"Mind is everything: muscle - pieces of rubber. All that I am, I am because of my mind."

-Paavo Nurmi

QUOTES

A compilation of inspirational quotes to get you moving

"Pressure is nothing more than the shadow of great opportunity."

-Michael Johnson

"Tough times don't last, but tough people do."

-A.C. Green

"Don't be afraid to give up the good to go for the great."

-Pre

"Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character."

-T. Alan Armstrong

"You have a choice. You can throw in the towel, or you can use it to wipe the sweat off of your face."

-Gatorade

"No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."

- Sir Roger Bannister

“There’s no such thing as bad weather, just soft people.”

-Bill Bowerman

“Impossible is nothing.”

-Adidas

“Those who say it cannot be done should not interrupt those doing it.”

-Chinese proverb

“Run Strong. Run Smart. Run Happy.”

-Ugly

"I tell our runners to divide the race into thirds. Run the first part with your head, the middle part with your personality, and the last part with your heart."

- Mike Fanelli

“Inevitably, there’s some official bellowing: “Come on! Run through the chute! Keep it movin’, keep it movin’!” But you’re bent over, gasping, admiring with salt-stung eyes the good, honest mud of battle, the trickle of blood from a spike wound, splattered on your still-quivering legs and too-old (but still lucky) racing shoes. What could be more beautiful?”

“Leave no doubt.”

-Ugly

"I like running because it's a challenge. If you run hard, there's the pain - and you've got to work your way through the pain. You know, lately it seems all you hear is? Don't overdo it' and? Don't push yourself.' Well, I think that's a lot of bull. If you push the human body, it will respond."

- Bob Clarke

"It's at the borders of pain and suffering that the men are separated from the boys."

- Emil Zatopek

"Sport is not about being wrapped up in cotton wool. Sport as about adapting to the unexpected and being able to modify plans at the last minute. Sport, like all life, is about taking risks."

- Sir Roger Bannister

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."

-Jesse Owens

"What matters is not necessarily the size of the dog in the fight - it's the size of the fight in the dog."

-Dwight D. Eisenhower

"I have met my hero, and he is me."

-George Sheehan

"No negative thoughts cross my mind on race day. When I look into their eyes, I know I'm going to beat them."

-Danny Harris

"One chance is all you need."

-Jesse Owens

"It's a beautiful day in the Delaware Valley."

-Coach Ramsay

"Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe."

-Gail Devers

"Run as if it were impossible to lose."

-Charles F. Kettering

"For true success, ask yourself these four questions: Why? Why not? Why not me? Why not now?"

-James Allen

"Live your beliefs and you can turn the world around."

-Henry David Thoreau

"Anyone can give up, it's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength"

-Mary Radmacher

"The greatest barrier to success is the fear of failure."

-Sven Goran Eriksson

"If my mind can conceive it, and my heart can believe it, I know I can achieve it."

-Jesse Jackson

"Success means having the courage, the determination, and the will to become the person you believe you were meant to be."

-George Sheehan

"We are all faced with a series of great opportunities brilliantly disguised as impossible situations."

-Charles Swindoll

"A race is a work of art that people can look at and be affected in as many ways they're capable of understanding."

-Pre

"How does a kid from Coos Bay, with one leg longer than the other, win races? All my life people have been telling me, 'You're too small Pre', 'You're not fast enough Pre', 'Give up your foolish dream Steve.' But they forgot something. I HAVE TO WIN."

-Pre

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

-Herman Cain

"It hurts up to a point and then it doesn't get any worse."

-Ann Trason

"The body does not want you to do this. As you run, it tells you to stop but the mind must be strong. You always go too far for your body. You must handle the pain with strategy...It is not age; it is not diet. It is the will to succeed."

-Jacqueline Gareau

"Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible."

-Doug Larson

"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'"

-Peter Maher

"Ask yourself: 'Can I give more?'. The answer is usually: 'Yes'."

-Paul Tergat

"The gun goes off and everything changes... the world changes... and nothing else really matters."

-Patti Sue Plummer

I was magnificent, it was so simple, easy, I was just jogging. I understood Einstein's theory of relativity as time seemed to stand still. I could see everything before I did it. I felt so powerful, so in tune, in balance. It was a perfect melody, a rhythm, I was really flowing. I was dangerous that day."

-Kris Akabusi

"Run hard, be strong, think big!"

-Percy Cerutti

"Big occasions and races which have been eagerly anticipated almost to the point of dread, are where great deeds can be accomplished."

-Jack Lovelock

"Fear is the strongest driving-force in competition. Not fear of one's opponent, but of the skill and high standard which he represents; fear, too, of not acquitting oneself well. In the achievement of greater performances, of beating formidable rivals, the athlete defeats fear and conquers himself."

-Frank Stampfl

"Only those who risk going too far can possibly find out how far one can go."

-T.S. Eliot

"The difference between the impossible and the possible lies in a person's determination."

-Tommy Lasorda

"My whole feeling in terms of racing is that you have to be very bold. You sometimes have to be aggressive and gamble."

-Bill Rodgers

"What does not kill you makes you stronger."

-Anonymous

"Great results require great ambitions."

-Anonymous

"Whether you think you can or think you cannot, you are right."

-Henry Ford

"Being good is not enough when you dream of being great."