

Kristin Armstrong Quotes

*Running, Thinking, Sports, People, Cycling, Gratitude, Kids, School, College,
Athlete, Gold, Country, Mind, Real, Life, Writing, Done, Moving, Letting Go,
Sweat*

When it comes down to it, determination has a greater impact than giftedness.

~Kristin Armstrong

When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.

~Kristin Armstrong

Running is always an exercise in humility.

~Kristin Armstrong

Running has taken me in, and continues to comfort, heal and challenge me in all kinds of magical ways. I am not a 'good runner' because I am me. I am a good 'me' because I am a runner.

~Kristin Armstrong

If we write our dreams and goals down, we dramatically increase our odds of realization. If we share them with others, they become potent and alive.

~Kristin Armstrong

Embrace your sweat. It is your essence and your emancipation.

~Kristin Armstrong

When everything is moving and shifting, the only way to counteract chaos is stillness. When things feel extraordinary, strive for ordinary. When the surface is wavy, dive deeper for quieter waters.

~Kristin Armstrong

It's easy to lose sight of God when life is sweet and easy, but there is something awesome about despair, and it is the closeness of God when we are at our weakest.

~Kristin Armstrong

I love the big fresh starts, the clean slates like birthdays and new years, but I also really like the idea that we can get up every morning and start over.

~Kristin Armstrong

Times of transition are strenuous, but I love them. They are an opportunity to purge, rethink priorities, and be intentional about new habits. We can make our new normal any way we want.

~Kristin Armstrong

Take care of yourself. Eat well, rest, train hard and smart, make time to think and breathe. Be intentional with your time.

~Kristin Armstrong

A run has never returned me exactly the same. I go, I grow.

~Kristin Armstrong

We either live with intention or exist by default.

~Kristin Armstrong

In the midst of regular life, running is the touchstone that breathes adventure into my soul.

~Kristin Armstrong

Sweat has the power to end a pity party in such a way that even the hostess is happy.

~Kristin Armstrong

When the seasons shift, even the subtle beginning, the scent of a promised change, I feel something stir inside me. Hopefulness? Gratitude? Openness? Whatever it is, it's welcome.

~Kristin Armstrong

Learn to say no, so your yes has some oomph.

~Kristin Armstrong

The best thing to do when you find yourself in a hurting or vulnerable place is to surround yourself with the strongest, finest, most positive people you know.

~Kristin Armstrong

To me, there is no greater way to achieve clarity than to run alone, or share miles with a trusted friend.

~Kristin Armstrong

I'm still making my decision in the next few days on what path I'm going to take. What really makes me excited now is to continue to give back to the sport.

~Kristin Armstrong

Before the Olympics, there's always been a part of me that's wanted to write a book about Women's cycling because there isn't one out there and I think there's a lot to be said.

~Kristin Armstrong

Typically creative people are usually not clock-slaves or list-makers, so the idea of enforcing goals and deadlines can be somewhat daunting.

~Kristin Armstrong

Life is too sweet and too short to express our affection with just our thumbs. Touch is meant for more than a keyboard.

~Kristin Armstrong

Disappointment is a sticky one, because no one can steal contentment, joy, gratitude, or peace - we have to give it away.

~Kristin Armstrong

I think I run my strongest when I run with joy, with gratitude, with focus,

with grace.

~Kristin Armstrong

What I have learned about the sport of cycling is that you have to love it to do it because you're not going to retire off of it.

~Kristin Armstrong

Perhaps love's greatest gift--that it is indeed unconditional--is also its greatest curse.

~Kristin Armstrong

I had to quit triathlons, I continued to be active and worked in advertising agency .

~Kristin Armstrong

What I've learned over the last 6 or 7 years, I would love to teach people. I still have a lot to share with people and especially within the US.

~Kristin Armstrong

I think it doesn't happen overnight, that's for sure. As the first gold medalist since 1984, I think cycling needs to ride that wave right now, because people are excited.

~Kristin Armstrong

I think USA Cycling really needs to ride this wave and start looking at growing the sport. It's a tough one because cycling is such an endurance sport.

~Kristin Armstrong

If there were any people who were my role models I would just say it was my family's influence and the family and the kids around me.

~Kristin Armstrong

I'm not the kind to go out and tell people 'Oh yeah I'm a gold medalist.'

~Kristin Armstrong

I feel like I've done everything I can, and what I wanted to do.

~Kristin Armstrong

Cycling is such an endurance sport. I don't think it's the worst thing ever to start when you're in your twenties.

~Kristin Armstrong

I talk about role models a lot and wanting to be a role model for kids around me because I didn't have that growing up.

~Kristin Armstrong

To be honest, if I had to pick somebody to be related to in sport, who's better than Lance Armstrong with what he's done for the sport and with his cancer foundation?

~Kristin Armstrong

I love the thought of not knowing how things will turn out but the willingness to invest anyway.

~Kristin Armstrong

I don't think it's the worst thing ever to start when you're in your twenties. You're not burnt out, you're going to stick around and most of the best cyclists are in their 30s.

~Kristin Armstrong

I think that with some education there are real possibilities at the high school and college level, but more so at the college level, to bring people into cycling.

~Kristin Armstrong

We can thank God for everything good, and all the rest we don't

comprehend yet.

~Kristin Armstrong

Running is a grownup's lost link to playing outside.

~Kristin Armstrong

That's what our training is for, we practice not panicking, we practice breathing, we practice looking directly at the thing that scares us until we stop flinching, we practice overriding our Can't.

~Kristin Armstrong

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