

Running With The Buffaloes A Season Inside Mark Wetmore Adam Goucher And University Of Colorado Mens Cross Country Team Chris Lear

A celebration of sports that follows the University of Colorado cross country team during one unforgettable NCAA season.

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In Run with the Champions, award-winning running writer Marc Bloom feeds the voracious appetite of America's growing running population in two ways: by creating a unique system to objectively rank the nation's top 25 male and top 25 female runners of all time, and by revealing their little-known training secrets and strategies, from what they ate to how they trained for their biggest victories. Any average runner can benefit from the insights and advice offered by running legends like Frank Shorter, Alberto Salazar, Joan Samuelson, and Lynn Jennings. The rankings themselves are expected to create a buzz in the large running community, and the affiliation with Runner's World--the world's leading authority on running--will ensure credibility. This comprehensive book is at once an exciting compendium on elite runners and a terrific training manual.

*Hey kids, do you want to know how to make all-stars for your baseball league? Or parents, do you feel like the coaches keep passing your child up? Well no more! Or coaches, want drills and ways to motivate your players to get better? Coach Andy Collins is going to tell you everything he knows from his 35 years of youth and adult coaching and watching what works and what doesn't work. It's chock-full of ideas in 86 pages. He'll cover: * How your league chooses all-stars * What all-star selectors are really looking for * 7 tried and true methods of getting better at baseball * But more importantly, little known ways to get the people picking the team to notice you * And how to beat the "politics" that seem to get in the way Year after year kids sit in the stands crying after the all-star teams are announced and they weren't one of the players that were chosen. At the same time the students I've trained do make these same all-star teams. It was then I realized I had the information that the kids in the stands and their parents and coaches were looking for. Wherever there are kids around the world that play youth baseball, there are kids that long to make the league's all-star team. Every year it's the same, kids that desperately want to have their name called out (or see it announced on the list) don't make it, and a little bit of them is hurting deep inside; and they don't know why they were not picked. Little did they know that they could have fairly accurately predicted their chances almost from day one of when the season started. And if they knew what you're about the find out, they could improve enough in skill in the eyes of the all-star selectors as to be a better player or even make the all-star team. The good news is that in this book, there is a way to learn how to make the all-star team for the next upcoming season; and if not then, the following year (if you're willing to listen and follow the advice I give). While I have written this for parents and coaches to learn how this process works and how they can help these youngsters achieve their dreams, this is mostly a book written for the kid who wants to make all-stars, not a book for the parent who wants their kid to make all-stars (there is a difference). And it will be in that voice that this book will be written.*

Behind the Falls

Running with the Buffaloes Book

Running

The Bravest of Them All - The Legend of Stan Bowman

Pre
Bees in Amber

This work explores the causes and impact of the collapse of ENRON, and details Klicker's search for employment and therapeutic use of marathon running.

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.

This story describes USAC sprint car racing in the early 1960s and a driver named Stan Bowman. It captures Bowman's win at the first USAC sprint car race at Eldora Speedway in 1962. Bowman also captured the attention of Clint Brawner, the legendary Indianapolis 500 mechanic of that era. The story is told through the eyes of Diane Beck Lane, who was daughter of Harold Beck, the owner of Bowman's race car at Eldora in 1962. In 2012, Eldora Speedway, now owned by Tony Stewart, honored the 50th anniversary of Bowman's victory and Diane Beck Lane now retells the legend of Stan Bowman in the golden era in USAC sprint car racing.

Reproduction of the original: Bees in Amber by John Oxenham

Free Roll

A Little Book of Western Verse

What's the Deal with Reverse Mortgages?

Girlgoyle

Merathon

SLICK RUNNING

One day two teens, Aidan and Jessica, discover and get in possession an advanced scientific device, an anti-gravity belt, created by Jessica's father who is a electronics engineer. This device has the potential of great benefits to society as well as destructive possibilities. This attracts the attention of many government agencies who want to get their hands on it at all costs.

People entering, nearing, or in retirement are all wondering how they are going to make their retirement nest eggs last as long as they do. Studies show that the main fear that people have in retirement is running out of money. Add to that the reality that the rules for retirement have changed; government regulations have both helped and hindered those who are retiring. For many in the Boomer generation, it will be a challenge to make the money last without having to adhere to an unpleasant budget. To survive and thrive in retirement in the coming years requires new thinking and a clear understanding of the options open to retirees. One of these options is the Home Equity Conversion Mortgage, or what most people know as "reverse mortgages." This advancement was signed into law by President Reagan in 1988 as a way to provide homeowners the opportunity to raise funds from their home equity while continuing to enjoy living in their homes. The concept of reverse mortgages has been misunderstood and misapplied by many since that time and finally a book has arrived that thoroughly explores this concept in a detailed, yet readable manner. In *What's the Deal with Reverse Mortgages?*, Shelley Giordano, an expert of reverse mortgages and member of the Longevity Task Force, a group of thought leaders in retirement portfolio theory, has written a book that discusses the significant improvements made by HUD/FHA to the Home Equity Conversion Mortgage (HECM.) Over the years, and most notably in 2015, HUD has improved consumer safeguards, and reduced acquisition costs for those wishing to use their housing wealth in a

controlled and strategic pattern. Shelley has brought together thought leaders and experts to write a book that applies sound analysis to demonstrate that the prudent and conservative use of housing wealth, accessed via the modern HECM, can have a profound positive effect on our other assets and our ability to generate income for retirement. This book debunks the hoary old myths attached to reverse mortgages. It explains how the HECM has evolved to meet the needs of the Boomer generation. And most importantly, it explains how to evaluate your housing wealth in the early years of retirement, and why you should never wait and pray by deferring a reverse mortgage as a last resort. Reading this book will provide you with a full understanding of reverse mortgages to see beyond the current sales and advertising tactics related to the product allowing you to discuss the best options with your adviser, banker and family. It's the definitive book on reverse mortgages!

Jonathan Bricklin's debut novel is astounding for its intellectual playfulness and verbal ingenuity, and for the exuberant voice of Willy Nilly, the young hero of this unexpected adventure. Telepathy, Tetherball, Turtles, Politics, Pirates, Lemonade, Cryogenics, Waterslides and Holograms are some of the ingredients in this madcap frenzy of metaphorical escapism. If Raymond Chandler and Tom Robbins adopted a baby it might grow up to write a book like this.

Have you ever wondered: What it's like to daily bet hundreds of thousands of dollars working for some of the largest professional gamblers in Las Vegas? ... How to spend a summer house sitting one of the biggest stars in the world's 11,000 square-foot mansion - without an invitation from it's celebrity owner ... Whether the life of crime - specifically, running a shoplifting ring in a middle American mall - pays? ... What causes a son to finally say enough is enough ... and decide "Today is the day I am going to kill my dad." Comedian Brandt Tobler has the answers in this funny, touching and sometimes downright unbelievable memoir of a small town Wyoming-kid turned "mall-fia" don, turned nationally touring comic. Brand tells his life story with candor, detailing the many pit stops, wrong turns, crazy connections and lucky breaks he experienced along the way to his comedy career, all while trying to balance a toxic relationship with his unreliable jailbird dad. In these pages Brandt will make you laugh (he better - it's his job!) and believe as he does that, when it comes to defining family, blood isn't always thicker than water. -- back cover.

Crow, the King of Sumo

Old Rose and Silver

Running with Buffalo

Foreword by Tony Stewart

An Unlikely Team, a Challenging Season, and Chasing the American Dream

Satan's Devils Mc #3

Joseph P. Cahan doesn't want much. The recent college grad wants to see his first published story en route to a writing career. He wants to pursue this path in his New York hometown, aside his Irish family and life-long friends who live for football, stout and the Stones. He wants to

move on from a tumultuous Dylan-soundtracked romance that had to end. It's not much-but he wants it all. Unfortunately, in the nine months following his 2001 graduation, Cahan finds these seemingly simplistic desires not so easy to realize. Told through the voice of an idealistic Cahan, Running with Buffalo is about understanding a present that longs for the past, while perpetually trying to figure out an uncertain and frightening future. It's a humorous and heartfelt testimonial about life's fearsome complexities, unanticipated changes, and the simple truths that could quell the intensity of it all. It's about the uneven journey to find a place to call home. And for Cahan, it's about running with Buffalo.

This emoji themed adult-style coloring book is for school children of all ages, tweens, and even teens! This book features meticulously designed illustrations of all your favorite emojis in funny, original, school themed images. You will find a school bus, lunchbox, lockers, books, notebooks, a backpack, school supplies, fun calculators and so much more! If there was such thing as an Emoji School this is what it would look like!

Featuring 24 unique and creative designs, ranging in complexity from to simple to advanced, this coloring book will provide hours and hours of stress relief, mindful calm, and fun, creative expression for kids.

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

Provides a close-up portrait of champion runner Alan Webb, who in 2001, broke a thirty-six-year-old record by running the fastest mile in history, describing his efforts to stay focused despite life's many demands.

Flicking Boogers in the Wind

Leadership Lessons from Our Race for Hope

Running the Edge

Every Mile Matters

What Spins the Wheel

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

Explains the practical aspects of exercise physiology and modern coaching, including energy systems, the aerobic and anaerobic thresholds, VO2 max, running economy, muscle fibers, and more. In addition, it covers how these ideas should inform both your day-to-day workouts and the underlying philosophy that forms the foundation of your training program.

Tiffany Noboru has just awakened from her death, only to discover she has been drafted into the Gargoyle Ghost Hunter Corps. Soon she is fighting jealous rivalries within her own ranks, struggling to unravel the mystery of her recent

death, and trying to avoid being killed a second time by a maniacal ghost named Bones who is seeking the destruction of the gargoyles world. In this full-length novel, appropriate for teens and young adults, a new twist on the role of gargoyles is imaginatively brought to life in spellbinding fashion. Woven into the pages are twenty original works of art by Miimork, which breathe life into this ghostly tale. Dr. Noakes explores the physiology of running, all aspects of training, and recognizing, avoiding, and treating injuries. 133 illustrations.

The runners from Eisenhower High School have every justification to fail. They're from low income families, many of whom are migrant workers. With little time to devote to their passion, they give everything they have to their quest for the Washington State High School Cross Country Championship. *Running to Glory* is a celebration of grit, perseverance, and the American Dream. It follows the cross country team from Eisenhower High in Yakima, Washington, through a tumultuous and challenging season with excitement, suspense and pathos. Despite enormous economic disadvantages, the Eisenhower runners compete with affluent schools in the Seattle-Tacoma area, where parent involvement is strong and funds are readily available. Their coach Phil English knows how his runners feel. He grew up poor in rural Ireland in the 1960s during *The Troubles* and emigrated to the U.S. for a college track scholarship. Over 37 years coaching in Yakima, Coach English won 11 state titles, and sent more than 100 kids to college with scholarships for running. Author Sam McManis crafts a compelling narrative, which follows the team from summer workouts in the blistering sun to the state championship meet in the bitter cold. Readers will discover how these young men and women overcome their environment or succumb to it—on the course and in the classroom.

A Band of Misfits and the Guru Who Unlocked the Secrets of Speed

Amazing Racers

Alan Webb and the Quest for the Fastest Mile

The Story of America's Greatest Running Team and its Revolutionary Coach

Dispatches from the War Zone

Discovering the Secrets to Better Running and a Better Life

Authors Goucher and Catalano share their unique running philosophy,

demonstrating how the transformative power of the distance run can inspire readers to push their limits as runners and as human beings. The story of visionary American running coach Bob Larsen's mismatched team of elite California runners who would win championships and Olympic glory in a decades-long pursuit of the epic run. In the dusty hills above San Diego, Bob Larsen became America's greatest running coach. *Running to the Edge* is a riveting account of Larsen's journey, and his quest to discover the unorthodox training secrets that would lead American runners to breakthroughs never imagined. Futterman interweaves the dramatic stories of Larsen's runners with a fascinating discourse on the science behind human running, as well as a personal running narrative that follows Futterman's own checkered love-affair with the sport. The result is a narrative that will speak to every runner, a story of Larsen's triumphs--from high school cross-country meets to the founding of the cult-favorite, 70's running group, the Jamul Toads; from his long tenure as head coach at UCLA to the secret training regimen of world champion athletes like Larsen's protégé, Meb Keflezighi. *Running to the Edge* is a page-turner . . . a relentless crusade to run faster, farther.

Running With The Buffaloes chronicles Adam Goucher and the University of Colorado's 1998 Men's Cross Country Season. It provides an inside look on what it means to be a team and what it takes to be the best. THIS BOOK IS TO CROSS COUNTRY WHAT JOHN FEINSTEIN'S A SEASON ON THE BRINK IS TO COLLEGE BASKETBALL - USA Today 11/20/2000

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.

The Story of America's Greatest Running Legend, Steve Prefontaine
Run with the Champions

Running to Glory

Running to the Edge

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

Managing for Success

The story of America's greatest running legend. For five years, no American runner could beat him at any distance over a mile. But at the age of 24, with his best years still ahead, long-distance runner Steve Prefontaine finally lost. Driving alone at night after a party, Prefontaine crashed his sports car, putting a tragic, shocking end to the life and career of one of the most influential, accomplished runners of our time. More than 20 years later, Pre continues to influence the running world. From his humble origins in Coos Bay, Oregon, Pre became the

first person to win four NCAA titles in one event. Year after year, he was virtually unbeatable. Instead of becoming one of the new breed of professional track athletes, Pre chose to stay amateur and fight for the adequate funding he felt American amateur athletes deserved. A man of incredible desire and energy, Pre trained relentlessly. In his drive to be the best, he spurred others to do their best. As one racer said, "He ran every race as if it were his last." But Pre not only touched runners; his exciting technique as well as his maverick lifestyle made him a favorite of the fans. A race with Prefontaine in it was automatically an event. His brief but brilliant life—documented by author Tom Jordan—is the tale of a true American hero. This is his story. "Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's style. It's doing something better than anyone else. It's being creative." —Steve Prefontaine *The e-book edition does not include photos

What does every mile mean to you? When you hit the trails, the road, the track or the treadmill, what does each mile mean? A group of runners and walkers from around the world share their stories as they let us know what every mile matters means to them. Get ready to be inspired.

“ Completely satisfying, as well-paced and exhilarating as a good run. ” —The Boston Globe
Whether running is your recreation or your religion, Adharanand Finn ’ s incredible journey to the elite training camps of Kenya will captivate and inspire you, as he ventures to uncover the secrets of the fastest people on earth. Finn ’ s mesmerizing quest combines a fresh look at barefoot running, practical advice on the sport, and the fulfillment of a lifelong dream: to run with his heroes. Uprooting his family of five, Finn traveled to a small, chaotic town in the Rift Valley province of Kenya—a mecca for long-distance runners, thanks to its high altitude, endless paths, and some of the top training schools in the world. There Finn would run side by side with Olympic champions, young hopefuls, and barefoot schoolchildren, and meet a cast of unforgettable characters. Amid the daily challenges of training and of raising a family abroad, Finn would learn invaluable lessons about running—and about life. With a new Afterword by the author. “ Not everyone gets to heaven in their lifetime. Adharanand Finn tried to run there, and succeeded. Running with the Kenyans is a great read. ” —Bernd Heinrich, author of Why We Run “ Part scientific study, travel memoir, and tale of self-discovery, Finn ’ s journey makes for a smart and entertaining read. ” —Publishers Weekly
“ A hymn to the spirit, to the heartbreaking beauty of tenacity, to the joy of movement. ” —The Plain Dealer

When entrepreneur Len Forkas learned that his nine-year-old son had leukemia, his own life changed forever. In 2003, Len founded Hopecam, a nonprofit that uses technology to connect young cancer patients with their friends at school. Ten years later, Len's fight against childhood cancer rose to a new level. He qualified as a solo competitor in Race Across America, a 3,000-mile bicycle race that traverses scorching deserts and 11,000-foot mountain elevations. As Len fought to finish the race in just 12 days, an all-volunteer crew supported him around the clock. What Spins the Wheel is a true story about fatherhood and fortitude, business grit and growth ? and the power of combining the right mission with the right team to help others.

Running with the Buffaloes

The Amazing Emoji School Coloring Book

24 Page Coloring Book

A Book of Almost Counting Words

How to Make All-Stars

(Color Version) Crow, the King of Sumo tells the story of

Lear.

Koji, a young boy who befriends one of the cooks on a U.S. Navy ship. As the unlikely pair connects, they become great friends, and Crow goes on to challenge the sumo champion of Japan. Along the way, they learn a lot from each other. Set in Japan during the Edo period of Japanese history, the tale has a fun and heartwarming connection to the modern world. The inspiring, untold story about a group of remarkable athletes and their groundbreaking coach who live and train in startling ways—and are redefining running excellence in the United States. What would one call taking teens with no evident running talent and challenging them with boundless hill training combined with mantras from rock 'n' roll, techniques from Kenya, philosophy from Australia, and turning them into champions? Is it revolutionary? Or a risky rebellion against running—and teenage—norms? Coach Bill Aris has heard both, but one thing is indisputable. Everything Aris does with his runners—male and female alike—is new and extraordinary, and he has created a new American running dynasty. The cross-country runners of Fayetteville-Manlius, or F-M, in upstate New York have dominated high school running for 15 years, sweeping boys' and girls' titles at the Nike Cross Nationals championships (NXN) in 2014 in an unprecedented achievement. The girls' team, empowered by Aris' unique, unwavering brand of gender equity, has won 11 of the last 13 NXN titles, some by margins of over 100 points. The boys' team has the best cumulative national record of NXN podium performances. F-M domination has shocked the sport for its defiance of accepted running principles and limitations. One year at NXN, the F-M girls defeated the all-star field of top teams by an average of 59 seconds per girl in the 5k race. Another year, the girls ran faster than their teenage Kenyan counterparts, who competed in the Portland, Oregon event as an international showcase. Across the country, coaches awed by F-M and unaware of the team's methods and discoveries, whispered, "How do they do it?" From adopting long-forgotten "Stotan" creeds—combining the rigors of a Spartan and stoic lifestyle—to delving into teenage developmental psychology and gender-blindness in training, *Amazing Racers* is a must read for millions of runners and the millions more who strive for better performance.

Gaby LeFevre is a suburban, Midwestern firecracker, growing up in the 80s and 90s and saving the world one homeless

person, centenarian, and orphan at a time. With her crew of twin sister, Annie, smitten Mikhail, and frenemy Mel, she's a pamphlet-wielding humanitarian, tackling a broken world full of heroes and heroines, villains and magical seeds, and Northwyth stories. Beginning with a roadkill-burying nine-year-old and a gas-leak explosion, it follows Gaby as she traverses childhood and young adulthood with characteristic intensity and a penchant for disaster. Meanwhile, the large cast of compelling characters entertains and the Northwyth legends draw you into their magic.

Learn how to Run Successfully and Lose Weight Are you looking to lose weight? Then you're in the right place, because running is one of the most simple and effective forms of exercise. When you start your running program and stick to it, you will lose weight, have more energy, and feel much fitter and healthier. No matter, what your current fitness level is, this guidebook will teach you everything you need to know to successfully lose weight running. It includes an 8-Week Training Plan that will guide you through your running training. By reading this book, you will learn: The benefits of running How to choose the right running shoes How often to train Common mistakes How to prevent injuries The right food for running And much, much more... Are you ready to change your life? - Click the "Buy" Button above!

Modern Training and Physiology for Middle and Long-Distance Runners

Running Log Book

Passion, Adventure, and the Secrets of the Fastest People on Earth

Lore of Running

Slide Job

The Candidate's Guide to Local Elections

Join the twins as they explore the rocky beach and we practice Chinese "almost counting vocabulary." The story is completely translated to English, with both bopomofo and pinyin for Chinese pronunciation help. There are many notes reviewing and explaining Chinese grammar and word choices.

When you're running for local office for the first time, there are plenty of mistakes you can make. The good thing is that you're not the first person ever to face the challenges of running for office - even though sometimes it might seem like it. In this book, Craig W. Turner collects stories, advice, warnings and best practices from local candidates from

around the country who have been there and done that. They've already seen what you're about to see, and they've generously shared their experiences for the benefit of you and other first-time candidates for local office. This is no poli-sci class. This is "in the trenches" life experience. Everyone interviewed for this book as part of The Campaign Coach Podcast, has run and won at least one election. Some are now retired, some have moved on to higher office, and some are still serving in the capacity we discussed in their interview. In these pages, you will find insights that no guidebook or online course can give you - they will inspire you, and scare you, and motivate you and smack you in the face with a reality check. But, they will also make you a stronger candidate. Whether it's talking with voters, fundraising, understanding local government policy, promoting your candidacy or even knowing how to best serve your community, learning from these people's experiences - and avoiding mistakes that they've already made for you - will give you a leg up on any opponent.

Two people driven to win. Only one can claim the prize. She's a sprint car racer driven by secrets. He's the man who must uncover them on national TV. Slide Job: A dirty move in which a race driver skids his/her car sideways in front of another car to steal a position. Sprint car driver Morgan Blade is willing to do anything to help save her critically ill father, even become a contestant on a new TV racing reality show. But once the cameras start rolling, she realizes the cost of the prize money. If the show's sexy producer has his way, her most heartbreaking secrets will be revealed to a worldwide audience. Secrets are Tyler Dalton's business. Forced to produce one more reality show to fulfill his contract, he can't wait to get it over with and move on with his life. However, part of who he is means giving it his best. In reality TV, controversy drives ratings. So despite a combustible attraction to his star, Tyler must unveil the secrets beneath Morgan's fiery facade. But when she becomes more than just another contestant ... will he go for the slide job, even if it means losing her?

The Good Group Home gives practical solutions that will help even the most seasoned team be more effective. This book suggests management strategies that are proven effective in real-life situations. When group homes function well they are great experiences for residents and staff alike. A good group home provides care that is safe, cooperative and fun. They are places driven on ideas, energy and creativity.

Running from Denial to Running a Business

Training Programs and Secrets of America's 50 Greatest Runners

Sub 4:00

Lear

The Secrets and Techniques That Will Help You Make the Team Run Yourself Skinny: the Beginner's Training Guide for Weight Loss Benevolent

Exposing the social and political landscape of homelessness in Fresno, Dispatches from the War Zone offers the reader a rare opportunity to understand this issue from the perspective of the homeless, their allies and an investigative journalist who closely followed this story for more than 10 years. What at first appeared to be builders and developers working with Fresno City Hall and the police to move the homeless to more remote areas of town turns into something else entirely. We find government corruption, a class action lawsuit against the city for its unconstitutional attacks against the homeless and the suspicious death of Pamela Kincaid, the lead plaintiff in the legal action. Originally, it was the federal government's de-funding of affordable housing in the early 1980s that led to today's homeless crisis. The book examines those structural reasons for homelessness but also looks at what grassroots groups in Fresno, working on alternatives, have accomplished. Although the end to homelessness has been elusive for those groups doing business as usual, the paradigm shifts this book suggests give new hope that a better world is possible. There is a pathway to ending homelessness and treating all people with the dignity and respect they deserve.

Ready to take your running to the next level? Then grab one of our running log books today! Journaling your runs is not only an excellent way to stay motivated, as a great training tool, it can also enhance your personal performance. Tracking your runs might require some extra effort in the beginning, but in a few weeks you'll start reaping the benefits of sticking with it. Here's a lot more reasons for you to get our Running Log Book: VERSATILE - For many runners, what starts as a simple log grows into a personal and lasting running diary. Keeping a running logbook can be a great training tool, too! Along the way, the reviewing of training details will help keep you on target for success. So whether they're training for a marathon or just trying to stay in shape, this journal is the ideal gift for them. USEFUL & CONVENIENT - Keeping a diary helps you keep track of your running progress. What better way to write a journal than doing it the old fashion way? There's nothing more personal than journaling with a pen and paper. Simple and easy to use, the undated, two-pager per week layout is waiting to be filled with: 52 Weeks with sections for - Route - Distance - Time - Speed - Burned Calories - Run Type - Heart Rate - Cumulative Distance - Cumulative Hours - Weekly Summary A NOTEBOOK BUILT TO LAST- We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart. The sturdy cover is made of tough paperback with strong, secure professional trade binding so the pages won't fall out after a few months of use. WELL-CRAFTED INTERIOR- With a page to input personal details and 104 pages (2 pages/week) to record your daily entries, we only used thick, white paper to avoid ink bleed-through. The columns are clearly marked to

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make it easy to fill out and to cross reference. PERFECT SIZE- With its 15.24 x 22.86 cm (6" x 9") dimensions, you can squeeze it into a purse with ease. Lightweight and durable, it's the perfect size to carry! COOL COVERS!- To top it all, we have an array of cover designs for you to choose from. Get inspired by our collection of truly creative book covers. We stand for quality and aim to provide the best writing experience with our notebooks. Get a Running Log Book for you or a special someone. As running becomes a more regular form of exercise, looking back at how many miles you've covered can be a source of both fun and motivation. Get a copy now!

A Million Rocks (in Chinese)

Running, Winning, Serving

Running with the Kenyans

Cameron Motorsports Book One

The Good Group Home

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