

Scott Jurek

Quotes

Running, Moving, Want, Pain, Legs, Arena, Teacher, Distance, Mind, Fate, Loss, Song, I Can, Matter, Earth, Goal, Records, Surrender, Train, Careers

As powerful as our legs are, as magnificent as our lungs and arms and muscles are, nothing matters more than the mind.

~Scott Jurek

It's a hard, simple calculus: Run until you can't run anymore. Then run some more. Find a new source of energy and will. Then run even faster.

~Scott Jurek

You can hurt more than you ever thought possible, then continue until you discover that hurting isn't that big a deal.

~Scott Jurek

Rational assessments too often led to rational surrenders.

~Scott Jurek

Every single one of us possesses the strength to attempt something he isn't sure he can accomplish.

~Scott Jurek

We strive toward a goal, and whether we achieve it or not is important, but it's not what's most important. What matters is how we move toward that goal.

~Scott Jurek

The point was living with grace, decency, and attention to the world, and breaking free of the artificial constructs in your own life.

~Scott Jurek

Train where your fitness is NOW, not where you want to be.

~Scott Jurek

What we eat is a matter of life and death.

~Scott Jurek

Nature's arena has a way of humbling and energizing us.

~Scott Jurek

Only the most saintly and delusional among us welcomes all pain as challenge, perceives all loss as harsh blessing.

~Scott Jurek

We can live as we were meant to live - simply, joyously, of and on the earth. We can live with all our effort and with pure happiness.

~Scott Jurek

Injuries are our best teachers.

~Scott Jurek

Train at your current fitness level, or slightly above â€” not where you want to be.

~Scott Jurek

We move forward, but we must stay in the present.

~Scott Jurek

Sometimes the road to wellness isnt a well-marked expressway.

~Scott Jurek

Overcoming the difficulties of an ultramarathon reminds me that I can overcome the difficulties of life

~Scott Jurek

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