Running, Motivational, Track, People, Winning, Race, Art, Want, Beautiful, Inspirational, Pain, Inspirational Running, Kids, Fun, Distance, Philosophy, Numbers, Hard Work, Coward, Works Of Art

To give anything less than your best is to sacrifice the gift.

~Steve Prefontaine

No matter how hard you train, Somebody will train harder. No matter how hard you run, Somebody will run harder. No matter how hard you want it, Somebody will want it more, I am Somebody.

~Steve Prefontaine

Don't be afraid to give up the good for the great.

~Steve Prefontaine

The best pace is a suicide pace, and today looks like a good day to die.

~Steve Prefontaine

Success isn't how far you got, but the distance you traveled from where you started.

~Steve Prefontaine

You said I was weak. You said I couldn't do it. Thank you. You gave me everything I needed to prove you wrong.

~Steve Prefontaine

A lot of people run a race to see who is fastest. I run to see who has the most guts, who can punish himself into exhausting pace, and then at the end, punish himself even more.

~Steve Prefontaine

If you fail to prepare, prepare to fail.

~Steve Prefontaine

I can endure more pain then anyone you've met. That's why I win, because I can endure more pain.

~Steve Prefontaine

You cannot propel yourself forward by patting yourself on the back.

~Steve Prefontaine

Don't let fatigue make a coward of you.

~Steve Prefontaine

What kind of crazy nut would spend two or three hours a day just running?

~Steve Prefontaine

Every once in a while I think, 'What am I doing out here running, busting myself up? Life could be so much easier. The other guys are out having fun, doing other things, why not me?'

~Steve Prefontaine

Somebody may beat me, but they are going to have to bleed to do it.

~Steve Prefontaine

A race is a work of art that people can look at and be affected in as many ways they're capable of understanding.

~Steve Prefontaine

I'm going to work so that it's a pure guts race at the end, and if it is, I am the only one who can win it.

~Steve Prefontaine

Having a true faith is the most difficult thing in the world. Many will try to take it from you.

~Steve Prefontaine

I run to see who has the most guts.

~Steve Prefontaine

If he's having a good day and running the right race, nobody can beat

Frank Shorter at 10,000 meters... nobody except me.

~Steve Prefontaine

What I like most about track is the feeling I get after a good run.

~Steve Prefontaine

I've been in international competition, and now I know what the big boys can do. You don't go out and just run. There's an offense and a defense.

~Steve Prefontaine

I don't just go out there and run. I like to give people watching something exciting.

~Steve Prefontaine

A race is a work of art.

~Steve Prefontaine

Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run

~Steve Prefontaine

Something inside of me just said 'Hey, wait a minute, I want to beat him,' and I just took off.

~Steve Prefontaine

PRE. For your dedication and loyalty to your principles and beliefs. For your love, warmth and friendship. For your family and friends. You are missed by so many and you will never be forgotten.

~Steve Prefontaine

How does a kid from Coos Bay, with one leg longer than the other win races?

~Steve Prefontaine

Running gives me confidence.

~Steve Prefontaine

Kids made fun of me because I was a slow learner, because I was hyperactive, because of a lot of things. Running gave me confidence.

~Steve Prefontaine

I like to make something beautiful when I run ... it's style. It's doing something better than anyone else. It's being creative.

~Steve Prefontaine

As far as being a coach, it's always fascinated me. It's a greater responsibility than most people give it credit for because you're dealing with people.

~Steve Prefontaine

Nobody likes tainted victories.

~Steve Prefontaine

What I want is to be number one.

~Steve Prefontaine

No one will ever win a 5,000-meter by running an easy two miles. Not against me.

~Steve Prefontaine

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