

## Inspirational Quotes

1. Life shrinks or expands in proportion to one's courage.
2. Being defeated is often a temporary condition. Giving up is what makes it permanent.
3. The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you will know when you find it.
4. Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible.
5. No matter how slow you are going, you are still lapping everyone on the couch.
6. I don't run to add days to my life, I run to add life to my days.
7. If you say "I can't" you've beaten yourself before your opponent even had a chance to.
8. It's not about being better than someone else, it's about being better than you were the day before.
9. Feed your faith & your fears will starve.
10. If you think you can win, you can win. Faith is necessary for victory.
11. To know how to win like a champion, you have to know how to lose like one.
12. You have to expect things of yourself before you can do them.
13. It's not about being better than someone else, it's about being better than you were yesterday.
14. Adversity causes some people to break; others to break records.
15. Pain is only temporary but victory is forever.
16. We are not disabled by the disabilities we have, we are able by the abilities we have.
17. Life's battles don't always go to the stronger or faster woman or man, but sooner or later the person who wins is the person who thinks he/she can!
18. Big occasions & races which have been eagerly anticipated almost to the point of dread, are where great deeds can be accomplished.
19. Believe and you will achieve.
20. The journey of a thousand miles must begin with a single step.
21. The thinking must be done first, before training begins.
22. Success does not rest.
23. It's easier to go down a hill than up it but the view is much better at the top.
24. Relish the bad training runs. Without them it's difficult to recognise, much less appreciate the good ones.
25. A coach is someone who always makes you do what you don't want to do, so you can be who you've always wanted to be.
26. Once you're beat mentally, you might as well not even go to the starting line.
27. There is no glory in practice but without practice there is no glory.
28. The difference between the mile & the marathon is the difference between being burned by a match & being slowly roasted over hot coals.
29. If the word quit is part of your vocabulary, then the word finish is likely not.
30. Your shoes are only as good as the laces they're attached to.

31. Tough times don't last, but tough people do.
32. Pressure is nothing more than the shadow of great opportunity.
33. Shoot for the moon. Even if you miss it you will land among the stars.
34. For a Sprinter, the thrill is going fast, for a Distance Runner it is the journey in between the start & the end.
35. A run begins the moment you forget you are running.
36. You must listen to your body. Run through annoyance but not through pain.
37. Never mind what others do; do better than yourself, beat your own record from day to day, and you are a success.
38. It is where you are at on the last step of the race that is the most important.
39. Running is the greatest metaphor for life, because you get out of it what you put into it.
40. Champions are made when no-one is watching.
41. Success is not final, failure is not fatal: it is the courage to continue that counts.
42. You have a choice. You can either throw in the towel or use it to wipe the sweat off your face.
43. If you have built castles in the air, your work need not be lost. that is where they should be. Now put foundations under them.
44. The difference between the impossible and the possible lies in determination.
45. Life is not about waiting for the storm to pass. It's about learning to dance in the rain.
46. The steeper the mountain, the harder the climb, the better the view from the finishing line.
47. Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating, there's really no such thing as bad weather, only different kinds of good weather.
48. Gold medals aren't made of gold. They're made of sweat, determination and a hard-to-find alloy called guts.
49. Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it.
50. Don't be afraid to give up the good to go for the great.
51. Cross Country: No half times, no time outs, no substitutions. It must be the only true sport.
52. I never compete against the competition. The only one I compete against is myself, because one day I will beat the competition and then who will I compete against?
53. Failure is often that early morning hour of darkness that precedes the dawning of the day of success.
54. The greatest pleasure in life , is doing the things that people say we cannot do.
55. Only those risking to go far will ever know how far they can go.
56. The trouble with jogging is that by the time you realise you're not in shape for it, it's too far to walk back.
57. The real test in an Athlete, as in life, is not keeping out of the rough, but getting out once you are in.
58. When you win say nothing. When you lose, say less.
59. The future belongs to those who prepare for it.
60. You are never given a wish without also being given the power to make it come true. You may have to work for it however.

61. Trust your hopes, not your fears.
62. The road to success is always under construction.
63. What lies behind us & what lies before us are tiny matters compared to what lies within us.
64. Hard work beats talent when talent does not work hard.
65. Practice is 90% physical - 10% mental. Championship meets are 10% physical - 90% mental.
66. The hardest thing about climbing the ladder of success is getting through the crowd at the bottom.
67. I have never lost a race in my life. Occasionally I have run out of time.
68. Don't limit your challenges, challenge your limits.
69. The athlete who says "It can't be done" is passed by the athlete who is doing it.
70. Only a person who has done nothing is sure that nothing can be done.
71. If you can't win, make the fellow ahead of you break the record.
72. Trophies carry dust. Memories last forever.
73. Only a mediocre person is always at his best.
74. Our toughest opponent is in the mirror.
75. We are judged by what we finish, not by what we start.
76. Attitudes are contagious. Are yours worth catching?
77. There is no such thing as bad weather, only weak men. (Noel Carroll)
78. Defeat should never be a source of disappointment, but rather a fresh stimulus.
79. Ideas never work unless you do.
80. If the going seems easy, check to see if you are going downhill.
81. Losers let it happen, winners make it happen.
82. Luck is when preparation meets opportunity.
83. Athletics is a sport, everything else is just a game.
84. The height of your success is determined by the depth of your belief.
85. We accomplish in proportion to what we attempt.
86. Winning isn't everything, but trying to is.
87. Winners make goals, losers make excuses.
88. The only place where success comes before work is in the dictionary.
89. Some people dream of success while others wake up & achieve it.