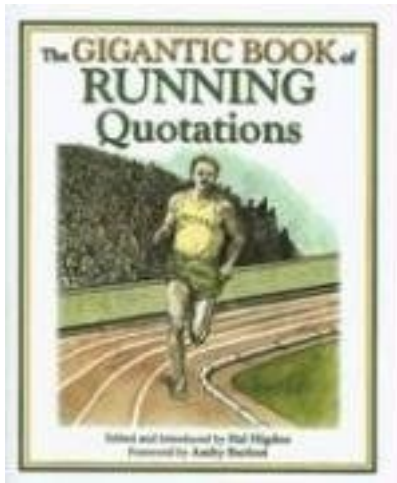# The Gigantic Book of Running Quotations

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With over 3,000 pieces of wit and wisdom from runners famous and humble, here is an important running resource and a great gift for any runner. George Sheehan, a celebrated running writer, philosopher, and physician, once wrote, "The more I run, the more certain I am that I am heading for my real goal: to become the person I am." Today, many runners--whether they are training for the Olympics or whether they fit runs into their lunch hours--would agree that for them the sport is much more than a way to stay in shape. Their running defines who they are and leads them to achieve goals that they might never have thought possible. This tremendous collection of wisdom captures the spirit and passion of those who run in over 3,000 entries, covering topics such as training, gear, running philosophy, and running in youth and old age. "The Gigantic Book of Running Wisdom" will inspire everyone from seasoned marathoners to running novices. It includes thoughts from famous athletes, writers, politicians, and more, including Percy Cerutty, Carl Lewis, Tom Brokaw, David Letterman, William Shakespeare, Farrah Fawcett, Emil Zatopek, Bill Rodgers, Friedrich Nietzsche, Sebastian Coe, Bill Clinton, Grete Waitz, Roger Bannister, and hundreds of

others. The one thing they all have in common is their understanding that, as Amby Burfoot put it, "As we run, we become." 16 b/w illustrations. "You have to forget your last marathon before you try another. Your mind can't know what's coming."--Frank Shorter "I love the feeling of freedom in running, the fresh air, the feeling that the only person I'm competing with is me."--Wilma Rudolph

作者介绍:

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