

Haile Gebrselassie

Quotes

*Running, People, Winning, Thinking, Country, Want, Athlete, Sports, Father,
Hard Work, School, Perfect, Training, Records, Commitment, Marathon, Looks,
Fun, Runners, Giving*

All athletes need three things: commitment, discipline and hard work. Without that it's hard to keep running.

~Haile Gebrselassie

When you run the marathon, you run against the distance, not against the other runners and not against the time.

~Haile Gebrselassie

Once you have commitment, you need the discipline and hard work to get you there.

~Haile Gebrselassie

I always tell young athletes the same thing, 'Wherever you go, whatever you do, what must your top priority be? Running.'

~Haile Gebrselassie

Always, if you win mentally, you can win physically as well.

~Haile Gebrselassie

For me a day without training is like a day without eating.

~Haile Gebrselassie

You must do as your people do. If my people are poor, I must be poor. People ask me, 'Why don't you find a personal coach or a private car?' I can't. Then I won't be part of my people.

~Haile Gebrselassie

You need three things to win: discipline, hard work and, before everything maybe, commitment. No one will make it without those three. Sport teaches you that.

~Haile Gebrselassie

I will always listen to my coaches. But first I listen to my body. If what they tell me suits my body, great. If my body doesn't feel good with

what they say, then always my body comes first.

~Haile Gebrselassie

It is not my duty to spend my money in my country, but it is what I want to do. There is nowhere else I would like to invest.

~Haile Gebrselassie

I love running and I will always run.

~Haile Gebrselassie

Age for me is just a number.

~Haile Gebrselassie

I can't change everything by myself but I can be one of the people who are trying to change the situation.

~Haile Gebrselassie

When I wake up at 5 in the morning is it just to jog? Definitely not, I give it all of my efforts.

~Haile Gebrselassie

I know what I want when I start a marathon: to win! But what do you want? Make sure you're clear in advance and don't go out too fast.

~Haile Gebrselassie

My school was six miles away from where I lived on the farm. I had to walk and run, there and back every day, through gorges and over rivers. If I was late, there was a very big stick waiting for me.

~Haile Gebrselassie

If you're planning only to make money and nothing else, you'll be broke.

~Haile Gebrselassie

You know the marathon in my country is just exceptional. It's like soccer in England. If England win the world cup and Ethiopia win the marathon - it's the same.

~Haile Gebrselassie

Why should I say I will retire in three or four years? You retire the very moment you utter those words.

~Haile Gebrselassie

I feel a social responsibility. We need to open people's eyes. There is a lack of education in Ethiopia.

~Haile Gebrselassie

When I run in Ethiopia, I look out and see eucalyptus trees and rivers.

~Haile Gebrselassie

In my life I do a lot of things but I never forget my training.

~Haile Gebrselassie

Like some high official, you have to tell your brain: 'Do it. Come on. I have to do it.'

~Haile Gebrselassie

Life is a kind of struggle. Life is a sort of fight.

~Haile Gebrselassie

My father didn't think running was sensible. He told me running is just wasting time.

~Haile Gebrselassie

Since I achieved something, running has exploded in my country. For me sometimes it is difficult even to know who the athletes are who are competing at the highest level. There are thousands.

~Haile Gebrselassie

When I had no shoes I was comfortable - I used to run barefoot. When I wore shoes it was difficult. To run in shoes was ok, but at the beginning of my career it was hard.

~Haile Gebrselassie

I'm a runner first before anything else.

~Haile Gebrselassie

When you promise something, you must fulfill it.

~Haile Gebrselassie

When you talk about world record times, you have to understand that everything must be perfect the weather, the course, the temperature. It is not always enough to be in good shape.

~Haile Gebrselassie

That is not enough. Sport has been great for me, a great learning place that if you want to achieve you can, even if you are from the poorest part of Africa.

~Haile Gebrselassie

I have to change a lot of things before I become a good marathon runner.

~Haile Gebrselassie

If I don't train enough, of course I'm nervous.

~Haile Gebrselassie

I haven't done a marathon for a long time. So we'll see. I will need good luck.

~Haile Gebrselassie

Being a great athlete is something that requires a lot of training and dedication, it does not come as easily as some people may think.

~Haile Gebrselassie

Athletics is in my blood.

~Haile Gebrselassie

I'm retiring from competitive running, not from running. You cannot stop running, this is my life.

~Haile Gebrselassie

Since I achieved something, running has exploded in my country.

~Haile Gebrselassie

What is important is to win.

~Haile Gebrselassie

I want to go down in history.

~Haile Gebrselassie

At the end of the day, people want to see how fast you run.

~Haile Gebrselassie

I remember in particular my first victory when I achieved a very fast time in what were perfect conditions but since then the wind has always been a factor against me.

~Haile Gebrselassie

The more you are getting older, you lose a little something. Of course there is another advantage, because of your long experience you can use it.

~Haile Gebrselassie

In the marathon a crazy athlete can just keep pushing from the beginning, at a championship you don't need a time just to win the race.

~Haile Gebrselassie

Athletes have to be confident and I am thinking like that.

~Haile Gebrselassie

You lose the speed before the stamina.

~Haile Gebrselassie

I think if you come first with a new world record, that is the best.

~Haile Gebrselassie

I used to run to school, 10k every day. And this at altitude, perfect preparation, really.

~Haile Gebrselassie

I want to avoid injuries by running only road.

~Haile Gebrselassie

Schooling is so important.

~Haile Gebrselassie

I wanted to be famous. I wanted people to talk about me.

~Haile Gebrselassie

I wanted to experience New York, to look up and see buildings.

~Haile Gebrselassie

I find the business world hard.

~Haile Gebrselassie

If you are a really good marathoner, you have to run New York.

~Haile Gebrselassie

I was the kind of child who worked hard every day with the cows and

sheep - I was a very aggressive boy.

~Haile Gebrselassie

Considering that the race is star-studded no runner will be willing to set the pace for the others. This is why a record will be almost impossible.

~Haile Gebrselassie

At the moment I am a little bit politician, yes. I think that could be my next step. It is not because I want power, it is because of what I think I could do for the people.

~Haile Gebrselassie

My father thought sport was something fun - he didn't know it was a way to make money.

~Haile Gebrselassie

You know for me when I promise something I want to deliver. If you don't, you have to disappear.

~Haile Gebrselassie

I have seen things few of my countrymen have. The first time I went on an aeroplane I couldn't work out how the lavatories worked up in the sky.

~Haile Gebrselassie

If your body is damaged, wounded, it can be fixed, but if inside, mentally, you are wounded you cannot fix it, it's hard.

~Haile Gebrselassie

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