

Running with Buffaloes

by Chris Lear (2000)

He chronicles the events of the 1998 University of Colorado Cross Country Team. The coach lets the runners decide what they hope to achieve, thus empowering him to push them to that goal. "If you're not enjoying the journey, you probably won't enjoy the destination." The fundamental principal of training is to develop enough stamina to enable you to maintain the necessary speed over the full distance at which you plan to compete. "Endurance is the advantage you can give yourself" (Arthur Lydiard in Running the Lydiard Way).

The right stuff is having all four of: talent, durability, determination & courage. Training hard gives me extra confidence. There is a meaning in every behavior. Clear the system of unwanted toxins by taking an Epsom salt bath once a week. Be a renaissance man and attack all your endeavors with vigor. Have the courage to rest, because we run well when we're rested. Soft turf sucks up energy with every step, without returning a thing. Do your talking with your legs.

The passion of the runner is to force forgetfulness on that pain and embrace the benefits that will without fail make you a better person (Adam Batliner). Adam Goucher, NCAA champion, listens to the breathing of those running near him for signals of distress. Lactic acid plants seeds of doubt in every muscle fiber being poisoned by its presence...relax. Ten pounds overweight will cost you 25 second slower time in a 10k race.