

Amby Burfoot Quotes

*Running, Lines, Believe, Years, Goal, Long, Mind, Giving Up, Runners, Attitude,
Winning, Thinking, Moving, Struggle, Skills, Speed, Discipline, Sports, Animal,
Conditions*

I always tell beginning runners: Train your brain first. It's much more important than your heart or legs.

~Amby Burfoot

Life is a marathon, not a sprint; pace yourself accordingly.

~Amby Burfoot

I have learned that there is no failure in running, or in life, as long as you keep moving.

~Amby Burfoot

Running has taught me, perhaps more than anything else, that there's no reason to fear starting lines... or other new beginnings.

~Amby Burfoot

The most powerful lesson you can learn in running? You're capable of much more than you think.

~Amby Burfoot

If you train your mind for running, everything else will be easy.

~Amby Burfoot

Winning has nothing to do with racing. Most days don't have races anyway. Winning is about struggle and effort and optimism, and never, ever, ever giving up.

~Amby Burfoot

It's not about speed and gold medals. It's about refusing to be stopped.

~Amby Burfoot

To get to the finish line, you'll have to try lots of different paths.

~Amby Burfoot

That's the beauty of starting lines: Until you begin a new venture, you

never know what awaits you.

~Amby Burfoot

As we run, we become.

~Amby Burfoot

The true but rare runner's high is a zone that we enter when everything seems to click perfectly, when time stands still, and when we can run almost without effort.

~Amby Burfoot

Success does not come to the most righteous and rigorously disciplined but to those who continue running.

~Amby Burfoot

Set a goal and a program for yourself, and everything else will follow. Guaranteed.

~Amby Burfoot

I've never known a runner who had as much patience as he needed.

~Amby Burfoot

Courage is crossing a starting line.

~Amby Burfoot

It's what runners do. We keep on keeping on

~Amby Burfoot

Here's my mantra: "Every mile is a gift."

~Amby Burfoot

It's not about how fast you go. It's not about how far you go. It's a process.

~Amby Burfoot

Motivation is a skill. It can be learned and practiced.

~Amby Burfoot

In the longest run of all, your life, you're going to be a winner.

~Amby Burfoot

Don't judge your running by your speed.

~Amby Burfoot

I've always liked hills. I see a challenge, a goal, and I feel instantly galvanized to achieve that goal.

~Amby Burfoot

Running removes us briefly from the fragmentation and depersonalization of the digital world

~Amby Burfoot

Best wishes for a great marathon. Be sure to savor it. The first marathon is something special. Run long and healthy.

~Amby Burfoot

Once upon a time, about 20 years ago, runners believed they didn't have to do anything but run

~Amby Burfoot

Everyone stumbles at one time or another. It's the human condition

~Amby Burfoot

You don't need any skill to run.....Every 3-year old knows how to run

~Amby Burfoot

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