

Bill Bowerman

Quotes

*Running, Athlete, Sports, Motivational, Smart, Giving, Inspiration, Teacher, Men,
Heart, Faces, Guy, Real, Hockey, Coaches, Runners, Winner, Mechanic,
Permission, Gym Motivational*

The real purpose of running isn't to win a race, it's to test the limits of the human heart.

~Bill Bowerman

The idea that the harder you work, the better you're going to be is just garbage. The greatest improvement is made by the man or woman who works most intelligently.

~Bill Bowerman

Victory is in having done your best. If you've done your best, you've won.

~Bill Bowerman

There's no such thing as bad weather, just soft people.

~Bill Bowerman

Everything you need is already inside.

~Bill Bowerman

If you have a body, you are an athlete!

~Bill Bowerman

The athlete makes himself, the coach doesn't make the athlete.

~Bill Bowerman

Don't give anything away. Never make it easy for the guys you are trying to beat.

~Bill Bowerman

To bring inspiration and innovation to every athlete* in the world.

~Bill Bowerman

If someone says, 'Hey, I ran 100 miles this week. How far did you run?' ignore him! What the hell difference does it make?.... The magic is in

the man, not the 100 miles.

~Bill Bowerman

If at the end of a race you know yourself that you have done your best, you're a winner.

~Bill Bowerman

There is no bad weather, just soft runners.

~Bill Bowerman

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

~Bill Bowerman

It's easier to beg forgiveness than ask permission.

~Bill Bowerman

A teacher is never too smart to learn from his pupils.

~Bill Bowerman

I still bother with runners I call hamburgers. They're never going to run any record times. But they can fulfill their own potential.

~Bill Bowerman

Now to explore the limits of the one competitor above everyone else you've always loved to face: Steve Prefontaine.

~Bill Bowerman

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