

Running Quotes and Other Thoughts from our SRR Runners

We've all had strangers look at us as if we were mad just being out running – that's been going on a long time, as our first submission suggests:

"Why dost thou run so many mile about?" Shakespeare, *The Tragedy of King Richard III*
-submitted by Theresa Canfield (Runner, English Teacher)

One of my all-time favorite runners – a maverick, a competitor and quote worthy (I still remember the day he died with much sadness). We called him Pre – and his gift was grit and determination.

"To give anything less than your best is to sacrifice the gift." Steve Prefontaine
-submitted by Ronnie McAllister (Runner, former coach, coached Courtney Bell to state title in the 800)