

Quotable Marathon by Charles Lyons (2001)

Somewhere in the world there is someone training when you are not. When you race him, he will win (Tom Fleming).

Thinking like a champion will allow you to reach that potential. Remember that all your accomplishments are the direct result of your thoughts (Amby Burfoot).

The will to win is nothing without the will to prepare (Juma Ikangaa).

I didn't know whether or not my mind was willing to put my body through it (Frank Shorter).

Run for speed and repeat it for endurance (Emil Zatopek).

Racing is like building a house. The first 90% of the race takes 90% of your resources. The remaining 10% of the race takes another 90% of your resources (John Jerome).

Treat the marathon as your graduation exercise. It's your reward for all of the effort put in over the last few months (Joe Henderson).

We have fear barriers or back off points, but most are unfounded (Gary Elliot).

To give anything less than your best is to sacrifice the gift (Steve Prefontaine).

No marathon is easy. It's supposed to be hard. If it weren't, then everyone would do it (Joe Henderson).

The way we perform is the result of the way we see ourselves (Gary Elliot).

You are tomorrow what you believe today (Gary Elliot).

Why couldn't Pheidippides have died after 20 miles? (Frank Shorter)

Our thoughts and beliefs are the blueprints from which we create our physical reality (Lorraine Moller).

Work is everything the body has to do. Play is anything the body doesn't have to do (Mark Twain).

If you are going to win any battle you have to do one thing. You have to make the mind run the body (George Patton).

When you come to the end of your rope, tie a knot and hang on (anonymous).

Hold on when there is nothing in you, except the will that says 'hold on' (Rudyard Kipling).