

Bill Rodgers Quotes

Running, Race, Sports, Believe, Mean, Marathon, Winning, Giving, Athlete, Feelings, Hills, Years, Hours, Motivational, Rain, Fun, People, Beats, Want, Age

The marathon can humble you.

~Bill Rodgers

To be a consistent winner means preparing not just one day, one month or even one year - but for a lifetime.

~Bill Rodgers

I believe in gradual experimentation with running shoes.

~Bill Rodgers

Being a runner means you are now 'free' to win and lose and live life to its fullest.

~Bill Rodgers

I often lose motivation, but it's something I accept as normal.

~Bill Rodgers

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

~Bill Rodgers

Anybody can be a runner. We were meant to move. We were meant to run. It's the easiest sport.

~Bill Rodgers

Don't feel guilty about driving somewhere nice to run. If people can drive to a park to eat hot dogs, you can drive there to run.

~Bill Rodgers

Runners are the ultimate celebration people. Running is just so intense, you're really experiencing life to the fullest.

~Bill Rodgers

I always say if the marathon is a part-time interest, you will only get part-time results.

~Bill Rodgers

I believe you'll develop speed via strength work which includes hill running, either repeats, or running hilly courses as the Kenyans do on a steady basis

~Bill Rodgers

I can't even imagine what it's like to run for 5 or 6 hours.

~Bill Rodgers

A change of pace in terms of your running pace will give you strength psychologically.

~Bill Rodgers

Always take the long term view and train and race smart, with a bit of caution.

~Bill Rodgers

Having your goal to focus on is key, but don't let it become more important than your excellence next year and the year after.

~Bill Rodgers

No one who works a forty hour week will ever beat me.

~Bill Rodgers

I want to run until I can't run

~Bill Rodgers

I ran my fastest marathon in the rain.

~Bill Rodgers

My biggest weakness as a endurance athlete has been in not drinking enough water after training, thereby racing sometimes while dehydrated.

~Bill Rodgers

Hills are terrific for running

~Bill Rodgers

My whole feeling in terms of racing is that you have to be very bold. You sometimes have to be aggressive and gamble.

~Bill Rodgers

I believe in keeping running simple and, in regard to shoes, that would mean no gimmicks, unnecessary cushioning, etc

~Bill Rodgers

Being a lifelong runner, knowing what running gives me, a variety of factors - that is what motivates me.

~Bill Rodgers

My guess is many top athletes, distance runners included, use performance-enhancing drugs, enough so that the problem must be tackled.

~Bill Rodgers

The starting line of the New York Marathon is kind of like a giant time bomb behind you about to go off. It is the most spectacular start in sport.

~Bill Rodgers

Aiming for the marathon is a task of sorts which can include terrific highs and lows.

~Bill Rodgers

You cannot always run at your best.

~Bill Rodgers

Every time I bomb out, I have to come back. I have a feeling after a bad race that my next one will be good.

~Bill Rodgers

Every race is totally different.

~Bill Rodgers

Age 50 is a lot tougher than 40s

~Bill Rodgers

Runners...you're competitive, but you want to have fun, too. You want to enjoy life. And runners really get to do that, I think-after we recover.

~Bill Rodgers

I also feel it usually takes four or five races to hit your best marathon for your body to be accustomed to the training AND the race itself.

~Bill Rodgers

Personally, I always felt times aren't so excellent as are performances.

~Bill Rodgers

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