

Christopher McDougall

Quotes

*Running, Born To Run, Thinking, Animal, Art, Way, Motivation, Race, Heart,
Shoes, Men, Pain, Real, Fun, Nike, Mean, Two, Inspiration, Epidemics,
Distance*

If you don't think you were born to run you're not only denying history. You're denying who you are.

~Christopher McDougall

We were born to run; we were born because we run.

~Christopher McDougall

If you don't have answers to your problems after a four-hour run, you ain't getting them.

~Christopher McDougall

The reason we race isn't so much to beat each other... but to be with each other.

~Christopher McDougall

You don't stop running because you get old, you get old because you stop running.

~Christopher McDougall

We've got a motto here-you're tougher than you think you are, and you can do more than you think you can.

~Christopher McDougall

Running is the heart of what it means to be human.

~Christopher McDougall

Anyone can do running. Running should be easy. It should be fun. It should include everyone. It shouldn't be a punishment for eating cheesecake, which is what we've turned it into.

~Christopher McDougall

One of the most dangerous and best-kept secrets of the medical profession is the epidemic of anesthesiologists who are addicted to their own drugs.

~Christopher McDougall

If you can run six miles on a summer day, then you, my friend, are a lethal weapon in the animal kingdom.

~Christopher McDougall

You don't have to be fast. But you'd better be fearless.

~Christopher McDougall

We run when we're scared, we run when we're ecstatic, we run away from our problems and run around for a good time.

~Christopher McDougall

I received the best advice for running I ever heard: 'You're not going to win, so just relax. If it feels like work, you're running too hard.'

~Christopher McDougall

The words of the social critic Eric Hoffer were ringing true: "Every great cause begins as a movement, becomes a business, and turns into a racket."

~Christopher McDougall

Make friends with pain, and you will never be alone.~Ken Chlouber, Colorado miner and creator of the Leadville Trail 100 mile race

~Christopher McDougall

Way before we were scratching pictures on caves or beating rhythms on hollow trees we were perfecting the art of combining our breath and mind and muscles into fluid self-propulsion over wild terrain.

~Christopher McDougall

Ask nothing from your running, and you'll get more than you ever imagined!

~Christopher McDougall

The only way to truly conquer something, as every great philosopher and geneticist will tell you, is to love it.

~Christopher McDougall

Sometimes,' she said, 'it takes a woman to bring out the best in a man.

~Christopher McDougall

Blaming the running injury epidemic on big, bad Nike seems too easy - but that's okay, because it's largely their fault.

~Christopher McDougall

For nearly 2 million years, our ancestors survived and thrived and spread across the planet because they could run other mammals into heat exhaustion.

~Christopher McDougall

it's easy to get outside yourself when you're thinking about someone else.

~Christopher McDougall

We wouldn't be alive without love we wouldn't have survived without running maybe we shouldn't be surprised that getting better at one could make you better at the other.

~Christopher McDougall

We say the rarajipari is the game of life, ' Angel said. 'You never know how hard it will be. You never know when it will end. You can't control it. You can only adjust.

~Christopher McDougall

Even Charles Darwin, that human decoder ring of bizarre behavior, found the idea of saving a stranger's life to be a total head-scratcher.

~Christopher McDougall

When it comes to mentors, you can't beat survival.

~Christopher McDougall

Running should be free, man.

~Christopher McDougall

Deny your nature, and it will erupt in some other, uglier way.

~Christopher McDougall

But you can't muscle through a five-hour run that way; you have to relax into it like easing your body into a hot bath, until it no longer resists the shock and begins to enjoy it.

~Christopher McDougall

human urine is both nutrient-rich and an effective tooth whitener

~Christopher McDougall

Everyone is built for running.

~Christopher McDougall

He was onto something. Something huge. It wasn't just how to run; it was how to live, the essence of who we are as a species and what we're meant to be.

~Christopher McDougall

That was the real secret of the Tarahumara: they'd never forgotten what it felt like to love running. They remembered that running was mankind's first fine art, our original act of inspired creation.

~Christopher McDougall

We're constantly told that running will ruin our knees and outrage our hearts, but for nearly all of human existence, it was associated with freedom, vitality, and eternal youth.

~Christopher McDougall

Related Links:

- [Running Quotes](#)
- [Born To Run Quotes](#)
- [Thinking Quotes](#)
- [Animal Quotes](#)
- [Art Quotes](#)
- [Way Quotes](#)
- [Motivation Quotes](#)
- [Race Quotes](#)
- [Heart Quotes](#)
- [Shoes Quotes](#)
- [Men Quotes](#)
- [Pain Quotes](#)
- [Real Quotes](#)
- [Fun Quotes](#)
- [Nike Quotes](#)
- [Mean Quotes](#)
- [Two Quotes](#)
- [Inspiration Quotes](#)
- [Epidemics Quotes](#)
- [Distance Quotes](#)