

Joan Benoit Quotes

*Running, Sports, Victory, Motivational, Strong Women, Inspirational Running,
Body, Heart, Who We Are, Winning, Belief, Being Strong, Stronger, Philosophy,
Children, Percent, Balance And Harmony, Long, Life, Program*

Running is about more than just putting one foot in front of the other; it is about our lifestyle and who we are.

~Joan Benoit

Doing something for yourself like running, and using it to test yourself, will only make you feel better about your career or your family role.

~Joan Benoit

Every time I fail I assume I will be a stronger person for it.

~Joan Benoit

When I first started running, I was so embarrassed I'd walk when cars passed me. I'd pretend I was looking at the flowers!

~Joan Benoit

I look at victory as milestones on a very long highway.

~Joan Benoit

There's not a better feeling than when you have found that moment of balance and harmony when both running and life come together. Then you know why you run and that you couldn't live without it.

~Joan Benoit

Coffee doesn't do it for me; it's running that gets me going.

~Joan Benoit

The challenge and the energy running requires may be a selfish one, but it actually motivates me to be stronger in my relationships.

~Joan Benoit

You can't depend on other people, you have to run your own race.

~Joan Benoit

There will always be something to strive for. My hope is for the heart to

strive forever.

~Joan Benoit

Years ago, women sat in the kitchen drinking coffee and discussing life. Now they discuss the same topics while they run.

~Joan Benoit

Confidence is a belief in myself and my ability. I built my confidence through hard training. I believed there was no one out there working any harder than me.

~Joan Benoit

Love yourself, for who and what you are; protect your dream and develop your talent to the fullest extent.

~Joan Benoit

My philosophy on running is, I don't dwell on it, I do it.

~Joan Benoit

Running is 80 percent mental.

~Joan Benoit

One hour with a child is like a ten-mile run.

~Joan Benoit

Recognize your victories.

~Joan Benoit

Keep varying the program. Your body will tell you what to do.

~Joan Benoit

Winning is neither everything nor the only thing. It is one of many things.

~Joan Benoit

If you feel like eating, eat. Let your body tell you what it wants.

~Joan Benoit

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