

# Gerry Lindgren Quotes

*Running, Race, Goal, Attitude, Thinking, Passion, Kids, Evil, People, Reality,  
Believe, Team, Dehydration, Two, Impossible, Sports, Life Is, Forever, Distance,  
Hurt*

Kids are afraid that if they race too fast they will get tired. Way too much fear and way too little COURAGE.

~Gerry Lindgren

My key to victory was that I always went out way too fast. Too fast erases every other race strategy out there. Everyone is hanging on for dear life or they give up.

~Gerry Lindgren

Set a new standard. Change reality. Break ground to something new and different. That achievement will live forever just because you WERE somebody special!

~Gerry Lindgren

Everyone dies whether one is good in their lifetime or evil in their lifetime. So virtue has no payback. Life is meaningless. When you die, you die!

~Gerry Lindgren

COURAGE is not a quality you teach. Courage is the by-product of self-discipline. It is an ATTITUDE.

~Gerry Lindgren

The FEAR of becoming dehydrated causes dehydration. As with so many things in our life, it is because we KNOW it is a problem that it is a problem.

~Gerry Lindgren

If you KNOW dehydration is a problem in long runs it becomes a problem in long runs.

~Gerry Lindgren

I never did cross training or lifted weights or put anything between myself and my passion for running.

~Gerry Lindgren

I should be doing that too. I should be out there running and racing. I should be taking care of my body.

~Gerry Lindgren

Set a master goal for your running and for your life...

~Gerry Lindgren

Based on my experience; I would develop fast speed before anything else. Get your young runners so they can run and teach them speed.

~Gerry Lindgren

Setting goals that have already been achieved is a cop-out.

~Gerry Lindgren

We didn't keep track of how many miles we ran back then. We just ran. If you LOVE to run with the kind of passion I have for running, you will understand this. Running was my mode of transportation.

~Gerry Lindgren

Humans are a TOUGH animal! We can do anything.

~Gerry Lindgren

There is NOTHING you can do with your running time that is better for you than running. Any other activity only pulls you down and erases passion.

~Gerry Lindgren

Goals should be impossible! You should tread FEARLESSLY where the brave dare not go.

~Gerry Lindgren

The only thing that lives beyond the grave is the wake you have created

by the way you have lived your life; the goals you have set; the distance away from the normal you dared to tread.

~Gerry Lindgren

The 3-minute mile goal is to teach runners that the impossible is where goals should be set.

~Gerry Lindgren

This life is made to change all reality. We are here for the benefit, happiness, and welfare of a new reality; a new direction.

~Gerry Lindgren

The best runners every year are those who race out way too fast.

~Gerry Lindgren

I would instill in my team an attitude of role modeling. We run to teach other people the value of physical activity. In all things, be humble and appreciative; hurt no one; help anyone you can.

~Gerry Lindgren

I had on my team a girl who at age twelve just missed the world mile record for her age group. But at 20 she just couldn't run.

~Gerry Lindgren

I thought perhaps people with injuries could be subject to a starters gun to cure them.

~Gerry Lindgren

If you look at your life and compare your life to that of an evil person, you will find that in most regards both lives are the same. You don't live a longer life or live forever by being virtuous.

~Gerry Lindgren

News people were holding me up as a symbol of defiance to the

boycott and I couldn't even run.

~Gerry Lindgren

Kids as young as twelve CAN run 90 minutes, and they can train hard to run fast, BUT they lose something in training hard at that early age.

~Gerry Lindgren

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