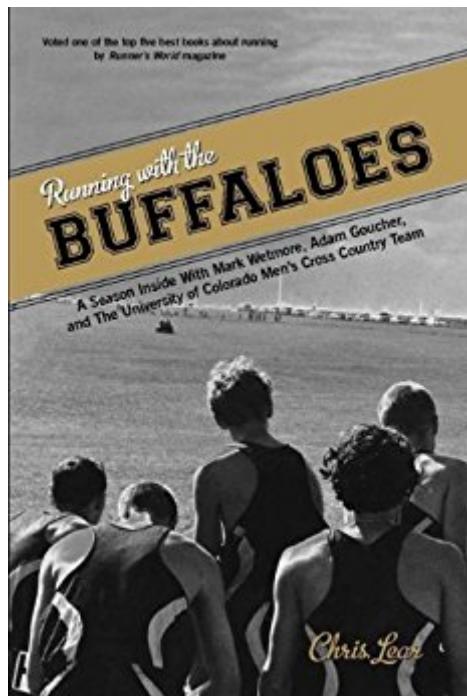


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# Running With The Buffaloes



## Synopsis

Top five Best Books About Running, Runner's World Magazine Top three Best Books About Running, readers of Runner's World Magazine (December 2009) In **RUNNING WITH THE BUFFALOES**, writer Chris Lear follows the University of Colorado cross-country team through an unforgettable NCAA season. Allowed unparalleled access to team practices, private moments, and the mind of Mark Wetmore--one of the country's most renowned and controversial coaches--Lear provides a riveting look inside the triumphs and heartaches of a perennial national contender and the men who will stop at nothing to achieve excellence. The Buffaloes' 1998 season held great promise, with Olympic hopeful Adam Goucher poised for his first-ever NCAA cross-country title, and the University of Colorado shooting for its first-ever national team title. But in the rigorous world of top-level collegiate sports, blind misfortune can sabotage the dreams of individuals and teams alike. In a season plagued by injury and the tragic loss of a teammate, the Buffaloes were tested as never before. What these men managed to achieve in the face of such adversity is the stuff of legend and glory. With passion and suspense, Lear captures the lives of these young men and offers a glimpse of what drives a gifted runner like Adam Goucher and a great coach like Mark Wetmore. Like Lance Armstrong's *It's Not About the Bike*, **RUNNING WITH THE BUFFALOES** is at once a glowing celebration of a sport and an inspiration to anyone who has ever had the courage to beat the odds and follow a dream.

## Book Information

File Size: 3716 KB

Print Length: 288 pages

Publisher: Lyons Press; 1 edition (April 1, 2011)

Publication Date: March 16, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B004HD49Q2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #234,673 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35

inÃ  Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Track & Field  
#118 inÃ  Books > Sports & Outdoors > Other Team Sports > Track & Field #157 inÃ  Kindle  
Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

## **Customer Reviews**

Full disclosure, I'm a big running fan. I don't think one need be such, though, to enjoy this book. Cross-country is a strange mix of individual ambition and team cohesiveness, and here in the University of Colorado is an embedded account of a season in which both one runner and the team have a chance to be the best in the country. To add to the drama, the team has to recover--psychically and athletically--from a mid-season tragedy that is rare in the sports realm. This is as inside an inside account as one can get for a college sports team, and it isn't a series of sugar-coated motivational posters like some of the "inside" accounts of college football and basketball teams I've read. The writer himself was a phenomenal runner, which must have helped him gain access.

I enjoyed this book. It really painted a picture of what it might be like to participate in an elite collegiate running program. The workouts seem brutal with the team riding on the edge of greatness and injury. The author does a good job portraying the thoughts of the runners and coach as the season progresses. I wish there would've been more insight to the activities of the team outside of practices and races. Some of the runners allude to the fact that their days consist of running, studying, eating and sleeping. Maybe they did have very monotonous schedules, but I remember the guys on the cross team at my college and they were pretty crazy. Then again, they weren't nearly on the same level as these guys. Overall, it's well written and is a great example of the success that can come from dedication.

A good diary of several months in the life of an elite team leading up to NCAA finals. Great experience of the events that can affect a team and a great story of how much things can change in just a few months time in the world of elite runners. Author didn't seem to impart a great deal of running knowledge, and it would be great if more information were offered about cross country strategy and tactics.

When I was in High School, most of the conventional athletes looked on Cross Country runners as lesser athletes, or worse-yet, nerds that could not do any other sports. Boy, were we wrong. One

thing that you learn from this book is that runners are athletes in every sense of the word, more so than successful athletes in many other sports. Lear is a gifted writer, making what many consider a boring,dry sport seem fascinating and, in most cases downright exciting. Although Lear was a schoolboy running sensation himself, that does not come out in his writing. Although he runs and keeps up with these college phenoms, he never brags about his own career or performance, barely mentioning his running past. Although this is a running book, the myriad of behind the scenes plots and personal relationships could be happening in any book, and there is enough action and plot twists to fill a good work of fiction. Believe it or not, this book will make you cheer, laugh and even cry as Lear describes the individual and team successes and failures. His character development is probably his strongest talent, and based on my experience , most successful runners are colorful characters. I had real trouble putting this book down, and like any good story, the ending leaves you smiling and feeling inspired. Needless to say, I recommend this book highly. Add a start (that would make 6) if you are a passionate runner yourself.

Since I was never part of a track & field team, I did not enjoy it as much as other readers.Sometimes the text goes on and on in minute details about the team, even though the story is very interesting.The plus side is the training tips within the text: very good indeed.

I found it extremely fascinating and didn't want to put it down. If you are looking for a running book, then I strongly recommend reading this book.

Incredible journey with the CU Buffs XC team through a season of hard work and mixed emotions. Inspiration, motivation, and true grit all wrapped up in one XC season. I read it on my Kindle but bought a hard copy to keep on my shelf. Highly recommend!

CU x/c wasn't always a powerhouse, and the road to get there arguably began with the trials and "perseverance, endurance, and courage" that Lear outlines in this elongated diary. The training runs and courses are familiar to the Boulder-based running scene - a nice touch for local readers.

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