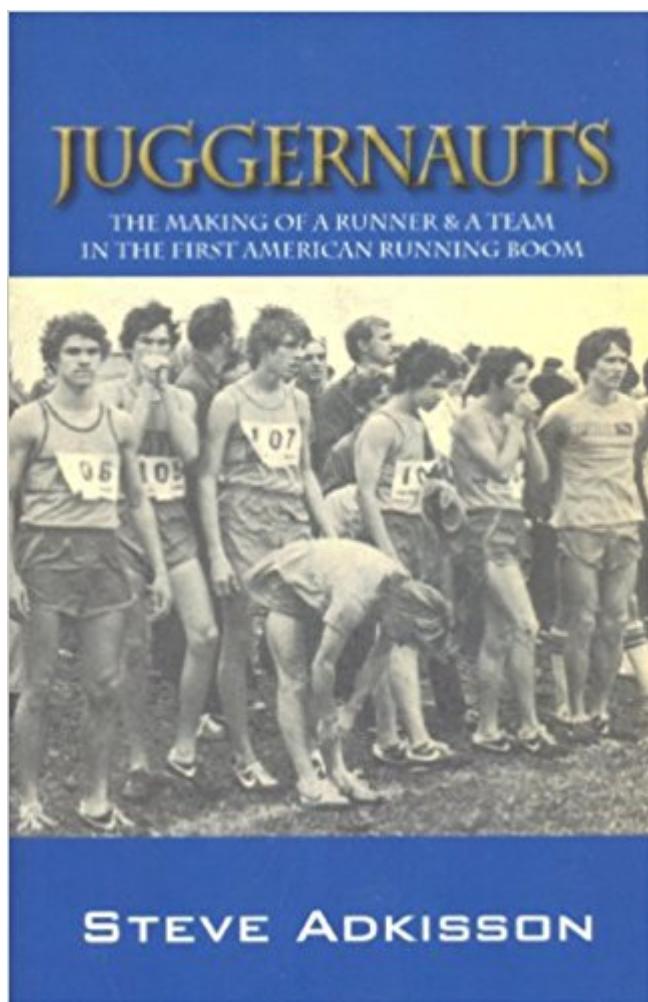


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# Juggernauts - The Making Of A Runner & A Team In The First American Running Boom



## **Synopsis**

As the first running boom was sprouting in the early 1970's, a group of Kentucky teenagers found themselves under the guidance of a young coach who was ahead of his time. Cross country was regarded as a sport for the slightly odd and unathletic, a means of "getting an easy varsity letter". Among this group of runners was a particularly odd (though strangely athletic) teenager who was taken in by the joy of running over the grass, hills, and mud of cross country courses. The coach and seasonally growing team rose to dominance of Kentucky cross country in the span of four short years. Along the way, they "learned the lessons every runner has to learn, mostly the hard way, many of them twice." From humble backgrounds, the Lloyd Memorial High School Juggernauts led the way for high schools in Northern Kentucky to win State Championships for over thirty consecutive years. This is that story.

## **Book Information**

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## **Customer Reviews**

A solid book that takes the time to look at cross country not as just a sport but, in the life of the young men, a way of living. The commentary on running is very good and Adkisson does a good job

of painting life in the mid-70's. The addition of the articles from the student newspaper provide an air of authenticity and personal memories of the character of the runners bring it alive. Adkisson did not set himself apart from his team, truthfully recounting both his successes and failures. It would have been nice to see more perspective from the vantage of a now-middle-aged author to his younger self. In all, an accurate and entertaining account of a cross country champion. The writing dogs down occasionally in extra detail but the story is presented in a very competent fashion. Already purchased a second copy and given it to one of the kids on the team.

OK, I'm biased. I love running. I love reading. I coach runners. I love coaching runners. I love reading about running. This book was written for me! Steve Adkisson has written a wonderful book about his journey into manhood as runner in the early '70s on a high school team in Kentucky. He captures the essence of the high school runner with all his passion, doubts, fears, bravado and love of life. The Juggernauts are a high school cross country team in Northern Kentucky. Steve Adkisson "finds" the sport by accident while he attempting to get in shape for basketball. He takes us on a journey full of heartache and joy through his 4 seasons as a high school runner. It is set against the backdrop of the first "running boom". Their heroes were named Shorter and Prefontaine. Mr. Adkisson has captured the heart and soul of the runner. His descriptions of the workouts and races are reminiscent of John L. Parker's best work in "Once A Runner" and "Again to Carthage". Cross Country runners LOVE their sport in a way that is indescribable to the non-runner. My runners frequently use the word "family" when describing what cross country means to them. Mr. Adkisson has captured that feeling of family that cross country runners share. This is a GREAT read for both runner and non-runner! HIGHLY RECOMMENDED!!!

A fun, lighter side book that everyone should read. He ran for the joy of running even 17 miler to go camping.

An amazingly interesting and funny account of cross country in the 1970s, the best of three good books on the subject I have recently read: 1 Juggernauts, 2 God at the Starting Line, and 3 Running with the Buffaloes.

Wonderful memoir about sports and small town Kentucky in the early '70's.

This is a good book for a high school, college, or any age of athlete that loves the sport of running.

I gave this as a gift to my nephew who is a runner, he has enjoyed it greatly. He carries it in his back pack to share with his team!

I cannot say that you will love this book if you did not run cross country with a team, but if you did, you will love it. I ran with both on a team in high school and in college. This book flooded me with memories of great runs, fast friendships and of giving your life to a sport. Also having a great coach was life changing for me. Thanks Steve for sharing with me memories of high school cross country that I had long forgotten.

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