

Kathrine Switzer

Quotes

Running, Boston, Race, Marathon, Years, Two, Sports, Opportunity, Forgiving, Needs, Children, Men, Athlete, Kissing, Faith, People, Together, Motivational, Olympics, Numbers

All you need is the courage to believe in yourself and put one foot in front of the other.

~Kathrine Switzer

If you are losing faith in human nature, go out and watch a marathon.

~Kathrine Switzer

If you feel positive, you have a sense of hope. If you have hope, you can have courage.

~Kathrine Switzer

Life is for participating, not for spectating.

~Kathrine Switzer

When I go to the Boston Marathon now, I have wet shouldersâ€”women fall into my arms crying. They're weeping for joy because running has changed their lives. They feel they can do anything.

~Kathrine Switzer

Talent is everywhere, it only needs the opportunity.

~Kathrine Switzer

I could feel my anger dissipating as the miles went by--you can't run and stay mad!

~Kathrine Switzer

Triumph over adversity that's what the marathon is all about. Nothing in life can't triumph after that

~Kathrine Switzer

There is an expression among even the most advanced runners that getting your shoes on is the hardest part of any workout

~Kathrine Switzer

I always say that talent and capability is everywhere, all it needs is opportunity.

~Kathrine Switzer

I said that there's going to come a day in our lives when women's running is as popular and as men's. Looking back, I obviously had a great sense of vision. And I was right.

~Kathrine Switzer

Women were afraid and they would never even imagine running a marathon in 1967.

~Kathrine Switzer

A lack of forgiveness is a waste of time and it's very enriching to forgive and move on but those are things that come with time.

~Kathrine Switzer

I do forgive people when they get it right, even people who in the past I thought were unforgivable.

~Kathrine Switzer

A picture, of Jock Semple kissed me, appeared in The New York Times the next day after Boston Marathon in 1973, and the caption was "The end of an era."

~Kathrine Switzer

1967 race in Boston changed not just my life, but millions of women's lives. There are also things that, when you get older, resonate more.

~Kathrine Switzer

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