

Don Kardong Quotes

*Running, Inspirational, Runners, Thinking, Pathways, People, Track And Field,
Cities, Idiot, Weight Loss, Tick, Kings, Olympics, Stupid, Food, Race, Years,
Lonely, Team, Ultras*

Avoid any diet that discourages the use of hot fudge.

~Don Kardong

Without ice cream there would be darkness and chaos.

~Don Kardong

Coaches know that a parent publicly scolding his kid after a race will not help the athlete perform better.

~Don Kardong

No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes.

~Don Kardong

I know runners who have suffered a tick bite and ended up with Lyme disease. Ill take an angry moose any day.

~Don Kardong

Runners like to train 100 miles per week because it's a round number. But I think 88 is a lot rounder.

~Don Kardong

Grizzly bears eat people without the benefit of music.

~Don Kardong

We (ultra runners) alternate between depression and stupidity.

~Don Kardong

There's no such thing as a bad carbohydrate.

~Don Kardong

A good teammate is someone willing to get outside of personal thoughts and emotions, a friend who tries to understand, appreciate,

and encourage other members of the team.

~Don Kardong

Prior to the 1976 Olympics, I was a 5,000m runner.

~Don Kardong

You entered a marathon with hills? You idiot.

~Don Kardong

Related Links:

- [Running Quotes](#)
- [Inspirational Quotes](#)
- [Runners Quotes](#)
- [Thinking Quotes](#)
- [Pathways Quotes](#)
- [People Quotes](#)
- [Track And Field Quotes](#)
- [Cities Quotes](#)
- [Idiot Quotes](#)
- [Weight Loss Quotes](#)
- [Tick Quotes](#)
- [Kings Quotes](#)
- [Olympics Quotes](#)
- [Stupid Quotes](#)
- [Food Quotes](#)
- [Race Quotes](#)
- [Years Quotes](#)
- [Lonely Quotes](#)
- [Team Quotes](#)
- [Ultras Quotes](#)