

**Bid me run, and I
will strive with
things
impossible.**

William Shakespeare

With victory in hand, running at maximum effort becomes very difficult.

Without some company in the difficult miles, the body's mission becomes lonely and dark. [**Frank Shorter**](#)

**He was too small for
football and he got
tired of sitting on the
bench all the time.**

Ray Prefontaine

**A journey of a
thousand miles be-
gins with a single
step.**

Confucius

**If you want to
win a race you
have to go a little
berserk.**

Bill Rodgers

Bill Bowerman was, and is, and ever shall be a generous, ornery, profane, beatific, unyielding, antic, impenetrably complex Oregon original. As a freshman, I found him deeply disturbing.

Kenny Moore

Act like a horse.

Be dumb.

Just run.

Jumbo Elliot

**The thinking must
be done first, before
training begins.**

Peter Coe

**Only those who risk
going too far can
possibly find out how
far they can go.**

T.S. Eliot

There are as many reasons for running as there are days in a year, years in a life. But I run because I am an animal and a child, an artist and a saint. So, too, are you. Find your own play, your own self-renewing compulsion, and you will become the person you are meant to be.

Dr. George Sheehan

**Our greatest glory
is not in never fal-
ling, but in rising
every time we fall.**

Confucius