

October 2007

"Everyone in life is looking for a certain rush. Racing is where I get mine."
- John Trautmann

November 2007

"Top results are reached only through pain. But eventually you like this pain. You'll find the more difficulties you have on the way, the more you will enjoy your success."
- Juha "the Curel Vaatainen

November 2007

"Fear is a great motivator."
- John Treacy, 1984 Olympic silver medalist

December 2007

"Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed. Every morning in Africa, a lion wakes up. It knows it must run faster than the slowest gazelle, or it will starve. It doesn't matter whether you're a lion or gazelle - when the sun comes up, you'd better be running."
- Inspirational sign on a runner's office wall

January 2008

"Run hard, be strong, think big!"
- Percy Cerutti

February 2008

"Once you're beat mentally, you might as well not even go to the starting line."
- Todd Williams

March 2008

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, 1980 Boston Marathon champ

April 2008

"I am both proud of and embarrassed by that run. What kind of geek goes out and runs in a cloudburst just before midnight on his honeymoon? Me, I guess. But probably many others, too. You know who you are."
- Mark Will-Weber The Quotable Runner

May 2008

"God determines how fast you're going to run; I can help only with the mechanics."
- Bill Bowerman

June 2008

"Somewhere in the world someone is training when you are not. When you race him, he will win."
- Tom Fleming's Boston Marathon training sign on his wall

July 2008

"A lot of people don't realize that about 98 percent of the running I put in is anything but glamorous: 2 percent joyful participation, 98 percent dedication! It's a tough formula. Getting out in the forest in the biting cold and the flattening heat, and putting in kilometer after kilometer."
- Rob de Castella

August 2008

Workouts are like brushing my teeth; I don't think about them, I just do them. The decision has already been made."

- Patti Sue Plu

September 2008

"The long run is what puts the tiger in the cat."

- Bill Squiresmer, U.S. Olympian

October 2008

"I went through the first half of the Boston Marathon 2006 to do my best half marathon time."

- Chris Quesada

November 2008

"The marathon's about being in contention over the last 10K. That's when it's about what you have in your core. You have run all the strength, all the superficial fitness out of yourself, and it really comes down to what's left inside you. To be able to draw deep and pull something out of yourself is one of the most tremendous things about the marathon."

- Rob de Castella