

[PDF] Running With The Buffaloes: A Season Inside With Mark Wetmore, Adam Goucher, And The University Of Colorado Men's Cross Country Team

Chris Lear - pdf download free book



Books Details:

Title: Running with the Buffaloes: A

Author: Chris Lear

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Description:

From Library Journal Colorado-based cross-country runner Lear follows the University of Colorado cross-country team, the Buffaloes, through its 1998 season, one with many high points but also marked by the tragic death of one of its team members in a bike accident. The University of Colorado's cross-country program is one of the best in the country and, unlike most major cross-country powers, relies mainly on locally born athletes. The book minutely details the training and coaching techniques used to produce a team that is a constant contender for the NCAA championship. At times, the author provides almost too much detail, but the reader must marvel at the dedication and self-motivation of these young men as they run more than 100 miles a week for nearly seven months. In 1998, Colorado won the individual NCAA cross-country championship and finished third in the team competition. Apart from instructionals, few books cover cross-country; this one will appeal to high school athletes and is recommended for both school and public libraries.

William Scheeren, Hempfield Area H.S. Lib., Greensburg, PA

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Review □Lear's tale of the 1998 Colorado cross country season is part tragedy, part biography and part training window to one of the country's best programs. It deserves its cult-classic status and is worthy of another read every few years." --*Running Times*

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