

If you run, you are a runner, whether it is for 30 seconds or 30 miles.

The best way to start running is just to put your shoes on and go.

Find the good in every single run, even if it is simply, "I ran today."

The first mile always feels like ass.

You don't have to see the whole staircase. You just need to take the first step.

The most important running skill you can learn is how to tell your inner mean girl to suck it.

Sometimes the best runs come on the days you didn't feel like going.

You don't have to run far; you don't have to run fast. Just run.

Start believing you are awesome and you will be.

Don't train to be skinny or fast.

Train to be a badass.

Athletes come in all shapes, sizes, and ages.

First place and last place always go the same distance.

You don't have to be great to start, but you do have to start to be great.

If it doesn't challenge you, it won't change you.

If you believe you can,

you're halfway there.

Always be an example of what is possible.

An 18-minute mile is just as far as an 8-minute mile.

**NOT YOUR AVERAGE
RUNNER**

You never know who you might inspire.
Forget what others think and run your own race.
Running a marathon comes down to taking one single step repeated 52,000 times.
It does not matter how many times you start over.
Running will always be there for you.
The best ideas originate in the muscles.
Running any given route in the rain makes you 50% more badass than running the same route on a sunny day.
If you are ever losing faith in the human spirit, go out and watch a marathon.
Doubt kills more dreams than failure ever will.
Tough runs don't last,
but tough runners do.
A good laugh and a long run are the two best cures for anything.
If you're running on the treadmill next to me, the answer is yes, we are racing.
Coffee always tastes better after your run.
When someone tells you that you can't do something, don't get mad. Turn around and say, "Watch me."
Every accomplishment begins with the decision to just start.
Running is the greatest metaphor for life
because you get out of it what you put into it.
We are all runners. Some just run faster than others.
I never met a fake runner.
A good sports bra is a game-changer.

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It always seems impossible until it is done.

In running, it doesn't matter whether you come in first, the middle of the pack, or last. You can say "I finished," and there is a lot of satisfaction in that.

You only get stronger as a runner and as a human if you push yourself outside of your comfort zone.

Coconut water tastes like ass. Don't let anyone tell you differently.

When somebody tells you that running will ruin your knees, that person is never a runner.

The miracle isn't that I finished. The miracle is that I had the courage to start.

Running is always cheaper than therapy.

No one ever drowned in sweat, or rain or snow for that matter. Get out there.

Comparing yourselves to others is a dream killer. Stay in your own lane.

One run can change your day and many runs can change your life.

The feeling you get from a good run is way better than the feeling you get from sitting around procrastinating your run.

It won't always be easy or fun, but I promise it will always be worth it.

Motivation doesn't come to you out of thin air. You create it with your thoughts.

Running won't solve all your problems, but neither will lying on the couch. When in doubt, just put your shoes on and go.

You can't finish the race unless you show up to the start line.

The body achieves what the mind believes.

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RUNNER**