

Lance Armstrong Quotes

*Cancer, Sports, Thinking, People, Athlete, Winning, Years, Inspirational,
Believe, Pain, Race, Sorry, Trying, Men, Running, Long, Cycling, Giving,
Strong, Fighting*

Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.

~Lance Armstrong

Pain is temporary. Quitting lasts forever.

~Lance Armstrong

Anything is possible. You can be told that you have a 90-percent chance or a 50-percent chance or a 1-percent chance, but you have to believe, and you have to fight.

~Lance Armstrong

I didn't invent the culture, but I didn't try to stop the culture.

~Lance Armstrong

I take nothing for granted. I now have only good days, or great days.

~Lance Armstrong

My cocktail, so to speak, was only EPO, but not a lot, transfusions and testosterone.

~Lance Armstrong

One of the redeeming things about being an athlete is redefining what is humanly possible.

~Lance Armstrong

Portland, Oregon won't build a mile of road without a mile of bike path. You can commute there, even with that weather, all the time.

~Lance Armstrong

If you worried about falling off the bike, you'd never get on.

~Lance Armstrong

I figure the faster I pedal, the faster I can retire.

~Lance Armstrong

Anything is possible, but you have to believe and you have to fight.

~Lance Armstrong

Winning is about heart, not just legs. It's got to be in the right place.

~Lance Armstrong

If you ever get a second chance in life for something, you've got to go all the way.

~Lance Armstrong

I want to die at a hundred years old with an American flag on my back and the star of Texas on my helmet, after screaming down an Alpine descent on a bicycle at 75 miles per hour.

~Lance Armstrong

Pain is temporary. Eventually it will subside. If I quit, however, the surrender stays with me.

~Lance Armstrong

Make an obstacle an opportunity, make a negative a positive.

~Lance Armstrong

The last thing I'll say for the people that don't believe in cycling, the cynics and the sceptics, I'm sorry for you. I'm sorry you can't dream big and I'm sorry you don't believe in miracles.

~Lance Armstrong

I have never had a single positive doping test, and I do not take performance-enhancing drugs.

~Lance Armstrong

Yellow wakes me up in the morning. Yellow gets me on the bike every day. Yellow has taught me the true meaning of sacrifice. Yellow makes me suffer. Yellow is the reason I'm here.

~Lance Armstrong

There comes a point in every man's life when he has to say: 'Enough is enough.'

~Lance Armstrong

Chasing records doesn't keep me on my bike. Happiness does.

~Lance Armstrong

For most of my life I had operated under a simple schematic of winning and losing, but cancer was teaching me a tolerance for ambiguities.

~Lance Armstrong

But the fact is that I wouldn't have won even a single Tour de France without the lesson of illness. What it teaches is this: pain is temporary. Quitting lasts forever.

~Lance Armstrong

I tried to control the narrative.

~Lance Armstrong

The biggest losers are those who care only about winning.

~Lance Armstrong

Cancer doesn't care if you're Republican or Democrat.

~Lance Armstrong

Knowledge is power, community is strength and positive attitude is everything

~Lance Armstrong

A boo is a lot louder than a cheer.

~Lance Armstrong

The team wasn't just riders. It was the mechanics, masseurs, chefs, soigneurs, and doctors. But the most important man on the team may have been the chiropractor.

~Lance Armstrong

What makes a great endurance athlete is the ability to absorb potential embarrassment, and to suffer without complaint.

~Lance Armstrong

Two things scare me. The first is getting hurt. But that's not nearly as scary as the second, which is losing.

~Lance Armstrong

If I was racing in 2015, no, I wouldn't do it again because I don't think you have to. If you take me back to 1995, when doping was completely pervasive, I would probably do it again.

~Lance Armstrong

Truth is, a triathlete won the Tour de France seven times.

~Lance Armstrong

I am just coming into my best years. This year I did new things; stretching and abdominal work.

~Lance Armstrong

We have two options, medically and emotionally: give up or fight like hell.

~Lance Armstrong

If we don't somehow stem the tide of childhood obesity, we're going to have a huge problem.

~Lance Armstrong

Twenty-plus-year career, 500 drug controls worldwide, in and out of competition. Never a failed test. I rest my case.

~Lance Armstrong

I am flawed, deeply flawed. I didn't invent the [doping] culture but I didn't try to stop the culture and that's my mistake, and that's what I have to be sorry for.

~Lance Armstrong

What is stronger, fear or hope?

~Lance Armstrong

Lance Armstrong is not the biggest fraud in the history of world sport. US Postal was not the most sophisticated doping programme.

~Lance Armstrong

Nobody is going to feel sorry for me if I've lost a dollar or \$100m.

~Lance Armstrong

Life to me is a series of false limits and my challenge as an athlete is to explore those limits

~Lance Armstrong

I have never doped â€¦ I have competed as an endurance athlete for 25 years with no spike in performance, passed more than 500 drug tests and never failed one.

~Lance Armstrong

Extraordinary allegations require extraordinary evidence.

~Lance Armstrong

Giving up was never an option

~Lance Armstrong

The riskiest thing you can do is get greedy.

~Lance Armstrong

Motivation can't take you very far if you don't have the legs.

~Lance Armstrong

The answer is hard work. What are you doing on Christmas Eve? Are you riding your bike? January 1st - are you riding your bike?

~Lance Armstrong

There's no rule, no law, no regulation that says you can't come back. So I have every right to come back.

~Lance Armstrong

Nothing goes to waste, you put it all to use, the old wounds and long-ago slights become the stuff of competitive energy.

~Lance Armstrong

Hard work, sacrifice and focus will never show up in tests.

~Lance Armstrong

It can't be any simpler: the farewell is going to be on the Champs-Elysees.

~Lance Armstrong

I can get up in the morning and look myself in the mirror and my family can look at me too and that's all that matters.

~Lance Armstrong

Through my illness I learned rejection. I was written off. That was the moment I thought, Okay, game on. No prisoners. Everybody's going down.

~Lance Armstrong

I guess if a person never quit when the going got tough, they wouldn't have anything to regret for the rest of their life.

~Lance Armstrong

My greatest point is my persistence... However down I am, I fight until the last ball.

~Lance Armstrong

My mother told me...if you're going to get anywhere, you're going to have to do it yourself, because no one is going to do it for you.

~Lance Armstrong

I think I bit off more than I could chew. I thought the marathon would be easier. For the level of condition that I have now... that was without a doubt the hardest physical thing I have ever done.

~Lance Armstrong

If there was a god, I'd still have both nuts.

~Lance Armstrong

A boo is a lot louder than a cheer, if you have 10 people cheering and one person booing, all you hear is the booing.

~Lance Armstrong

I've committed to surfing the rest of my life.

~Lance Armstrong

Marathons are hard because of the physical pain, the pounding on the muscles, joints, tendons.

~Lance Armstrong

Cycling is a sport of the open road and spectators are lining that road.

~Lance Armstrong

Fear is priceless education.

~Lance Armstrong

Average is Your Enemy.

~Lance Armstrong

It's simple. Success comes from training harder, living better and digging deeper than the others.

~Lance Armstrong

It's something I find enjoyable. Whether it is a road bike or mountain bike or tandem bike. I enjoy riding a bike.

~Lance Armstrong

Everybody wants to know what I'm on. What am I on? I'm on my bike busting my ass six hours a day. What are you on?

~Lance Armstrong

I become a happier man each time I suffer

~Lance Armstrong

My ruthless desire to win at all costs served me well on the bike but the level it went to, for whatever reason, is a flaw. That desire, that attitude, that arrogance.

~Lance Armstrong

For whatever reason, maybe it's because of my story, but people associate Livestrong with exercise and physical fitness, health and lifestyle choices like that.

~Lance Armstrong

I thought I knew what fear was, until I heard the words 'You have

cancer'.

~Lance Armstrong

Anyone who imagines they can work alone winds up surrounded by nothing but rivals, without companions. The fact is, no one ascends alone.

~Lance Armstrong

I believe that the mind powers the body, and once the mind says we want to do it, then the body will follow.

~Lance Armstrong

I exercise everyday. I swim, I bike, I run and I go to the gym.

~Lance Armstrong

The day it all changed. The day I stated never to take anything for granted. The day I learned to take charge of my life. It was the day I was diagnosed with cancer.

~Lance Armstrong

The Europeans look down on raising your hands. They don't like the end-zone dance. I think that's unfortunate. That feeling - the finish line, the last couple of meters - is what motivates me.

~Lance Armstrong

My actions and reactions, and the way I treated certain scenarios, were way out of line, so I deserved some punishment.

~Lance Armstrong

I rode, and I rode, and I rode. I rode like I had never ridden, punishing my body up and down every hill I could find. I rode when no one else would ride.

~Lance Armstrong

If life gives you lemons, drink the juice in order to mask the presence of performing-enhancing drugs.

~Lance Armstrong

I spent a long time trying to build up an organisation [the Lance Armstrong Foundation that changed its name to Livestrong after his confession] to help a lot of people.

~Lance Armstrong

It was great to fight in training, great to fight in the race, but you don't need to fight in a press conference, or an interview, or a personal interaction.

~Lance Armstrong

We all want to be forgiven. There's a lot of really, really bad people who want to be forgiven but will never be forgiven, and I might be in that camp.

~Lance Armstrong

I don't think anybody else from my generation had federal agents standing at their door with a badge and a gun, saying: 'You are going to answer my questions'.

~Lance Armstrong

For 15 years I was a complete asshole to a dozen people. I said I would try and make it right with those people, and anybody that gave me an audience, I was there.

~Lance Armstrong

When I made the decision - when my team-mates made that decision, when the whole peloton made that decision - it was a bad decision and an imperfect time. But it happened.

~Lance Armstrong

I know what happened to cycling from 1999 to 2005. I saw its growth, I saw its expansion.

~Lance Armstrong

I know what happened to my foundation, from raising no money to raising \$500m, serving three million people. Do we want to take that away? I don't think anybody says yes.

~Lance Armstrong

Hey. Pain can last a moment, it can last a day, it can last a week, it can last a long..long time, but it can't last forever and the only thing that can last forever is if you quit.

~Lance Armstrong

It works better for me to be nervous and hungry.

~Lance Armstrong

Forever is a big word. I'm not going anywhere.

~Lance Armstrong

Before my diagnosis [cancer] I was a competitor but not a fierce competitor. When I was diagnosed, that turned me into a fighter.

~Lance Armstrong

We've all made mistakes, they are not toxic and evil.

~Lance Armstrong

I'm cycling to take cancer message worldwide.

~Lance Armstrong

I'm not a patient person.

~Lance Armstrong

What matters is ultimately what collectively those people on the street -

whether that's the cycling community, the cancer community - it matters what they think.

~Lance Armstrong

I didn't live a lot of lies, but I lived one big one.

~Lance Armstrong

It's frustrating in the sense that I still think I could be competing at some sport at a fairly high level, which nobody cares about. Nobody wants to hear me say that.

~Lance Armstrong

At this point of my life, I'm not out to protect anybody. I'm out to protect seven people, and they all have the last name Armstrong.

~Lance Armstrong

I'm not trying to justify myself, or say I'm not sorry, or not contrite.

~Lance Armstrong

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