

# Grete Waitz

## Quotes

*Running, Inspirational, Cancer, Motivation, Exercise, Survivor, Goal, People, Morning, New York, Sports, Thinking, Fitness, Inspiration, Believe, Training, Peace, Upset, Mean, Different*

The worst injury I ever had was a stress fracture from running.

~Grete Waitz

There is something about the ritual of the race - putting on the number, lining up, being timed - that brings out the best in us.

~Grete Waitz

Another inspiration that has helped me get through has been Lance Armstrong's story. My cancer is not nearly as bad as his, but I believe in staying motivated and keeping as fit as you can.

~Grete Waitz

I am living in Norway, where I am under the care of the best cancer doctor in Norway and I can be closer to my family.

~Grete Waitz

I am about to get involved with the biggest cancer hospital in Norway. They are building a fitness center to work with patients. I will be a consultant.

~Grete Waitz

Sustained motivation is essential to achieving your potential.

~Grete Waitz

You've got to look for tough competition. You've got to want to beat the best.

~Grete Waitz

My basic philosophy can be summed up by an expression we use in Norwegian: hurry slowly. Get there, but be patient.

~Grete Waitz

Spend at least some of your training time, and other parts of your day, concentrating on what you are doing in training and visualizing your

**SUCCESS.**

~Grete Waitz

In terms of fitness and battling through cancer, exercise helps you stay strong physically and mentally.

~Grete Waitz

Contrary to a common myth, while there are general guidelines, there is no exact 'right' way to run ... I am amazed by the many ways people move forward.

~Grete Waitz

My goal has always been to introduce other people to running. They might accomplish something they never thought they could.

~Grete Waitz

I'm never going to run this again.

~Grete Waitz

I don't think I would have been such a good runner if I hadn't enjoyed it.

~Grete Waitz

You go into the disease as one person and come out of it as a different person. It has changed my perspective on everything. Things that used to upset me no longer do.

~Grete Waitz

I am a private person and that has always been my personality.

~Grete Waitz

For a couple of days after chemotherapy, food tastes really bland, even the best foods. I haven't been sick, but have been a little tired. I haven't lost any weight.

~Grete Waitz

One day you are happy and laughing and the next you are crying.

~Grete Waitz

I tried to keep it secret, but the story got into the newspapers. It was more difficult for my family, who couldn't understand why the media wouldn't leave me in peace.

~Grete Waitz

Every day I spend time on the treadmill. I am walking faster, stronger and harder than I was two months ago.

~Grete Waitz

What spurs a person to get more serious is highly individual, but I have found that no matter what a person's level of ability, motivation must come from within, or it will not last.

~Grete Waitz

What Fred Lebow went through was an inspiration for me. You have to set goals for yourself.

~Grete Waitz

I'll never do that again!

~Grete Waitz

### **Related Links:**

- [Running Quotes](#)
- [Inspirational Quotes](#)
- [Cancer Quotes](#)
- [Motivation Quotes](#)
- [Exercise Quotes](#)
- [Survivor Quotes](#)
- [Goal Quotes](#)
- [People Quotes](#)
- [Morning Quotes](#)
- [New York Quotes](#)
- [Sports Quotes](#)
- [Thinking Quotes](#)
- [Fitness Quotes](#)
- [Inspiration Quotes](#)
- [Believe Quotes](#)
- [Training Quotes](#)
- [Peace Quotes](#)
- [Upset Quotes](#)
- [Mean Quotes](#)
- [Different Quotes](#)