

Get Inspired **...because we could all use a little motivation to run!**

(Quotes courtesy of Runner's World)

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." — *Aristotle*

"You finished a marathon and you believe, 'If I can do this, I can do anything.'" — *Grete Waitz and Gloria Averbuch, Run Your First Marathon*

"I don't worry about what I've run. I worry about what I'm going to run. To be successful, you've got to keep moving." — *Rae Baymiller*

"On that day, we seemed to achieve what generations of politicians and philosophers have failed to do. With nothing more than our running shoes, we accomplished what all the wars and weapons have failed to do. We were, for a few hours anyway, a community of people whose sameness was more important than our differences." — *John "The Penguin" Bingham*

"Use goals not as ends in themselves but as stepping stones. When you reach 80 percent of your long-range goal, reset it." — *DR. Linda Bunker, Sports Psychologist*

"To get to the finish line, you'll have to try lots of different paths." — *Amby Burfoot*

"A journey of a thousand miles begins with a single step." — *Chinese Proverb*

"I try not to get too caught up in thinking about the task ahead. I just do what has to be done. I have the belief in myself that what I'm doing is right. Then I let the rest happen." — *Eamonn Coghlan*

"Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself."
— *William Faulkner*

"The man who can drive himself further once the effort gets painful is the man who will win."
— *Sir Roger Bannister, First athlete to run the mile in less than four minutes*

"Play not only keeps us young but also maintains our perspective about the relative seriousness of things. Running is play, for even if we try hard to do well at it, it is a relief from everyday cares." — *Jim Fixx*

"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about."
— *Patti Sue Plumer, U.S. Olympian*

"Keep your dream in front of you. Never let it go regardless of how farfetched it might seem."
— *Hal Higdon, Marathoning A to Z*

"It didn't matter that we were last. We knew we were finishing, that we would endure to the end." — *Thomas King*

"Believe you can do it. Think no other way but "Yes you can." The human body is capable of considerably more physical endurance than most of us realize." — *Paul Reese*

"Running should be a lifelong activity. Approach it patiently and intelligently, and it will reward you for a long, long time." — *Michael Sargent*

"Happiness is different from pleasure. Happiness has something to do with struggling and enduring and accomplishing." — *George Sheehan*

"There's nothing a man can't do if the spirit's there." — *Frantz Stampfl*

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one." — *Mark Twain*

"Sustained motivation is essential to achieving your potential." — *Grete Waitz*

"For me running is about freedom. I find that the freer I feel, the faster I am." — *Jennifer Beals, Actress*

"Life is either a daring adventure or nothing." — *Helen Keller*

"I run with my head, my heart and my guts, because physically, I don't think I've got a great deal of talent or ability. I started at the bottom and worked up." — *Steve Jones, former marathon world record holder*