

Dean Karnazes

Quotes

*Running, Sports, Passion, Dream, Failing, Heart, Struggle, Air, Comfort, Pain,
Feet, Self, Office, Simple, Confused, Hell, Body, Strong, People, Lines*

Run when you can, walk if you have to, crawl if you must; just never give up.

~Dean Karnazes

The human body is capable of amazing physical deeds. If we could just free ourselves from our perceived limitations and tap into our internal fire, the possibilities are endless.

~Dean Karnazes

The human body has limitations. The human spirit is boundless.

~Dean Karnazes

Some seek the comfort of their therapist's office, other head to the corner pub and dive into a pint, but I chose running as my therapy.

~Dean Karnazes

Running is about finding your inner peace, and so is a life well lived.

~Dean Karnazes

Any goal worth achieving involves an element of risk.

~Dean Karnazes

Don't run with your legs, run with your heart.

~Dean Karnazes

Sometimes you've got to go through hell to get to heaven.

~Dean Karnazes

I never feel more alive than when I'm in great pain, struggling against insurmountable odds and untold adversity. Hardship? Suffering? Bring it!

~Dean Karnazes

There is magic in misery. Just ask any runner.

~Dean Karnazes

Unless you're not pushing yourself, you're not living to the fullest. You can't be afraid to fail, but unless you fail, you haven't pushed hard enough."

~Dean Karnazes

If it felt good, you didn't push hard enough. It's supposed to hurt like hell.

~Dean Karnazes

I've raced on all seven continents at least twice. I've probably run thousands of races. But the single race that I'm most proud is a 10K. Yes, a 10K. I ran it with my daughter on her 10th birthday.

~Dean Karnazes

Don't confuse comfort with happiness.

~Dean Karnazes

For me, as for so many runners, there really are no finish lines. Runs end; running doesn't.

~Dean Karnazes

Regardless of how distant your dreams may seem, every second counts.

~Dean Karnazes

The only one who can tell you "You can't" is you. And you don't have to listen.-Nike

~Dean Karnazes

As long as my heart's still in it, I'll keep going. If the passion's there, why stop?

~Dean Karnazes

Somewhere along the line we seem to have confused comfort with happiness.

~Dean Karnazes

How to run an ultramarathon ? Puff out your chest, put one foot in front of the other, and don't stop till you cross the finish line.

~Dean Karnazes

Want a strong, solid relationship that is willing to go the distance? Get to know your running shoes.

~Dean Karnazes

I run to breathe the fresh air. I run to explore. I run to escape the ordinary.

~Dean Karnazes

We have killed our souls with comfort instead of seeking fulfillment and achievement.

~Dean Karnazes

If you keep chasing your dreams, one day you'll catch them.

~Dean Karnazes

Endurance running was my passion, my ride. So here, I was in the driver's seat, running for two days straight pushing the mental and physical limits striving to be better, to go farther, to give more.

~Dean Karnazes

Pain is the body's way of ridding itself of weakness.

~Dean Karnazes

A lot of ultramarathoners are soloists. They're single and live lives off the grid.

~Dean Karnazes

If you just go out there and run 100 miles, it breaks down a lot of barriers in terms of self-imposed limitations.

~Dean Karnazes

I run because it always takes me where I want to go.

~Dean Karnazes

Running is a simple, primitive act, and therein lays its power. For it is one of the few commonalities left between us as a human race.

~Dean Karnazes

When all else fails, start running!

~Dean Karnazes

Sure I'm cut but not for the sake of vanity.

~Dean Karnazes

I love surfing, rock climbing, cycling - all that stuff. But it's just amazing that I can inspire people with my running. It's humbling, really.

~Dean Karnazes

I have my whole office set-up at waist level; I don't sit at all during the day. Sitting, to me, is the devil.

~Dean Karnazes

You cannot grow and expand your capabilities without running the risk of failure.

~Dean Karnazes

Once you permit yourself to compromise, you fail yourself.

~Dean Karnazes

If it comes easy, if it doesn't require extraordinary effort, you're not pushing hard enough. It's supposed to hurt like hell.

~Dean Karnazes

I'm not trying to take more of the pie for myself. I'm trying to make the pie larger for everyone.

~Dean Karnazes

I went to college, grad school. I got an M.B.A., had a really cush corporate job. But I was just bored stiff. I didn't fit that mold.

~Dean Karnazes

I do a lot of marathons as training runs. If I'm somewhere and there's a marathon, I'll sign up and just go run it.

~Dean Karnazes

I have an ElliptiGO. It's a standup bicycle. You don't pedal; you stride on it. It allows me to have the same striding motion as running without the impact.

~Dean Karnazes

I love to run and I have some tips to keep it fresh and novel. I rarely use the same route twice. That keeps things new.

~Dean Karnazes

The marathon is an opportunity for redemption. Opportunity, because the outcome is uncertain. Opportunity, because it is up to you, and only you, to make it happen.

~Dean Karnazes

Go out hard and finish harder.

~Dean Karnazes

When I ran across America, for 75 days I ate 10,000 calories a day. I still lost about five pounds.

~Dean Karnazes

Even if you're inches away from the finish, never take success for granted.

~Dean Karnazes

Listen to everyone, follow no one.

~Dean Karnazes

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