Thinking, People, Fun, Decathlon, Driving, Believe, Tough, Singing, Motivation, Hiking, Life Changing, Winning, Fishing, Excited, Real, Labs, Shapes, Matter, Needs, Repercussions

Our house was always full of grandparents and aunts and uncles and cousins.

~Bryan Clay

I was blessed with certain gifts and talents and God gave them to me to be the best person I can be and to have a positive impact on other people.

~Bryan Clay

You don't have to sacrifice who you are to follow your beliefs.

~Bryan Clay

I like golf, hiking, camping, boating and fishing.

~Bryan Clay

For so long I wanted to win the gold medal. Then I won. I had to figure out what was the new motivation to take myself to that place again.

~Bryan Clay

I don't think anyone chooses the decathlon as much as it chooses you.

~Bryan Clay

I'm competitive. I like to compete, and that's basically what the decathlon lets me do.

~Bryan Clay

It's not necessarily size that matters, it's how fast you move that implement.

~Bryan Clay

If I look what sport has done in my life, I don't think there's any doubt that sport can change lives.

~Bryan Clay

My life was very Japanese.

~Bryan Clay

I love Broadway. And, I listen to country music, which I think a lot of people find surprising.

~Bryan Clay

I do catch myself driving around singing tunes, but I don't know if it's necessarily show tunes.

~Bryan Clay

It's kind of fun to hear that other people deal with the same kinds of issues that you do.

~Bryan Clay

Repercussions are serious and they will take you places.

~Bryan Clay

I have a black lab named Luke.

~Bryan Clay

You take yourself to a place where you've got absolutely nothing left and then you find out you have to push yourself one more step. That's a tough place to be in.

~Bryan Clay

We have to lie to ourselves as decathletes and say that we like all ten events.

~Bryan Clay

Breaking the world record has always been in the works. I just need the right conditions and I can make it.

~Bryan Clay

How many times do you take yourself to the brink of complete collapse? It's not a real fun place to go.

~Bryan Clay

I train six to seven hours every single day. I wake up six days a week and know that it's going to be the same thing.

~Bryan Clay

It's not easy waking up every single morning knowing what you're going to put your body through and having to do it. We don't have days off.

~Bryan Clay

I've been telling people I'm in the best shape of my life, I've been training unbelievably hard.

~Bryan Clay

I'm excited to be a part of the Olympic movement again.

~Bryan Clay

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