



Running with the Buffaloes: A Season Inside with Mark Wetmore, Adam Goucher, and the University of Colorado Men's Cross-Country Team

Chris Lear

[Download now](#)

[Read Online](#) ➔

Running with the Buffaloes: A Season Inside with Mark Wetmore, Adam Goucher, and the University of Colorado Men's Cross-Country Team

Chris Lear

Running with the Buffaloes: A Season Inside with Mark Wetmore, Adam Goucher, and the University of Colorado Men's Cross-Country Team Chris Lear

Top five Best Books About Running, *Runner's World Magazine*

Top three Best Books About Running, readers of *Runner's World Magazine* (December 2009)

A phenomenal portrait of courage and desire that will do for college cross-country what John Feinstein's *A Season on the Brink* did for college basketball.

Running with the Buffaloes: A Season Inside with Mark Wetmore, Adam Goucher, and the University of Colorado Men's Cross-Country Team Details

Date : Published July 1st 2003 by Lyons Press (first published June 7th 2000)

ISBN : 9781585748044

Author : Chris Lear

Format : Paperback 288 pages

Genre : Nonfiction, Sports and Games, Sports, Fitness

 [Download Running with the Buffaloes: A Season Inside with Mark W ...pdf](#)

 [Read Online Running with the Buffaloes: A Season Inside with Mark ...pdf](#)

Download and Read Free Online Running with the Buffaloes: A Season Inside with Mark Wetmore, Adam Goucher, and the University of Colorado Men's Cross-Country Team Chris Lear

From Reader Review Running with the Buffaloes: A Season Inside with Mark Wetmore, Adam Goucher, and the University of Colorado Men's Cross-Country Team for online ebook

Virginia Jacobs says

This book was actually not very good. There were a number of typos and grammatical errors in the book. The chapters were short and choppy, and in many cases the chapter titles were quite juvenile. Also, the layout was strange: there were black and white photos dispersed throughout the book, rather than one section of colored photos in the middle.

The actual story is that of the 1998 University of Colorado Cross Country team, of which a friend of mine was a member. The first thing that I can say is that now that I've taken up running, I have a much greater appreciation for how hard the team worked. That being said, though, the team was plagued by injuries, and there's only so much complaining about being tired and hurt that I can read about when the men are running 80-100 miles a week. Part of me sort of went, y'think?

Jeremy Costello says

This book was well written for a sports book. It was well done in a day by day, diary type format. I thought the author, Chris Lear, did a good job of alluding to future events and making a story about the team instead of just making it a summary. Even though there were a lot of characters to talk about and it only covered 3 months, Lear gave little anecdotes about all the major players, following them off of the cross-country course to give us insight into who they are as people, not just runners. As a distance runner myself, I appreciated the explanations the book provides to many of the major questions associated with the sport, most importantly, "Why?" I feel it put reason behind running, expressing the need to get faster, compete, and strive to be better than yourself.

Shannon Fields says

Review of the Audiobook"

I did not care for the narrator of the audiobook. I think there were some mispronunciations in the book and I just did not particularly like the cadence of his reading.

I think it wasn't ideal as an audiobook for two main reasons (other than the narrator): 1)there are lots of characters. I found it hard to keep track of who was who. 2) there are lots of statistics, training logs, race results, etc. This led to long readings of lists of names and numbers. My attention would wander.

The book itself:

Pretty interesting and in parts inspiring. But, overall, I think it couldn't quite decide if it wanted to be an inspiring narrative or if it wanted to be a book about how a collegiate cross country team trains throughout a season.

If you like running, you will enjoy it.

Douglas says

The author Chris Lear very effectively captures and conveys the unique milieu of the competitive runners' world. From the pre-season workouts through the NCAA finals, Mr. Lear experienced an entire season with the University of Colorado men's cross country team. Enjoying boundless access, he attended practices, team meetings, meets; listened in on telephone calls; read the runners' personal journals; and interviewed the coaches and team members on a regular basis. Mr. Lear presents the story of this team like a diary. The reader comes away from this book with a deepened respect for the competitive runner --- who perseveres despite pain and isolation, competes with injuries the average person would find debilitating, engages in daily workouts of herculean proportions, sacrifices personal comfort and pleasures--- all for a sport that garners little publicity or interest. These runners amaze the reader with their unwavering devotion, courage and toughness. I recommend this to anyone interested in the triumph of the human spirit.

AP says

It's a quick read and I'm a running nerd, but Chris Lear's slobbering worship of the team was a little gross.

John Brugge says

Laid out day by day through an entire season, this is a great story that is seen and felt as it unfolds. With an author who is also a runner, the fly-on-the-wall perspective you get is more like a fly on the shoulder of a runner, taking you on the course during workouts and seemingly during the races as well.

The runners and coaches don't seem to edit themselves too much for Lear, and when they might, he is able to read their moods for us. Still, one of the jewels of the book is when he includes some portions of the journals the runners kept the last week before the national tournament. The writings of their top runner, Adam Goucher, aren't that insightful, other than revealing that some people just aren't into deep writing as a way to prepare for a big event. But the reflections of Adam Batliner, another senior who leads by example, capture the mood of the entire season. At 22, we may not have the broadest perspective on life, but to be able to express a perspective bigger than ourselves at that age says a lot.

This team knows what it is to be invested in a plan, to be dedicated to a system that simultaneously scares the hell out of you and makes you so excited you can barely hold it in.... These are some of the greatest moments of our lives. We may not see it yet, we may not even know it yet, but I think that we will look back as withered elderly men upon these times as some of the most profound of our lives. And if I don't, that's even better, because it would take a hell of a life to cloud over the shining, glistening days of collegiate cross country.

Brittany Stedtler says

I run on a college team. I am far from good, but I think that's what makes this book better for me. It's a great look into one of the best teams, and it allows the normal runner, like me, a glimpse into what makes an amazing runner. It allows the reader to connect with the team and see that national class athletes aren't really different than us regular people. For someone with an interest in cross country the book is interesting, exciting, sad and inspiring.

Owen says

I've read this book twice and really enjoy it. It is the story of collegiate athletes, a collegiate team, trying to be their best. The struggles and challenges are very entertaining because they are reminiscent of my own experience on a collegiate soccer team.

If you are looking for running secrets you will find that the buffaloes train a group of runners hard. Some get hurt, but enough survive to compete as a team and do very well.

For recreational runners it is a reminder that if you train very hard in search of excellence you risk injury. I believe for recreational runners it's better to be under trained than overtrained. Better to accept something a little less than the best possible performance, in exchange for a significant reduction in the risk of injury.

I listened to an audio copy of the book, and thought it was well read.

Dave says

It was too much like a journal and assumed the reader knew things we didn't. It was stilted and didn't paint the pictures of people and emotions as well as I thought it should, but I devoured it. It was a book about running and despite its shortcomings, it was so real and contained so many things that I could identify with and be excited about. I was interested in it from a runner's perspective, from a coach's perspective, and from a fan's perspective.

It made me wonder about all the things I missed by running so little in college. It made me go back and question my decisions. It inspired me to get out and do something (in theory. I haven't done it yet.).

Ingrid Hughes says

A very cool insider look into one of the best running programs in the country. A distance runner's dream. This team has grit, sass and an unbelievable and at times insane work ethic. Lots of injuries make you wonder about the huge mileage numbers they put in but Wetmore is relentless.

Terzah says

This book is a Boulder classic. I tweeted that I was reading it, and unlike most of my tweets, which go out into a great black hole of no response, this one got an enthusiastic reply. And today, while shopping at our new Alfalfa's grocery store, the cashier noticed it tucked under my arm. "Great book," he said. "I read it years ago."

The book details (and I mean details!) every day in the life of the 1998 University of Colorado men's cross-country team. It starts in the hot summer months, when it wasn't clear who the season's ultimate stars would be, and culminates with the team's third-place finish at the NCAA championships, a race that CU's star runner, Adam Goucher, won in spectacular fashion after long years of striving. The testosterone is so thick at times you can almost smell it--these aren't the gentlemen athletes of Chariots of Fire. The reader goes along on tough runs ranging from lung-burning long ones at 8,000 feet to puke-inducing track intervals, and also on all the team's meets. You meet Mark Wetmore, the program's idolized coach, getting his impressions and worries as the season unfolds. And you're there when a beloved senior team member dies in a biking accident, plunging the team into grief.

The book reads like the author's journal. This is good at times, because it all feels immediate and intense, but also bad, because anyone's personal journal could use an editor. A steady editor here would have excised or explained jargon, cleaned up sentences and smoothed out transitions. I love good narrative non-fiction and would have liked more narrative flow here. Also, to me as a woman and a decidedly average runner, Wetmore's fretting about his runners "getting fat" and his disparaging remarks about average folks who come out each year to run the big local race, the Bolder Boulder, were disheartening (I hope he doesn't talk about his female runners' weight like that).

But overall, I enjoyed this unique book and learned a lot from it about competitive running, about the town I live in and about young and talented athletes. They are, as one team member put it toward the end of the book, "incredible people with the incredible and audacious agenda to discover their own talents," who "run our asses off and do what we do so well that we defeat all kinds of people that are supposed to be better than us."

Hopefully Wetmore won't begrudge some of us average folks (who may also be a little fat!) adopting just a smidge of that attitude, toward running and life.

Dan Darragh says

If I were a high school cross country coach, I'd gather my perspective team in the spring and tell them to read this book over the summer before practice begins. Come fall, few would accuse the coach of pushing them too hard. A non-runner probably won't appreciate this book at all, but a competitive runner -- one who's competed at the high school or college level, or even in local races -- gets the message loud and clear: If you're going to win, you're going to have to work -- hard.

Mark Wetmore's tactics involving heavy mileage will be disputed by many coaches, but his Colorado

Buffaloes have often been ranked nationally and he has coached many individual champions. Chris Lear spent a season with the team in 1998, when the team's top runner, Adam Goucher, won the NCAA national championship. This isn't a book for the average reader, but coaches and runners will love it and marvel at the dedication it takes to truly strive to be No. 1.

Ashley says

Excellent inspiring running book

Lila says

I LOVED this book. Running with the Buffalos takes you through a season with the University of a Colorado Boulder men's cross country team. Author Chris Lear spent the fall with the team, and this book provides a day-by-day account of the teams training, and a personal look into the bond between the men and general atmosphere of the team. Diehard running and cross country fans will love this book. It not only gives you an in depth look into a prestigious NCAA D1 team, but also provides many tips on training and structuring a season, not to mention motivation ! Readers who aren't fans of the sport might find this one a little over their heads, and even slightly boring... unless you understand and appreciate terms like fartlek, AT, singles, and doubles... you might not really get a grip on what the book is talking about at some points. And the amount of detail provided about the day by day training may be monotonous. To a runner, however, this book is a treasure trove of knowledge and motivation.

But running fan or not, the season that Lear spends with the Buffalos is full of tragedy, injuries, grit, and champions that will engage anyone. I won't go into detail, but overall, I will say that this is an amazing read, but runner's and cross country fans alike will be able to appreciate it the most.

Jabali Sawicki says

Loved playing basketball and soccer in college. If I could go back and do it again, I also would have run cross-country. Making up for it late in life. Great read.

Ellie Crawford says

I am really enjoying this book so far. It shows the importance of training in order to become a good runner through one of the main characters, Adam Goucher. It is really interesting to read Wetmore's philosophy on running and connect it to my cross country coaches philosophy. The chapters in this book are really interesting because some are long, packed with information, while others are short and anecdotal. I am really excited to read deeper into this book and see how far the Colorado team goes in nationals.

I am now about halfway done with the book. There are many characters that have developed throughout the story, but one of the main characters is Adam Goucher. He is the best runner on the team and is portrayed

with having a lot of dedication towards the sport. He leads the team in every workout and is the captain of the team. Many of the other runners look up to him and his 100 miles a week stamina. I am interested to see if any of the other characters will reach his height of ability.

I am now at the part in the book where the Colorado team has ran a few races and are delving into the beginning of their season. So far, all of the varsity runners have shown a huge improvement compared to last year. They are already ahead of where they were at the end of last year. There have been a couple unexpected injuries that have changed the order of line-up for the runners. It will be interesting to see if some of these minor injuries will develop into larger hustles that will disable the runner from their best abilities, or if they are just annoying little problems that will go away on their own. The boys team have been successful thus far, I can only imagine their ability will sharpen and they will continue to progress throughout the season due to Wetmore's philosophy.

There are multiple conflicts plaqueing the University of Colorado's cross country team. The most significant is the unexpected death of one of the team members. It is hard for the team to get through this and continue their season, but they agree it would be exactly what Severy would have wanted. They want to finish in memory of Severy. Other minor conflicts are with injuries occuring to multiple important members to the team. So many injuries are occuring that Wetmore is starting to think about next season and the newly signed upcoming twins that are coming to the University of Colorado. I wonder if the members of the team will be able to recover and succeed at the national meet.

Alex Cyr says

I read this work after hearing about it from a running friend on my cross-country team. He recommended I read it to get excited for the upcoming season. Since reading, I have prescribed the same treatment to all my teammates requiring motivation to run many miles. Running with the Buffaloes is a beautiful exploration of the life of a distance runner, and the sacrifice it requires. The reader is given a front row seat to Colorado's vibrant running culture, and Mark Wetmore's demanding training program. Lear's careful detailing of a team's day to day functions (practices, team events, odd stories, and races) developed his own compelling biographic genre, and was the main inspiration to my writing. With a narrative full of ups and downs (most probably unforeseen my Lear in the inauguration of this project) Running with the Buffaloes will have any sports fan at the edge of their seat.

JoAnna says

After coming recommended on a few "Best Running Books" lists and by a friend who is a coach, I had high expectations for this book. The latter summed it up by saying that after reading, I'd want to train harder than I'd ever trained before. Also billed as an "easy, fast" read, it seemed like a good palate cleanser between some of my heavier reading.

I was a bit surprised, then, that it read incredibly slowly. At least for the first half, it seemed to drag on and on. It felt like ages before the actual racing season began, and even then, it wasn't until Sev's death that the story took on some real pathos. I was reeled in from that point on. If it had merely been a book about running for the national title, it wouldn't have had any legs to stand on. It read too much like a glorified training log, and as someone who had no previous familiarity with the 1998 CU team, the real character of the runners

didn't really start to emerge until Sev's crash.

Instead of one of the "Best Running Books," I think that Lear's book should instead be re-categorized as a great book for certain types of runners. If you get a thrill out of the minutiae of the daily training grind of collegiate running, then this is the book for you. If, like me, you gravitate more towards running books that capture personal stories and the human spirit of running, like those author by Dean Karnazes and Chris McDougall, then "Running With the Buffaloes" may not be your cup of tea. Rather than leaving me wanting to train harder, this book and its stories of 100+ mile training weeks and "skeleton dreams" just made me tired and hungry.

Sandra says

This book lacks any literary merit or even a story for that matter. This is not a book for anyone but track enthusiast. The reading is scattered with track jargon without the a glossary to aid non-runners. Even if he did spend an entire season with the team, Lear fails to bring the runners alive and really bring out their individual personalities and characteristics as people. Lear organizes the story into daily journal accounts of the team. Unfortunately, this gets tedious as he includes accounts of their practices with runners times etc.

On the other hand, Lear does a great job of describing race days and readers get caught up with the runners pre-race jitters and emotions. And despite the negatives of the book, it is nevertheless fascinating to follow the team through their ups, downs, triumphs and tragedies.

As a recreational runner, I picked up some strategies and tips for my own personal use and found the book inspired my to take my running to the next step.

Audra says

Interesting story about running, though on a 4th grade reading level.
