



Running with the Buffaloes

By Chris Lear

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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.

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Editorial Review

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*

From the Back Cover

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At the outset, the 1998 cross country season appeared to hold magnificent promise for the men of the University of Colorado. With 2000 Olympic hopeful Adam Goucher poised for his first-ever NCAA cross country title and the Buffaloes shooting for their first-ever national team title, it seemed that nothing could stand in the way of their victory. But in the rigorous world of top-level collegiate sports, blind misfortune can sabotage the dreams of individuals and teams alike. Plagued by the onset of numerous injuries and the tragic loss of a beloved teammate, the Buffaloes found themselves challenged in ways they could not have foreseen. What they managed to achieve in the face of such adversity is the stuff of legend and glory.

Users Review

From reader reviews:

Robert Densmore:

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