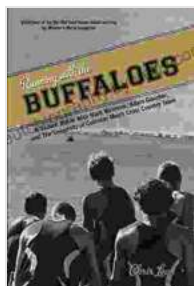


Running With The Buffaloes: How One Woman Found Her Stride and Ran to Victory



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

★★★★☆ 4.7 out of 5

Language : English

File size : 3716 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 288 pages

Lending : Enabled

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At the age of 15, Shalane Flanagan was a shy and awkward teenager. She was uncoordinated and overweight, and she had never really considered herself to be an athlete. But one day, everything changed. Shalane went for a run with her father, and she discovered a hidden talent for running. She was fast, and she had a natural ability to endure long distances. Shalane's father encouraged her to join the track team at her high school, and she quickly became one of the top runners in the state. After graduating from high school, Shalane received a scholarship to run for the University of North Carolina at Chapel Hill. At UNC, Shalane continued to excel, and she became one of the best college runners in the country. She won multiple NCAA championships, and she set several American records. After graduating from UNC, Shalane turned professional, and she quickly became one of the top runners in the world. She has won the New York

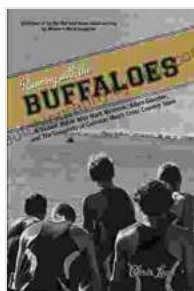
City Marathon three times, and she has also won the Boston Marathon and the Chicago Marathon. Shalane is an inspiration to runners of all ages and abilities. Her story shows that anything is possible if you set your mind to it. *Running With The Buffaloes* is a must-read for anyone who loves running or who is looking for inspiration.

What You'll Learn from *Running With The Buffaloes*

- How to overcome your fears and achieve your dreams
- The importance of perseverance and hard work
- The power of positive thinking
- How to find your inner strength
- The importance of giving back to your community

Free Download Your Copy Today!

Running With The Buffaloes is available now at all major bookstores. Free Download your copy today and start your journey to becoming a world-class runner!



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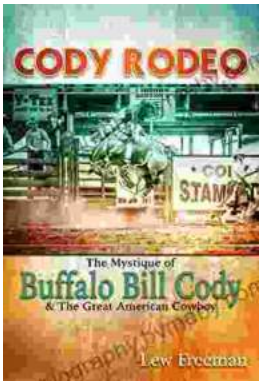
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