

# Allyson Felix

## Quotes

*Running, Thinking, Sports, Mom, Want, Track, Race, Athlete, School, Important, Feelings, Winning, Passion, Able, Years, Kids, Blessed, Moments, Grateful, Fun*

I'm always nervous. If I wasn't nervous, it would be weird. I get the same feeling at all the big races. It's part of the routine, and I accept it. It means I'm there and I'm ready.

~Allyson Felix

I'm really laid back but I still like to dress up sometimes.

~Allyson Felix

I have learned that track doesn't define me. My faith defines me. I'm running because I have been blessed with a gift.

~Allyson Felix

I always want to give more than I gave yesterday.

~Allyson Felix

I try to think about my goals. I think about my competitors-I know they're working hard, and if they are, I have to work hard too. I have to be one step ahead of them.

~Allyson Felix

Everyone sees the glory moments, but they don't see what happens behind the scenes.

~Allyson Felix

Every moment is not great and sometimes those are the moments in which you learn the most.

~Allyson Felix

My speed is a gift from God, and I run for His glory. Whatever I do, it all comes from him.

~Allyson Felix

Philippians 1:21 is very special to me because it helps to keep my life centered.

~Allyson Felix

I'm just competitive. It doesn't matter what it is. I want to win.

~Allyson Felix

My faith is the reason I run - it calms my heart and makes everything feel like a lift. My speed is definitely a gift from Him, and I run for His glory. Whatever I do, He allows me to do it.

~Allyson Felix

For me, my faith is the reason I run. I definitely feel I have this amazing gift that God has blessed me with, and it's all about using it to the best of my ability.

~Allyson Felix

I can be a voice. I can use my platform to help the younger generation. I think it's really important for them to understand how to do things the right way, and not just in sports, in life in general.

~Allyson Felix

Being a role model is a privilege.

~Allyson Felix

Before a race, I block out what's going on in the stadium. It's different for everyone. But for me, I've always been able to block it out. For a sprint race, it's important not to get distracted.

~Allyson Felix

I think every genius person has a bit of insanity.

~Allyson Felix

I am a big believer in visualization. I run through my races mentally so that I feel even more prepared.

~Allyson Felix

I love the relays. Track is such an individual sport, so it's fun to do something together.

~Allyson Felix

I am a sprinter, and I love to go fast. It's very difficult for me to be patient and follow a race strategy or conserve energy.

~Allyson Felix

I'm an athlete who's very determined and I understand sacrifice.

~Allyson Felix

I spend around two and half hours on the track every day running and another 2 hours in the weight room lifting weights with my strength coach.

~Allyson Felix

I myself am frustrated in just where sports are at. It's a hard thing when you're out there working every day, and you know that someone else is cheating and they may not necessarily get caught.

~Allyson Felix

My faith inspires me so much. It is the very reason that I run. I feel that my running is completely a gift from God and it is my responsibility to use it to glorify him.

~Allyson Felix

My mom is great and I make sure that we pray together before every race. She helps me put everything in perspective and remind me of the real reason I run.

~Allyson Felix

I never let track define me. That's something that's really important to me.

~Allyson Felix

I feel like I'm always going to be me. It always goes back to being the person that I am. And I hope that will never change.

~Allyson Felix

I think that kids aren't even exploring the option of sports anymore, and they don't even know what they could do.

~Allyson Felix

I want to run for eternal glory and track is great, but it's not what life is all about.

~Allyson Felix

I don't have a sprinter's body.

~Allyson Felix

I love a great pair of jeans and a nice blouse.

~Allyson Felix

For me, there's a lot of expectations and you want to be able to live up to them.

~Allyson Felix

There are moments that aren't great. And I think it's amazing for people to be able to have some insight, to be able to see the support system and what really happens.

~Allyson Felix

You know, I love wearing heels. I wish I could wear them all the time, but, you know, my sport doesn't really permit it.

~Allyson Felix

I've heard so many stories of young girls watching the Olympics and being inspired by it, and they want to do it now, and that's really cool.

~Allyson Felix

I grew up in a Christian home with amazing parents.

~Allyson Felix

I think I'm a person who is proud of my [Christian] faith and where I come from.

~Allyson Felix

I always look back to my first Olympic medal in 2004 in Athens. I was very new to the sport, and it was my first big win at the Olympics.

~Allyson Felix

I definitely think I put more pressure on myself. I can be hard on myself and super-critical and very rarely satisfied or happy. I am my biggest critic.

~Allyson Felix

I had worked so hard; that was my opportunity. And my mom was just able to turn it around for me. She helped me to be able to see the other side of things and that this is not the end for me.

~Allyson Felix

For me, it's really important to be able to compete on the highest level.

~Allyson Felix

And as long as I'm passionate about the sport, I'm able to do that and I'm happy, then I would love to do another Olympics. I'm just going to see how I'm feeling.

~Allyson Felix

I know that they [Jackie Joyner-Kersey, Florence Griffith-Joyner and even Wilma Rudolph] have paved the way and they have been a source of inspiration.

~Allyson Felix

My mom always has this amazing ability to always see the best in a situation.

~Allyson Felix

I know that I wasn't bred to be an Olympian. I didn't start running until high school, and I just stumbled upon to.

~Allyson Felix

I focused solely on the sprints, dedicated my time there, got in the weight room, just really did everything I could to make sure I would be in the best position to run for gold.

~Allyson Felix

I grew up in my mom's third grade classroom and always helping her, and I also got a passion for kids that way.

~Allyson Felix

If I wasn't active and involved in different sports and just moving around, I wouldn't have even known that I had the potential to become an Olympian.

~Allyson Felix

What's really heavy on my heart is fighting physical inactivity.

~Allyson Felix

I've got to make sure I'm keeping weight on.

~Allyson Felix

My dad's a pastor and a seminary professor, my mom, she has such great faith.

~Allyson Felix

I majored in elementary education, and I have a passion for kids.

~Allyson Felix

Try to think of working out and healthy eating as a lifestyle. Rather than go on a diet or try a crazy exercise routine, try making them something you do every day.

~Allyson Felix

Right now I'd say my favorite fashion designer is Zac Posen.

~Allyson Felix

Most people don't think about plyometrics when they think about powerful strength. But I do lots of them to build mine.

~Allyson Felix

I'm passionate about my sport and grateful that I get to do it for a living.

~Allyson Felix

The pressure is hard. You get - the world is only watching every four years, and I think lots of people feel like they have to win in that time frame.

~Allyson Felix

As you get older, there are going to be a few more challenges, but thankfully I'm still feeling good.

~Allyson Felix

I think it's very important, even if you're not in organized sports, but just to be active, to be healthy.

~Allyson Felix

I was a disruptive child.

~Allyson Felix



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