

# John Bingham Quotes

*Running, Distance, Journey, Thinking, Joy, Strong, Moving, Parent, Giving,  
Athlete, Marathon, Would Be, Voice, Consistency, Lifestyle, Past, Belief, Long,  
Citizens, Wish*

The miracle isn't that I finished. The miracle is that I had the courage to start.

~John Bingham

We run to undo the damage we've done to body and spirit. We run to find some part of ourselves yet undiscovered.

~John Bingham

Being inspired is fine for a week, and being motivated might work for a month or so, but to make any lifestyle change last a lifetime, you need dedication.

~John Bingham

I am a runner because I run. Not because I run fast. Not because I run far. I am a runner because I say I am. And no one can tell me I'm not.

~John Bingham

Focus on where you are instead of where you wish you were. The joy will follow.

~John Bingham

I didn't train all that time just to come here and get it over with as fast as I can

~John Bingham

Running is not just exercise; it is a lifestyle.

~John Bingham

It was being a runner that mattered, not how fast or how far I could run. The joy was in the act of running and in the journey, not in the destination.

~John Bingham

The joy is in the journey, not the destination. We have a better chance

of seeing where we are when we stop trying to get somewhere else.

~John Bingham

I'm not saying running could solve all of the world's problems, but I think it would be a good start.

~John Bingham

You already have everything you need to be a long-distance athlete. It's mindset, not miles, that separates those who do from those who dream.

~John Bingham

It isn't a matter of getting the body you want, it's a matter of doing the most you can with the body you have.

~John Bingham

Don't let worn-out beliefs stop you from moving beyond yourself.

~John Bingham

Every day gives you an opportunity to improve. With every run, you can try to be better. Not just a better runner, but a better person.

~John Bingham

Trying harder doesn't always equal more success; it leads to more frustration, less satisfaction, and giving up.

~John Bingham

The only magic in our lives as runners is the magic of consistency. Not every run will make you feel great.

~John Bingham

I'm not sure who invented dodgeball, but I can almost guarantee you that it wasn't the shortest kid in the class.

~John Bingham

Every human being born within the United States of parents not owing allegiance to any foreign sovereignty is in the language of your Constitution itself, a natural born citizen.

~John Bingham

Marathons are about tenacity as much as talent.

~John Bingham

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