

Inspiring Quotes about Running

“My feeling is that any day I am too busy to run is a day that I am too busy.”

--John Bryant

“Struggling and suffering are the essence of a life worth living. If you're not pushing yourself beyond the comfort zone, if you're not demanding more from yourself - expanding and learning as you go - you're choosing a numb existence. You're denying yourself an extraordinary trip.”

--Dean Karnazes

“The five S's of sports training are: Stamina, Speed, Strength, Skill and Spirit; but the greatest of these is Spirit.”

--Ken Doherty

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

--Gatorade

“Once you're beat mentally, you might as well not even go to the starting line.”

--Todd Williams

"What the years have shown me is that running clarifies the thinking process as well as purifies the body. I think best—most broadly and fully—when I am running."

--Amby Burfoot

“A man can fail many times, but he isn't a failure until he begins to blame somebody else.”

--Steve Prefontaine

"The will to win is worthless, without the will to prepare."

--Thane Yost

"Life's battles don't always go to the strongest or fastest man, but sooner or later the man who wins is the fellow who thinks he can."

--Steve Prefontaine

"You don't stop running because you get old, you get old because you stop running."

--Christopher McDougall

"No one ever drowned in sweat. Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts."

--Dan Gable

"It's rude to count people as you pass them. Out loud."

--Adidas ad

"Listen to your body. Do not be a blind and deaf tenant."

--George Sheehan

"And when I started running, I started dreaming. It couldn't be helped. The mind works as hard as the body does during exercise. It knows its role during those lonely interludes—to inspire, analyze, and fantasize."

--Bart Yasso

"Believe that you can run farther or faster. Believe that you're young enough, old enough, strong enough, and so on to accomplish everything you want to do. Don't let worn out beliefs stop you from moving beyond yourself."

--John Bingham

"As a runner, I deal with fear almost daily. To prevent fear from defeating me, I have to fight back against it in my mind. Reminding myself that I am doing what I was born to do—that, win or lose, embracing the challenge is still worthwhile."

--Kara Goucher

Runner's prayer, "God, grant me the serenity to accept when I cannot run; the courage to run when I can; and the wisdom to know the difference."

--Josh Cox

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

"Many of life's failures are people who did not realize how close they were to success when they gave up."
--Steve Prefontaine

"I'll never do that again!"
--Grete Waitz, after winning the first of nine consecutive New York City Marathons

Some Other Favorites

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."
--Mark Twain

"Success doesn't come to you, you go to it."
--Marva Collins

"If we all did the things we are capable of, we would astound ourselves."
--Thomas Edison

"The credit belongs to the man who is actually in the arena; whose face is marred by sweat and blood; who strives valiantly; who errs and comes short again and again because there is no effort without error and shortcoming; who knows the great enthusiasms, the great devotion, spends himself in a worthy cause; who at best knows in the end the triumph of high achievement; and who at worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who have never tasted victory or defeat."
--Theodore Roosevelt