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relax people of letsrun, sure, the initial attempt was to be a stingy bastard, but i've figured i'll do the right thing by Mr. Lear and spend some dosh on the book rather than the dingoes.

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Running with the Buffaloes: A Season Inside With Mark

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Book Review: Running with the Buffaloes - A Season Inside with Mark Wetmore, Adam Goucher and The University of Colorado Men's Cross Country Team. Already considered a classic running text.

Book Review: Running with the Buffaloes - A Season Inside

Logan would spend summers logging up to 80 miles a week on Bernardsvilleâ€™s hills. As a senior in 1979, Logan ran 8:52 to set the New Jersey state record for two miles, a mark that would stand for 28 years. Logan remains convinced that the aerobic foundation he developed under Wetmore was a major reason for his success.

The Wetmore Formula - LetsRun.com

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