

"Sayings" from the 60's

The rest of your days depend on the rest of your nights.

The harder I work, the luckier I got.

A moral victory is like kissing your sister.

If better is even possible, good is not enough.

Success is the result of hard work and honest effort.

Be a champion in practice, that's where champions are made.

The All-American is the one who can run until he is dead tired, then he can run some more.

Don't save yourself - we have capable boys to replace you.

It's a funny thing that the "wise guys" always seem to be working for the "dumb guys"

Don't count the days - make the days count.

When you are behind, don't give up; when you are ahead, don't let up.

A house divided will fall, let's all pull together.

The daily degree of recovery from injury depends a lot on the fierce desire of the individual to fight to get well.

You get out of any sport what you put into it.

Give 100 percent all of the time.

It is better to have fought and lost than to never have fought at all.

Run hard, run tough, run rough, but run clean.

Success is measured in what the team accomplished, not how you look.

The day of the meet is the day to make good. The day after is too late.

We must taste our own words as they go out, as we taste food that goes in.

Think like men of action - act like men of thought.

Go into a meet believing you are going to do your best - then do it.

Champions are made, not born!

There isn't any substitute for a boy who will practice.

Don't get beat - it's an awful feeling.

Defeat is your punishment.

Take an interest in teammates, they will take an interest in you.

The more honor and respect among runners, the greater the team.

The best runners help others; be best runners.

Leadership is accepting responsibility.

Why gripe? FIGHT!

If you don't run to win, why keep running?

Don't let failure get you down - Babe Ruth struck out 1300 times.

Opponents will come nearer doing their worst if you are doing your best.

In union there is strength.

Were you meant to be a champion? Then WORK.

Enter the meet a gentleman and leave the same way.

Fight every second of every minute of every race.

Run your own best race, don't defeat yourself.

Set your goals high. If you aim for the gutter that's where you'll end up.

You make your own breaks by being alert to opponent's mistakes.

ObeY training rules for condition. Race rules for honor and respect.

Concentrate on what you're doing - then you won't have time to tense up and worry.

Confidence, like disease, is contagious.

Act like a heel toward teammates and you'll get waled on.

Every boy has more talent than he will ever develop.

Can you travel at top speed at the close of the race?

Leaders are ordinary people - with extraordinary determination.

Hustle is the only indispensable quality of a champion.

Losing can be habit forming - let's not get into the habit.

The real test of a runner comes when things don't go to suit him.

Victory favors the team making the fewest mistakes.

There is no secret to success - it's just DIG, DIG, DIG.

Your opponent may not be speedy, but he went by while you were asleep.

It's the size of the fight in the man, not the size of the man in the fight.

Behind all upsets - a great desire to win.

An optimist: "A man fell from a hotel roof, and from each window bar he shouted to his friends above, 'I'm doing alright so far.'"

Egotism is an anesthetic provided by nature to relieve the pain of being a fool.

A person's real size is determined by the size of the thing it takes to get his goat.

One good idea put into action is worth a volume stored away in daydreams.

Courtesy is a habit with real sportsmen.

What is an ideal without a life? What is a life without an ideal?

Nothing is successful until it is accomplished.

Think like a champion, act like a champion, be a champion!