

Kara Goucher Quotes

*Running, Believe, Sports, Racing, Dream, Motivational, Race, Greatness,
Thinking, Goal, Workout, Inspirational Running, Powerful, Way, Hard Work,
Ends, Together, Three, Prepared, Shoes*

Progress is rarely a straight line. There are always bumps in the road, but you can make the choice to keep looking ahead.

~Kara Goucher

Acknowledge all of your small victories. They will eventually add up to something great.

~Kara Goucher

That's the thing about running: your greatest runs are rarely measured by racing success. They are moments in time when running allows you to see how wonderful your life is.

~Kara Goucher

Don't try to rush progress. Remember -- a step forward, no matter how small, is a step in the right direction. Keep believing.

~Kara Goucher

Do the work. Do the analysis. But feel your run. Feel your race. Feel the joy that is running.

~Kara Goucher

There are a million reasons why you can't. Focus on the few reasons why you can.

~Kara Goucher

The journey isn't always perfect, but always worth taking.

~Kara Goucher

After we put my son to bed, my husband and I curl up and watch a movie or TV. That's when I finally put up my feet and have my glass of wine and a brownie.

~Kara Goucher

Once you make the decision that you will not fail, the heart and the

body will follow.

~Kara Goucher

Racing is the fun part; it's the reward of all the hard work.

~Kara Goucher

Erase from your mind that your preparation must be perfect. Hard work + dedication = a shot at your dreams. Keep believing.

~Kara Goucher

I don't feel like myself unless I run. It's how I deal with sadness and happiness. I need it. It's like therapy.

~Kara Goucher

You can't do in a race what you haven't prepared for.

~Kara Goucher

We train together to make each other great.

~Kara Goucher

Running allows me to set my mind free. Nothing seems impossible, nothing unattainable.

~Kara Goucher

One skill that separates good from almost-good runners is an ability to concentrate for an entire race, whether it is a mile or a marathon.

~Kara Goucher

Never underestimate the power that one good workout can have on your mind. Keeping the dream alive is half the battle.

~Kara Goucher

Get out there and do what you love!

~Kara Goucher

Be unrelenting. If you don't believe, then who will?

~Kara Goucher

Hill sprints are good for everyone!

~Kara Goucher

Don't ever discourage someone from trying to better their life and health

~Kara Goucher

As badly as I want a medal, I know there is a lot of luck involved in that. I want to put myself in position to be in the top three, give it my all and hope luck comes my way.

~Kara Goucher

Watching the world's best compete fires you up to achieve your own feats of greatness. When it comes to running, participation and spectating go hand in hand.

~Kara Goucher

Don't be ashamed or embarrassed to dream big. You're living your life with hope, that's a powerful thing.

~Kara Goucher

Set small goals along the way and don't be overwhelmed by the process.

~Kara Goucher

It doesn't matter how fast or how far you're going. If you're putting on your shoes and going out for a run, you are a runner, you are in that club.

~Kara Goucher

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