

RUNNING MANTRAS

from The Mother Runners

- **“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” (Often attributed to Aristotle)**
- **“No matter how slow you run, you're still lapping everyone on the couch.”**
- **“You don't have to run fast, you just have to run!”**
- **“Only the disciplined ones are free in life. If you are undisciplined, you are a slave to your moods.” (Eliud Kipchoge)**
- **“Stepping outside the comfort zone is the price I pay to find out how good I can be. If I planned on backing off every time running got difficult I would hang up my shoes and take up knitting.” (Des Linden)**
- **“You don't get what you wish for, you get what you work for.”**
- **“Hard work pays off.”**
- **“If it doesn't challenge you, it won't change you.”**
- **“Don't worry about what's coming tomorrow. Let today's 'hard' be enough.”**
- **“It doesn't get easier. You just get stronger.”**



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- “Run often. Run long. But never outrun your joy of running.” (Julie Isphording)
- “My philosophy on running is, I don't dwell on it, I do it.” (Joan Benoit Samuelson)
- “Life is for participating, not for spectating.” (Kathrine Switzer)
- “You will receive what you ask for ... no more, no less.” (Mark Allen)
- “You are stronger than you think.”
- “No athlete is truly tested until they've stared down an injury and come out on the other side.”
- “Turn your setbacks into comebacks.”
- “Write your injuries in dust, your benefits in marble.” (Benjamin Franklin)
- “Never say never, because limits, like fears, are often just an illusion.” (Michael Jordan)
- “The hard days are the best because that's where champions are made.” (Gabby Douglas)
- “Persistence can change failure into extraordinary achievement.” (Matt Biondi)



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- “The ones who say ‘You can’t’ and ‘You won’t’ are probably the ones scared that you will”
- “Your greatest struggles will be your greatest lessons.”
- “Most of us have enough areas in our lives where we have to meet others’ expectations. Let your running be about your own hopes and dreams.” (Meb Keflezighi)
- “You have to remember that the hard days are what make you stronger. The bad days make you realize what a good day is. If you never had any bad days, you would never have that sense of accomplishment!” (Aly Raisman)
- “Progress is rarely a straight line. There are always bumps in the road, but you can make the choice to keep looking ahead.” (Kara Goucher)
- “Don’t let fear decide your future.” (Shalane Flanagan)
- “Runners don't quit. We fade; we "hit the wall"; we're sometimes reduced to a walk. But we keep on.” (Amby Burfoot)



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- “What has passed is already finished with. What I find more interesting is what is still to come.” (Emil Zatopek)
- “The past can hurt, but the way I see it you can either run from it or learn from it.” (Rafiki, The Lion King) “Pain is inevitable, suffering is optional.” (Often attributed to Haruki Murakami)
- “Run brave, no matter what.” (Alexi Pappas) “Forward is a pace.” “You have a choice: you can throw in the towel or use it to wipe the sweat off your face.”
- “To give anything less than your best is to sacrifice the gift.” (Steve Prefontaine)
- “You don't run with your feet — you run with your heart.” (Deena Kastor)
- “Just keep running. The finish line is waiting for you.”
- “Focus on where you are instead of where you wish you were. The joy will follow.” (John Bingham)
- “Run when you can, walk if you have to, crawl if you must; just never give up.” (Dean Karnazes)



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- **“One step at a time. One round at a time. Know your why. It’s really just one step at a time. Whether that’s a race or in real life. You just have to know your why.” (Allyson Felix)**
- **“I breathe in strength and breathe out weakness.” (Amy Hastings Cragg)**
- **“If you want to win anything — a race, yourself, your life — you have to go a little berserk.” (George A. Sheehan)**
- **“In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say, ‘I have finished.’ There is a lot of satisfaction in that.” (Fred Lebow)**
- **“Courage!”**
- **“Just keep swimming.” (Dory, Finding Nemo)**

