Notes

THURSDAY, JANUARY 1, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE SUNNY 75°

COMPANIONS _____

COURSE/COMMENTS _____

BEACH RUN — 2MI - 13:07

OCEAN — 59° — 9:00

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight ____
Minutes Run Today 15	Resting Pulse ____
Pace 6:3[illegible]	

FRIDAY, JANUARY 2, 1981

TIME OF DAY

WEATHER/TEMPERATURE CLOUDS

COMPANIONS

COURSE/COMMENTS

BEACH RUN - 4mi.* - 26:07

* COURSE RECORD

18 HOLES TORREY PINES

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	4	Body Weight	
Minutes Run Today	19	Resting Pulse	
Pace	6:30		

SATURDAY, JANUARY 3, 1981

TIME OF DAY

WEATHER/TEMPERATURE OVER CAST....

COMPANIONS

COURSE/COMMENTS

BEACH RUN - 2mi.* - 11:45

* COURSE RECORD

OCEAN - 59°

9 HOLES TORREY PINES

NOT GETTING ENOUGH SLEEP...

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	2	Body Weight	145 LBS.
Total Miles for Week	21	Resting Pulse	
Minutes Run Today			
Total Minutes for Week			
Pace	5:53		

*See Weekly Mileage or Weekly Time Graph

SUNDAY, JANUARY 4, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH RUN - 2Mi

OCEAN SWIM ~ 5":00 AT 59°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight
Minutes Run Today 2	Resting Pulse
Pace 7:15-30	

MONDAY, JANUARY 5, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH RUN — 5Mi
33:20

OCEAN 59°

SURF-UP 3'-5'

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today 7	Resting Pulse
Pace 6:43	

TUESDAY, JANUARY 6, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

REST..

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight _____
Minutes Run Today 7.	Resting Pulse _____
Pace _____	

WEDNESDAY, JANUARY 7, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE Cool

COMPANIONS _____

COURSE/COMMENTS _____

BEACH RUN — 2MI - 19:35
ROAD RUN — 8MI - 54:12

OCEAN SWIM — 59°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight _____
Minutes Run Today 17	Resting Pulse _____
Pace 6:45	

TUESDAY, JANUARY 8, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH RUN – 2mi. - 14:15 AM
" – 3mi - 20:19 PM

OCEAN SWIM – 59° – 12:00

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse 22
Pace 6:50	

FRIDAY, JANUARY 9, 1981

TIME OF DAY

WEATHER/TEMPERATURE 52°

COMPANIONS

COURSE/COMMENTS

BEACH – 2mi – 14:50

TORREY PINES SO.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight
Minutes Run Today	Resting Pulse 24
Pace 7:25	

SATURDAY, JANUARY 10, 1981

TIME OF DAY

WEATHER/TEMPERATURE -0-

COMPANIONS

COURSE/COMMENTS

BEACH - 3mi - 20:56

(OCEAN COLD)

PERFORMANCE DATA	BODY VITALS
Miles Run Today 3	Body Weight
Total Miles for Week 27	Resting Pulse
Minutes Run Today	35:YEAR
Total Minutes for Week	
Pace	

*See Weekly Mileage or Weekly Time Graph

SUNDAY, JANUARY 11, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS *BUS BLOWS VALVE

MISSION BAY MARATHON

JOHN COLLIAS - 2:47:41

RICK - 2:50:25

JAY - 2:37:00

REST...

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 0
Pace	

MONDAY, JANUARY 12, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH RUN – 5mi

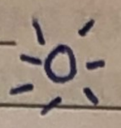
SOFT SAND @ 7:00 PM

OCEAN SWIM – 59° 10:00

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today 1:00	Resting Pulse 5
Pace	

TUESDAY, JANUARY 13, 1981

TIME OF DAY

WEATHER/TEMPERATURE 

COMPANIONS

COURSE/COMMENTS

BEACH RUN:

AM – 2mi – 13:29

PM – 3mi – 20:39

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse 10
Pace 6:50	

WEDNESDAY, JANUARY 14, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

BEACH RUNS -

Am - 2mi - 13:19
PM - 3mi - 20:39

OCEAN SWIM - 5MIN.
59°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight ____
Minutes Run Today ____	Resting Pulse 15
Pace _____	

THURSDAY, JANUARY 15, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

BEACH RUN - 5Mi 34:11

OCEAN SWIM - 8:30 @ 59°

CUT FOOT GLASS
UNDER WATER!!
oo
A

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace _____	20

FRIDAY, JANUARY 16, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

REST ...

18 HOLES TORREY SOUTH

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight _____
Minutes Run Today _____	Resting Pulse 20
Pace _____	

SATURDAY, JANUARY 17, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

REST ...

OCEAN SWIM — 13:00 @ 59°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight _____
Total Miles for Week 20	Resting Pulse 55 : YEAR
Minutes Run Today _____	
Total Minutes for Week _____	
Pace _____	

*See Weekly Mileage or Weekly Time Graph

SUNDAY, JANUARY 18, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

STRETCHES ...

OCEAN SWIM -

FOOT NOT GOOD

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace _____	

MONDAY, JANUARY 19, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

OCEAN SWIM ...

FOOT :)

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace _____	

TUESDAY, JANUARY 20, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

SAUNA – 30:00

FOOT – Ä

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse
Pace	

WEDNESDAY, JANUARY 21, 1981

TIME OF DAY

WEATHER/TEMPERATURE CLOUDS

COMPANIONS

COURSE/COMMENTS

BEACH RUN – 2MI
ROAD RUN – 6MI – 40:09

FOOT HURTS SOME –

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight
Minutes Run Today	Resting Pulse 8 14
Pace 6:40	

THURSDAY, JANUARY 22, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

FOOT WORSE ☹

12'-15' SURF

OCEAN SWIM — 20:00

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace _____	8

FRIDAY, JANUARY 23, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

OCEAN SWIM - 10:00

FOOT NOT GOOD..

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace _____	8

SATURDAY, JANUARY 24, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

STRETCHES

OCEAN SWIM WITH FINS:

11:00

SAUNA - 30:00

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	Body Weight	
Total Miles for Week	8	Resting Pulse	
Minutes Run Today			63 YEAR
Total Minutes for Week			
Pace			

*See Weekly Mileage or Weekly Time Graph

SUNDAY, JANUARY 25, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH RUN - 2mi 13:15

OCEAN SWIM - 59° - 5:00

* FOOT GETTING BETHER! Ü

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	2	Body Weight	
Minutes Run Today		Resting Pulse	2
Pace			

MONDAY, JANUARY 26, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

ROAD RUN – 6mi. – 40:34

FOOT: YES, YES, YES!!

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	6:45		8

TUESDAY, JANUARY 27, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

LORAINE ???

YOUR BASIC ALL NIGHTER.

16

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	SEEMED LIKE 50	Body Weight	
Minutes Run Today		Resting Pulse	
Pace			8

WEDNESDAY, JANUARY 28, 1981

TIME OF DAY

WEATHER/TEMPERATURE RAIN

COMPANIONS

COURSE/COMMENTS

ROAD RUN - EASY 4mi

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4	Body Weight
Minutes Run Today 6:50	Resting Pulse 12
Pace	

THURSDAY, JANUARY 29, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

ROAD RUN — 6mi - 40:50

FOOT MUCH BETTER

SAUNA: 20 MIN

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	Body Weight
Minutes Run Today	Resting Pulse 18
Pace	

FRIDAY, JANUARY 30, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____ WIND!!

COMPANIONS _____

COURSE/COMMENTS _____

ROAD RUN – 6mi – 40:42

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	6:50		24

SATURDAY, JANUARY 31, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

ROAD RUN – 6mi – 40:54

FOOT: Ü

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6	Body Weight	
Total Miles for Week	30	Resting Pulse	20 days RUNNING 93 YEAR
Minutes Run Today			
Total Minutes for Week			
Pace	6:50		

*See Weekly Mileage or Weekly Time Graph

February 1981

FOOT NOTES

Total Miles Previous Month 93

Total Time Previous Month 1

2

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 40	16	17	18	19	20	21
22 ~~BLACK MOUNTAIN 10K 50~~	23	24	25	26	27	28

FEB

MARCH

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUNDAY, FEBRUARY 1, 1981

TIME OF DAY AM – COLD

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

ROAD : 2mi – 13:30

OCEAN: 5@ – 6:30

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:45	2

MONDAY, FEBRUARY 2, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

SPEED ROAD RUN ??

2mi * – 12:05

6:00 - DOWN

6:05 - BACK U

* COURSE RECORD

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:02	4

TUESDAY, FEBRUARY 3, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

REST....

OCEAN SWIM —

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace ____	4

WEDNESDAY, FEBRUARY 4, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

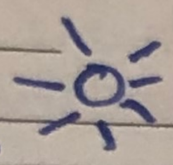
PRO-AM ANDY WILLIAMS
$400.00 — $75.00

BEACH — 2MI
OCEAN 10:00 @ 58°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace ____	6

THURSDAY, FEBRUARY 5, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE 
70°

COMPANIONS

COURSE/COMMENTS

BEACH RUN - 4mi 28:44

OCEAN SWIM - 58°

5MIN -

TIRED? — TOWEL STOLEN WHILE RUNNING "

A

SAUNA - 30 MIN.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4	Body Weight
Minutes Run Today	Resting Pulse
Pace 7.10	10

FRIDAY, FEBRUARY 6, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE OVERCAST 70°

COMPANIONS

COURSE/COMMENTS

BEACH RUN - 20:39

3MI

OCEAN SWIM:

5:00 @ 58°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 3	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:50	13

SATURDAY, FEBRUARY 7, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH RUN: 2Mi - 13:00

OCEAN SWIM - 5MIN.

50°

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	2	Body Weight	
Total Miles for Week	15	Resting Pulse	
Minutes Run Today			
Total Minutes for Week			
Pace	6:30		

108 YEAR

*See Weekly Mileage or Weekly Time Graph

SUNDAY, FEBRUARY 8, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

AWSDO —

$983.00 6 HRS.

WOW!!

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	Body Weight	
Minutes Run Today		Resting Pulse	
Pace			0

MONDAY, FEBRUARY 9, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

RECOVERING FROM TORREY PINES - WHEW!

DRAINED

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace _____	

TUESDAY, FEBRUARY 10, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

FEELING BETTER BUT NOT ENOUGH TO RUN.

SAUNA: 30 MIN.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace _____	

WEDNESDAY, FEBRUARY 11, 1981

TIME OF DAY THE BEGINNING TUNE-UP FOR BOSTON !!

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

1 HR. RUN — BEACH, ROAD
APROX. 8MI

OCEAN SWIM — 5:00
58°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight
Minutes Run Today 60	Resting Pulse
Pace 7:15-7:30	8

THURSDAY, FEBRUARY 12, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE 70°

COMPANIONS

COURSE/COMMENTS

1 HR. RUN — BEACH
8MI -

NO OCEAN !

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight
Minutes Run Today 60	Resting Pulse
Pace 7:15-7:30	16

FRIDAY, FEBRUARY 13, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE PM 70°

COMPANIONS _____

COURSE/COMMENTS _____

BEACH RUN:
4Mi — 27:59

OCEAN SWIM —
6:00
FELT GOOD — COOL

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	4	Body Weight	
Minutes Run Today	28	Resting Pulse	20
Pace	7:00		

SATURDAY, FEBRUARY 14, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

BEACH RUN — 60:00 — 8Mi
STOMACH ï —
HOT ...

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	8	Body Weight	
Total Miles for Week	28	Resting Pulse	136
Minutes Run Today	60		YEAR
Total Minutes for Week			
Pace	43 MONTH		

*See Weekly Mileage or Weekly Time Graph

SUNDAY, FEBRUARY 15, 1981

GOAL FOR WEEK

TIME OF DAY AM

WEEK 40

WEATHER/TEMPERATURE HOT

70+

COMPANIONS

COURSE/COMMENTS

ROAD RUN 4 SPRINTS

REST—

BOSTON BUILD-UP BEGINS TODAY.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 0
Pace	

MONDAY, FEBRUARY 16, 1981

40

TIME OF DAY AM

WEATHER/TEMPERATURE HOT

COMPANIONS

COURSE/COMMENTS

ROAD RUN — 8 MI - 54:19

OCEAN SWIM — 5 MIN.

FOOT / HIPS SEEM BETTER

Ü

FIREPLACE IN —

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight
Minutes Run Today	Resting Pulse 8
Pace	

TUESDAY, FEBRUARY 17, 1981

TIME OF DAY 40

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

~~BEACH RUN~~ - $1:00

FELT GREAT - YEA!

10 Mi ? —
HAIRCUT 11:00
(GOOD)

15:00 DOWN
15:57 BACK

135 LBS : RICKS' SCALE

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	4	Body Weight	
Minutes Run Today	31	Resting Pulse	
Pace			12

WEDNESDAY, FEBRUARY 18, 1981

TIME OF DAY 40

WEATHER/TEMPERATURE HOT!

COMPANIONS

COURSE/COMMENTS

STARTS NEXT WEEK!!!

8/10/12 BOSTON WORKOUT: SCHEDULE,
4 HRS 40 ~~280 MIN~~,
4 X (8/10) = 40 MILE DAYS OR ~~[illegible]~~.
1 X 15-20 MILE RUN = 2:00 – 2:30 HRS.
1 X TRACK WORKOUT / 4-6 MILES.

EASY / HARD / HARDER / EASY

12 15 4
4 20 6/6
48 20

20/1 4 MAX.

40
15
4/59 MIN.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	4	Body Weight	
Minutes Run Today	31	Resting Pulse	
Pace	7:00 —		16

THURSDAY, FEBRUARY 19, 1981 40

TIME OF DAY PM

WEATHER/TEMPERATURE OVERCAST HOT 75°

COMPANIONS

COURSE/COMMENTS

ROAD: 8MI — 55:40

SAUNA: 30 MIN.

BICYCLE RIDE 5MI

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:00	24

FRIDAY, FEBRUARY 20, 1981 40

TIME OF DAY PM

WEATHER/TEMPERATURE 65-70

COMPANIONS JOHN

COURSE/COMMENTS

BEACH RUN — STEADY

10MILES

OCEAN SWIM -

00

10 1:23:00

JACK IN BOX

COGLAN: 2:30:6

W.R.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today 83	Resting Pulse
Pace 7:15-30	34

SATURDAY, FEBRUARY 21, 1981

TIME OF DAY PM 40

WEATHER/TEMPERATURE -0- SANTA ANNA

COMPANIONS WIND BLOWING OUT.

COURSE/COMMENTS

ROAD RUN - 6Mi

42:37

~~BLACK MOUNTAIN RUN~~ 10K

NO RACES ON SUNDAY!

2.15.81

NEW SHOES - 620's

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6	Body Weight	
Total Miles for Week	40	Resting Pulse	
Minutes Run Today			
Total Minutes for Week			
Pace	7:06		

176 MFY

*See Weekly Mileage or Weekly Time Graph

SUNDAY, FEBRUARY 22, 1981 - 50

TIME OF DAY BOSTON BUILD-UP

WEATHER/TEMPERATURE BEGINS!!!

WORKOUT SCHEDULE

COMPANIONS STARTS 1

COURSE/COMMENTS 6WEEKS

(REST DAY) 42

282

~~86~~ JOHN

NOTHING YOU CAN SAY OR DO — TO CHANGE HOW I ~~FEEL~~ ABOUT WHAT YOU'VE ~~B~~ SAID and DONE!

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	~~0~~	Body Weight	
Minutes Run Today		Resting Pulse	
Pace			0

MONDAY, FEBRUARY 23, 1981

TIME OF DAY 50

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS 15-20 ROAD

LONG DAY

CARLSBAD — 18 MILES

2:05:08

FELT GOOD !!!

MCG DAY —

ENGINE OUT ... 200 $ TO FIX

PERFORMANCE DATA	BODY VITALS
Miles Run Today 18	Body Weight
Minutes Run Today 2:05:08	Resting Pulse
Pace 7:00 77	18

TH...SDAY, FEBRUARY 24, 1981

TIME OF DAY 50

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS 8 ROAD / BEACH

8 Mi ROAD (BEACH COURSE)

54:50

1ST. MILE — 7:00

LAST MILE — 6:07

49 7

8 7

56:00 14

1:10 8

OK !!!

48:00 6:06

54 00

1:30 2M.

3:06 4M

6:00 8M

8 30 32

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:52	26

WEDNESDAY, FEBRUARY 25, 1981

TIME OF DAY AM 50

WEATHER/TEMPERATURE 65°

COMPANIONS

COURSE/COMMENTS TRACK 4-6

QUARTERS - 220's
GRASS - 110's

TRACK SAT.

10Mi ROAD — 67:25

1st. MILE - 6:54

10TH MILE - 6:25

FELT GREAT !!! Ü

66:40 - 6:40
~~67:30~~ 50 6:45

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today	Resting Pulse 36
Pace 6:45 Ü	

THURSDAY, FEBRUARY 26, 1981

TIME OF DAY PM 56

WEATHER/TEMPERATURE COOL-O-

COMPANIONS

COURSE/COMMENTS 8 ROAD

6 ROAD; "COURSE"

HEAD ACHE — 1ST SIGNS OF COLD — TIRED

STILL LEGS — FOOT NOT BAD —

42 MILES 4 daze

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	Body Weight
Minutes Run Today	Resting Pulse 42
Pace 7:07	

FRIDAY, FEBRUARY 27, 1981

TIME OF DAY AM 50

WEATHER/TEMPERATURE 60°

COMPANIONS

COURSE/COMMENTS 8 ROAD

3 PANCAKES / 2 cups COFFEE ½ and ½

YEA !!

10 MILE ON "COURSE"

* 65:37

1ST. MILE; 6:40

5TH. MILE 33:03

10TH MILE; 6:04

(FASTEST (10 MILE) TRAINING RUN EVER!!!)

PLEASE NOTE

* COURSE RECORD

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	Body Weight	
Minutes Run Today		~~Resting~~ Pulse	132
Pace	6:33		52

SATURDAY, FEBRUARY 28, 1981

TIME OF DAY 50

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS ~~8 ROAD~~

4-6 TRACK

SAN DIEGUITO

RAIN - REST

* HEAD COLD ?? SOME THROAT ~~ill~~ - EASY

MARK OF 5K, 10K MILES: 11, 12, 13, and 13.1

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	Body Weight	
Total Miles for Week	52	Resting Pulse	
Minutes Run Today	0	21 days RUNNING	
Total Minutes for Week		228 MILES FOR THE YEAR!	
Pace			

*See Weekly Mileage or Weekly Time Graph

March 1981
FOOT NOTES 3

Total Miles Previous Month 4

Total Time Previous Month 5

6

7

S	M	T	W	T	F	S
1 50	2	3	4	5	6	7
8 60	9	10	11	12	13	14
15 1ST RACE OCEANSIDE 60 TO LAJOLLA 50K 6:30AM	16	17	18	19	20	21
22 60	23	24	25	26	27	28
29 70 SHARP 10mi'S	30	31				

MAR

APRIL 7

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Notes

SUNDAY, MARCH 1, 1981

TIME OF DAY _____ 50

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

~~AIRLINE~~

BOSTON TICKETS: 327.00 RT

WORLD AIRWAYS -

44.00 NITE BRADFORD:
BOSTON COMMON

NO RUNNING TODAY - STRETCHES
20-30 MINS.

SORE THROAT - HEAD COLD

PERFORMANCE DATA	BODY VITALS
Miles Run Today _____	Body Weight _____
Minutes Run Today _____	Resting Pulse _____
Pace _____	

MONDAY, MARCH 2, 1981

TIME OF DAY 50

WEATHER/TEMPERATURE AM RAIN

COMPANIONS

COURSE/COMMENTS

10 MILE "COURSE"

68:20

1:38 22
8:20

FELT OK!

1ST MILE - 6:51

10TH MILE : 6:42

4
18
6
1'08

RAIN THE WHOLE RUN!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today	~~Resting~~ Pulse 108
Pace 6:50	10

TUESDAY, MARCH 3, 1981

TIME OF DAY PM 50

WEATHER/TEMPERATURE ☼ WIND 60°

COMPANIONS JOHN

COURSE/COMMENTS

12 MILE "COURSE"

6:40 PACE

1:20:07 * * COURSE RELAID

1ST - 6:45

12TH - 6:12

FELT GOOD — INTO THE WIND COMING BACK.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 12	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:40	22

WEDNESDAY, MARCH 4, 1981 50

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

(REST)

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace ____	22

THURSDAY, MARCH 5, 1981 50

TIME OF DAY _____

WEATHER/TEMPERATURE WIND - RAIN COOL

COMPANIONS JOHN - RICK

COURSE/COMMENTS _____

LOOP AROUND MISSION BAY INTERESTING !!!

12 Mi or So — 1:26:00

50-50 CHANCE OF GETTING THE JOB ON THE ROMANCE

650.00 MO. ROOM & BOARD

→ YEAR IN HAWAII

PERFORMANCE DATA	BODY VITALS
Miles Run Today 12	Body Weight ____
Minutes Run Today ____	Resting Pulse 34
Pace 7:00	

FRIDAY, MARCH 6, 1981

TIME OF DAY 50

WEATHER/TEMPERATURE AM

COOL - 60°

COMPANIONS

COURSE/COMMENTS

"BEACH ROAD COURSE"

17 MILES 1:57:40 (WOOPS) ONLY WANTED 16

FELT OK! * 50 MILES IN 4 DAYS.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 17	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:56	51

SATURDAY, MARCH 7, 1981

TIME OF DAY 50

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

* NATURAL 1/2 MARATHON

GREG MEYER 10 MILE

50!. ??

STRETCHES — RASS

JAY RUNNING TOP 20

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight 135
Total Miles for Week 51	Resting Pulse
Minutes Run Today	279 (31) 305
Total Minutes for Week	TOTAL FOR YEAR...
Pace	

*See Weekly Mileage or Weekly Time Graph

SUNDAY, MARCH 8, 1981

TIME OF DAY AM -Q- 60/50

WEATHER/TEMPERATURE 65° (NICE)

COMPANIONS

COURSE/COMMENTS

"COURSE RUN" 10 MILES

* 65:15

15 SEC. OFF / 6:30 PACE

*COURSE RECORD:

1ST MILE — 6:39
10TH MILE — 5:47*

99% SURE OF "ROMANCE"

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today —	Resting Pulse
Pace 6:37	10

MONDAY, MARCH 9, 1981

TIME OF DAY AM 60/50

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH RUN - 2Mi - 15:00

—

OCEAN SWIM: 10:00

KINDA BURNT FROM LAST NIGHT — NOT MUCH SLEEP.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight
Minutes Run Today 15	Resting Pulse 12
Pace 7:30	

TUESDAY, MARCH 10, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE SANTA ANA 60/50

COMPANIONS

COURSE/COMMENTS

COURSE RUN - 10 MILES

OK, ONCE I GOT GOING -

67:48

1st. MILE: 6:51

10TH MILE: 6:26

ROMANCE - ???? TAKE IT OR LEAVE IT

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today	Resting Pulse
Pace	22

WEDNESDAY, MARCH 11, 1981

TIME OF DAY 60/50

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

COURSE RUN - 8 MI

LITLE SHAKEY BUT FEELING BETTER FOR IT.

UP A LITTLE LATE LAST NITE LORAINE PM !!

53:59

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight
Minutes Run Today	Resting Pulse 30
Pace 6:45	

THURSDAY, MARCH 12, 1981 60/50

TIME OF DAY PM

WEATHER/TEMPERATURE

COMPANIONS CASIO WATCH

COURSE/COMMENTS

6MI COURSE RUN

1ST MILE – 6:36

6TH MILE – 5:56

37:56

FELT STEADY –

ROMANCE — WON'T HOLD H2O

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	Body Weight
Minutes Run Today	Resting Pulse 36
Pace 6:20	

FRIDAY, MARCH 13, 1981 60/50

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

REST –

PERFORMANCE DATA	BODY VITALS
Miles Run Today ~~0~~	Body Weight
Minutes Run Today	Resting Pulse 36
Pace	

SATURDAY, MARCH 14, 1981

TIME OF DAY 60

WEATHER/TEMPERATURE 50

COMPANIONS

COURSE/COMMENTS

REST →

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Total Miles for Week 36	Resting Pulse
Minutes Run Today	305 YEAR
Total Minutes for Week	36/67
Pace	

*See Weekly Mileage or Weekly Time Graph

SUNDAY, MARCH 15, 1981 60

TIME OF DAY

WEATHER/TEMPERATURE NOTHING TIGHT

COMPANIONS

COURSE/COMMENTS EVERYTHING WENT WELL - NO PROBLEMS 2 BLISTERS ON BIG TOE (RIGHT) GYM BAG 50K

31 MI. 120 YDS. 2 FT.

12TH. PLACE MARATHON:

3:38:16 3:04:30

JOHN 10TH. + RIGHT ARM SORE

3:36:41 * (HILL WORK BUDDY)

46 SEC. OFF 7:00 A MILE.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 31	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:00	31

MONDAY, MARCH 16, 1981

TIME OF DAY 60

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

NOT TOO BAD!!

STRETCHES — CALVES

TIGHT — QUADS, HAMS

*HILL WORK EVERY WORK NOW ON!!!!!

2 MILES A WEEK TRACK ???

FEET GOOD — BUSTER

BIG TOE — A GOOD ONE — 3-4 days

MORE TAPE --

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 31
Pace	

TUESDAY, MARCH 17, 1981

TIME OF DAY PM 60

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH RUN 4 mi - 30:04

NOT BAD!

STRETCHES

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4	Body Weight
Minutes Run Today	Resting Pulse 35
Pace 7:30	

WEDNESDAY, MARCH 18, 1981

TIME OF DAY PM 60

WEATHER/TEMPERATURE

BOSTON BUD 56M BUD.

COMPANIONS

COURSE/COMMENTS

BEACH RUN: 5MI

7:00 PACE 34:45

last mile 6:30

OCEAN SWIM

1/2 OZ RED HAIR CRYSTAL

$100.00

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	5	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	7:00		40

THURSDAY, MARCH 19, 1981

TIME OF DAY 60

WEATHER/TEMPERATURE

STEADY WIND

COMPANIONS

COURSE/COMMENTS 10-20 MPH

COURSE RUN: 10 MI

1ST MILE - 6:38 (TAILWIND)

10TH MILE - 6:45 (HEADWIND)

JOHN NOT RUNNING: HURT FOOT ???

* 10 MILER LOOKOUT J

6:28 - 5MI 33:09

6:45 6:37

* 58:00 SHARP 10 MILE

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	6:45		50

FRIDAY, MARCH 20, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE 60 / 40

COMPANIONS

COURSE/COMMENTS

BEACH RUN — ATE TOO MUCH YESTERDAY

SLUGGISH — REST TOMORROW

LOOP 3b

35:40 down

34:32 BACK

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today 7100	Resting Pulse 60
Pace	

SATURDAY, MARCH 21, 1981

TIME OF DAY 60

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS 365

WORK 33

REST DAY — 365 / 35 / 400

0

147 / 35 / 4°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Total Miles for Week 60	Resting Pulse
Minutes Run Today	365 YEAR
Total Minutes for Week	147 MONTH
Pace 10.5 AVG DAY FOR MONTH	

*See Weekly Mileage or Weekly Time Graph

SUNDAY, MARCH 22, 1981

TIME OF DAY AM 6:45 60

WEATHER/TEMPERATURE -0-

COMPANIONS

COURSE/COMMENTS

$80.00 BOSTON FUND at WORK ☺

1st 1st 5mi - 33:54
2nd 5mi - 33:15
1st Mile - 6:47 | 67
10th MILE - 6:05 | 09

OK - LITTLE SLUGGISH TO START — HEAVY DINNER

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:43	10

MONDAY, MARCH 23, 1981

TIME OF DAY 60

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH RON 4mi -
1st MILE - 7:00
4th MILE - 7:00
WATER HAZARD 2,3
29:02
OCEAN Swim - 7:00
60°
TAKE IT EASY - TIRED!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:00	14

TUESDAY, MARCH 24, 1981

TIME OF DAY 60

WEATHER/TEMPERATURE PM - HOT

COMPANIONS AARCOT - <3

COURSE/COMMENTS

COMI COURSE — 37:44

1 MILE - 6:33
2 MILE - 13:00
3 MILE - 19:30 6:30
4 MILE -
5 MILE - 32:00
6 MILE - 37:44 - 5:44

YEA -

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	Body Weight
Minutes Run Today	Resting Pulse 20
Pace 6:17	

WEDNESDAY, MARCH 25, 1981

TIME OF DAY PM 60

WEATHER/TEMPERATURE FOG

COMPANIONS

COURSE/COMMENTS

(long) NOT TODAY FOLKS

15+

BEACH RUN — 5mi

NO TIME —

5TH mile - 6:56

RESTING UP FOR TOMORROW long —

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse
Pace AROUND 7	25

THURSDAY, MARCH 26, 1981

TIME OF DAY _____ 60

WEATHER/TEMPERATURE _____

BEG FOLLOW

COMPANIONS CAUGHT UP TO ME

COURSE/COMMENTS YEAH.

WOKE UP FEELING GOOD

WANTED MENTALLY TO RUN

ALONG ONE — 20

COURSE RUN — 10 mi

7:13 1ST MILE

7:00 LAST MILE | 69:51

JUST WANTED TO RUN EASY

CAUGHT FOOL RICK SUNDAY —

60

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace 7:00	35

FRIDAY, MARCH 27, 1981

TIME OF DAY _____ 60

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

REST DAY

THURSDAY

STRETCHES

SAUNA — DIDN'T

FEEL TO HOT - HEADACHE

BACK ON TYLENOL

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace _____	35

SATURDAY, MARCH 28, 1981

TIME OF DAY 60 min

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

REST FOR
DO RICE
0

365
33
40

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Total Miles for Week 35	Resting Pulse
Minutes Run Today	400
Total Minutes for Week	182
Pace	

*See Weekly Mileage or Weekly Time Graph

SUN

TIME

WEA

COM

COU

tickets with 3 winners. Exacta (4-2) 56.00. Starlight quiniela 23.00.

buzzer ra
ing camp
done."

Road Racing

Sharp Hospital 10-Mile Run

Men

18-under: Robert O'Toole 58:11; 19-29: Brad Roy 52:37; 30-39: James Legakis 54:26; 40-49: Dan McCaskill 54:07; 50-plus: Jim Stoltzfus 64:24.

Women

18-under: Robin Wolf 78:10; 19-29: Anne Zampardo 63:35; 30-39: Robin Paine 71:25; 40-49: Judy Splitgerder 71:18; 50-plus: Nicki Hobson 72:25.

Others

Wheelchair: Mike Gould 68:20; Physicians: A.Garza 59:00; Nurses: Janet Hanpeter 78:51.

At Helix So
Men's 35 singles:
7-5, 6-4. 45 singles: P
singles: Match df.
Sherman df. Troden
df. Peterson 6-4, 6-4
sler—Ahlers df. Bett
doubles: Nelson—S
bert 6-2, 6-3. 55 doub

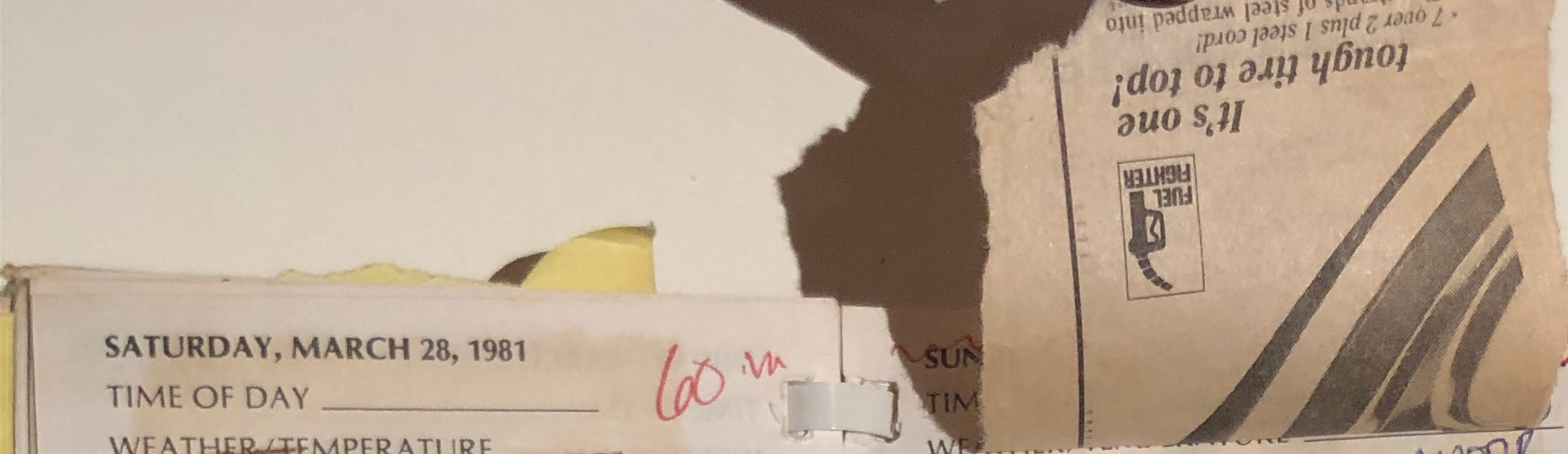
THE BRO
BEST
22 Hour R

(57.

REST/Sh

182
35
1
24

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 4
Pace	



SATURDAY, MARCH 28, 1981

TIME OF DAY 60 in

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

REST FOR RICH

365
3½0
400

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Total Miles for Week 35	Resting Pulse
Minutes Run Today	400/182
Total Minutes for Week	
Pace	

*See Weekly Mileage or Weekly Time Graph

SUN

TIM

WE

WORK 50-60

COMPANIONS

COURSE/COMMENTS

SHARP HOSPITAL
10 MILER
(57:30)
REST/STRETCHES

182
35
1
217

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 82
Pace	

MONDAY, MARCH 30, 1981

TIME OF DAY 50/60

WEATHER ~~/TEMPERATURE~~

1 MILE WARM-DOWN

COMPANIONS 5 mi 29:38

COURSE/COMMENTS

144 MILES FOR ~~MONTH~~ FEB. RICK 2ND IN AGEGROUP

* 192 MILES FOR MONTH MARCH

3RD PLACE MEDAL - AGE GROUP

SHARP HOSPITAL 10 MILE

14TH. PLACE / 300 + 59:50

JOHN: 11TH. — 58:50

RICK: 8TH. — 57:50

NEW SHOES NOT GOOD — @ 20'S FOR BOSTON — TOP OK!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 11	Body Weight
Minutes Run Today	Resting Pulse 11
Pace 5:59	

TUESDAY, MARCH 31, 1981

TIME OF DAY 50/60

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS 3 day 16-17-18

REST — HIPS NOT AS BAD

AS FIRST THOUGHT — TIGERS ~~ARE~~ DEFINITELY OUT.

TOMORROW BEGIN 14 DAY 2 WEEK

SCHEDULE TUNE-UP PERIOD FOR BOSTON. LAST 5 DAZE REST-KEEP LOOSE - 15-20 MILES

GOING TO RUN - DEL MAR RACE TRACK 1 MI. FUN RUN.

20 days RUNNING PERFECT

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight *
Minutes Run Today	Resting Pulse 11 (193 FOR MONTH)
Pace 0	

April 1981
FOOT NOTES

Total Miles Previous Month (8)

Total Time Previous Month 30

Approx. 500 Miles

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

APR

MAY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

62.5
8 1500 48 / 20.6

WEDNESDAY, APRIL 1, 1981

TIME OF DAY _____ 50/60

WEATHER/TEMPERATURE _____

COMPANIONS JOHN

COURSE/COMMENTS

8 MI COURSE RUN

HEADACHE — FEELING BETTER — 56:41

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight ____
Minutes Run Today 705	Resting Pulse 19
Pace ____	

THURSDAY, APRIL 2, 1981

TIME OF DAY PM 59/60

WEATHER/TEMPERATURE (NO SMOKE) BEGIN 55°-60° COLD WIND

COMPANIONS ____

COURSE/COMMENTS WIND

6 MI COURSE RUN

39:42

DIDN'T FEEL LIKE IT

1ST MILE - 6:53

0-3: 6:45

3-6: 6:29

6TH MILE - 6:11

HIPS STILL SORE

HEADACHE

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	Body Weight ____
Minutes Run Today ____	Resting Pulse 25
Pace 6:37	

FRIDAY, APRIL 3, 1981 50/60

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

LONG EASY RUN:
10-15 MILES
WANTED 10 miles
HAD TO SETTLE FOR 11 miles
8mi - 53:36 - 6:42
3 mi BACK at about 6:50
HAD TO STOP - DIZZY Ä
WALKED last 5

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	11	Body Weight	
Minutes Run Today		Resting Pulse	36
Pace	6:45		

SATURDAY, APRIL 4, 1981 50/60

TIME OF DAY PM

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

2mi BEACH RUN - 14:17
OCEAN SWIM - 5:00

1 1
438 27
55 55
493 82

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	2	Body Weight	
Total Miles for Week	38	Resting Pulse	438/27
Minutes Run Today			
Total Minutes for Week			
Pace			

*See Weekly Mileage or Weekly Time Graph

SUNDAY, APRIL 5, 1981

TIME OF DAY PM 8:50 50/60

WEATHER/TEMPERATURE HOT

SANTA ANA

COMPANIONS

COURSE/COMMENTS

"COURSE RUN" 10 MI

65:18

3 SEC. OFF COURSE RECORD

1ST. — 6:43

10TH. — 5:54

FELT STRONG - NO POT "KEY"

3RD. DAY OFF

10 TO TAKE OFF

15 TO RUN

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	6:32		10

MONDAY, APRIL 6, 1981

TIME OF DAY AM 50/60

WEATHER/TEMPERATURE HOT

COMPANIONS 282 mi

COURSE/COMMENTS

30 days

9.4 miles per day

AVE. 65.5 MILS/WEEK

10 MILE "COURSE"

7:00 MILE AVE. — OK!

69:43 -

1ST. 6:43

10TH. 6:42

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	7:00		20

TUESDAY, APRIL 7, 1981

TIME OF DAY 50/60

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

REST →

HIPS/LFT. FOOT

V

* BEHER

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse
Pace	20

WEDNESDAY, APRIL 8, 1981

TIME OF DAY LOOKING GOOD 5'60

WEATHER/TEMPERATURE U * JOHN

COMPANIONS

COURSE/COMMENTS

20 MILES — 7:00 PACE

YES, YES, YES!

2:14:02 | 20 - MILE

1ST. 6:33

10TH. 67:38 5TH.

15TH. 1:41:02 33:30

20TH. 2:14:02 5:56 AVERAGE

PERFORMANCE DATA	BODY VITALS
Miles Run Today 20	Body Weight 137
Minutes Run Today	Resting Pulse
Pace 6:42	40

TUESDAY, APRIL 9, 1981

TIME OF DAY PM 50/60

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS STAIRWAY RUN 1

5mi - 36:27

CARDIFF - SWAMMIS

TO SEASIDE -

6:08 MILE

23:39

3mi

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:00	45

FRIDAY, APRIL 10, 1981

TIME OF DAY AM 50/60

WEATHER/TEMPERATURE 60° WIND.

COMPANIONS JOHN

COURSE/COMMENTS SOUTH TO DEL MAR APPROX 8 1/2 MILES - SMOOTH - EASTERN DARE FELT BEST SLOW / FASTER / FAST FEELING GOOD ABOUT 2:50 AT BOSTON IF THE WEATHER ISN'T TO COLD / BAD

NEW SHOES

RACING UNIFORM - SDTC UNIFORM SEEMS GOOD -

58:02 TODAY

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:00	53

SPACE SHUTTLE BLASTS OFF 4:00 AM

SATURDAY, APRIL 11, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE 50/66

WON: 1ST. RACE 1ST. PLACE

COMPANIONS 1 MILE FUN RUN

COURSE/COMMENTS (LIFES LITTLE VICTORIES)

* TELL RICK THANKS FOR BOSTON

DEL MAR MILE

5:00

5:14 MILE - 1ST. PLACE

2:46 ½ (FIRST)

JOHN RAN 10K 36:56

MILE WARM-DOWN

* THE LAST 10K IS THE LITTLE RACE

1. SWITCH WATCH OFF AT 20 MILES -

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	2+1	Body Weight	~~141~~ 138
Total Miles for Week	55	Resting Pulse	
Minutes Run Today			493/82
Total Minutes for Week			
Pace			

*See Weekly Mileage or Weekly Time Graph

SUNDAY, APRIL 12, 1981 50 days

TIME OF DAY AM

WEATHER/TEMPERATURE SUN / 65°

COMPANIONS CASIO

COURSE/COMMENTS

BEACH ROUTE - 8 MI - 55:01

1ST. — 7:03 118

4TH. 6:50 7/189

8TH. - 6:39

NOT TOO BAD - LITTLE TIRED LEGS HEAVY - OK!!

HIPS NOT WORSE....

* SWITCH WATCH OFF RESTART AT 20 MILES....

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	8	Body Weight	
Minutes Run Today		Resting Pulse	8 9AM 200
Pace	6:55		

52 days

MONDAY, APRIL 13, 1981

TIME OF DAY AND BEGIN SLOW DOWN MORE REST

WEATHER/TEMPERATURE NXT 7DAYS

COMPANIONS JOHN

COURSE/COMMENTS

10 MILES - 68:40

1st - 6:57

5TH - 6:30

10TH - 6:40

6 7
7|52
49
3

FEELING GOOD — STRONG CLIMBING... — EVERYTHING LOOKING LIKE A GOOD TIME TO COME

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	Body Weight	140
Minutes Run Today	68:50	Resting Pulse	72
Pace			

TUESDAY, APRIL 14, 1981

TIME OF DAY

WEATHER/TEMPERATURE PM

COMPANIONS

COURSE/COMMENTS

PM LOOKING GOOD

5MI - STAIRCWAY ROUTE

* 35:31

LAST MILE: 6:03

FELT EASY

* TOOK TWO STEPS AT A TIME

* COURSE RECORD

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	5	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	7:05		23

WEDNESDAY, APRIL 15, 1981

TIME OF DAY ALL DAY / ALL NIGHT

WEATHER/TEMPERATURE

COMPANIONS JOHN

COURSE/COMMENTS

(WASTED)

FLIGHT #10 WORLD AIR

(GOOD) TRAVEL DAY

(NO RUNNING)

AWAKE 41 HRS. -

SPEGHIE - SUNDONS (2)

TRAIL MIX - CORN NUTS (PLANE) OJ

PANCAKES - COFFEE LOS ANGLES

TUNA MELT

SALAD

HASH BROWNS

2 DONUTS

RICE & CHILI - 2 OJ

BUD

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse
Pace	23

THURSDAY, APRIL 16, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

NEWTON HILLS

6

16 MILE MARK IN

LAPS OF BOSTON COMMON

33:30 — BABY! WEATHER STILL COOL - GUSTY WINDS - HEAD CONGESTION GETTING BETTER — 5 MILES

*WALKED — 3 HRS APPROX 10 MILES

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:00	28

FRIDAY, APRIL 17, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

NEWTON HILLS - Bmi

5 NOT TOO BAD m.

TOOK SUBWAY TO NEWTON

RAN TO BR'S SHOP: CLEVELAND CIRCLE

AUTOGRAPH

SUBWAY BACK - GOT (GOLD)

FOOT HURTING m

59:47

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight ____
Minutes Run Today 71:00	Resting Pulse 36
Pace ____	

SATURDAY, APRIL 18, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

493 82
36 36
529 118

EVERYTHING COMING TOGETHER

8 OZ HONEY NEXT (2) DAYS

4

SPONGE ON BOARD.

REST m FOOT FEELING BETTER HEAD CONJESTION ALSO BETTER RUNNERS EXPO BOSTON; BOB HODGE — WATCHED JAP. RUNS ON TV.

TAKE IT EASY DAY

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Total Miles for Week 36	Resting Pulse 32
Minutes Run Today ____	529/118
Total Minutes for Week ____	
Pace ____	32/150

*See Weekly Mileage or Weekly Time Graph

SUNDAY, APRIL 19, 1981 6:15/2:44 APPROX.

TIME OF DAY _____

WEATHER/TEMPERATURE _____

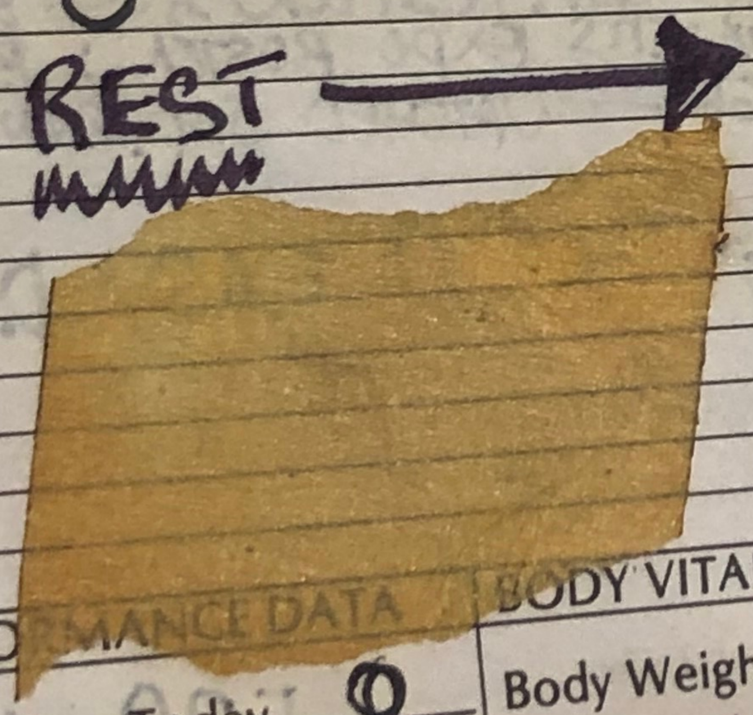
COMPANIONS _____

COURSE/COMMENTS _____

NB
Comp 206
Pick-up #
Socks
Nylon T-shirt
BAA

10:40 | 6:20 PACE
2:06:00

REST



PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace ____	Ø

MONDAY, APRIL 20, 1981

TIME OF DAY BOSTON MARATHON

WEATHER/TEMPERATURE 12: NOON

* 4/8 I Am Healthy

COMPANIONS

COURSE/COMMENTS

4/8
PLAN ON RUNNING
HOPEFULLY NOTHING
LAST..... NOTHING
20 MILES...



* SWITCH WATCH
AT 20 MILES - 10

* 2:57:28 - 30 SECS. FROM GUN TO START....

5mi. - 31:40 / 6:20
10mi. - 62:41/6:24
15mi. -
20mi - 2:10:00

370 TRAINING MILES FOR BAA

6:30

JOHN: 2:07:00 20mi - SHOE PROBLEMS
LET ME OFF THE HOOK - DNF

PERFORMANCE DATA	BODY VITALS
Miles Run Today 26	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace 6:45	

* PREDICTIONS

TUESDAY, APRIL 21, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

REST—
TIGHT ALL OVER

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace _____	26

WEDNESDAY, APRIL 22, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

NO AS TIGHT TODAY

REST—

(AIRPLANE FLIGHT)
LONG
4am RETURN

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace _____	26

THURSDAY, APRIL 23, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

- OCEAN SWIM -
STRETCHES - SOME
DRINKING - EATING ALOT
FEELING BETER.....!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace ____	26

FRIDAY, APRIL 24, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

BEACH RUN - 4mi
29:40

OCEAN SWIM - 7:00

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace 7:10	30

SATURDAY, APRIL 25, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE 60°

COMPANIONS

COURSE/COMMENTS

BEACH RUN: 2mi 13:55

OCEAN Swim 5:00

PERFORMANCE DATA	
Miles Run Today	2
Total Miles for Week	32
Minutes Run Today	
Total Minutes for Week	7:00
Pace	

BODY VITALS	
SUB-T Body Weight	2
SUB-6 Resting Pulse	0
	561/150

*See Weekly Mileage or Weekly Time Graph

SUNDAY, APRIL 26, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

AM - BEACH RUN 2mi

*12:52 6:26 P/M

OCEAN SWIM: 5MIN

SAUNA: 30 min.

JACUZZI: 30 MIN.

WEIGHT 139 LBS

PERFORMANCE DATA	
Miles Run Today	2
Minutes Run Today	
Pace	6:30

BODY VITALS	
SUB-T Body Weight	4
Resting Pulse	0
SUB-6	2

MONDAY, APRIL 27, 1981 30

TIME OF DAY PM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

(STAIR COURSE)
5 MILES
NICE & EASY
* 35:28
5TH. MILE - 6:08
OCEAN SWIM; 5 MIN
60°

* COURSE RECORD
00
0

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	5	~~Body Weight~~ SUB-7	5
Minutes Run Today		~~Resting Pulse~~ SUB-7	0
Pace	7:05		

TUESDAY, APRIL 28, 1981 30

TIME OF DAY AM NOON

WEATHER/TEMPERATURE ~~HOT~~ 70°+

COMPANIONS

COURSE/COMMENTS

MANCHESTER AVE.
3MI MARK - 21:13
6MI MARK - 41:38
6TH. MILE - 6:36

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6	SUB-7 ~~Body Weight~~	11
Minutes Run Today		Resting Pulse	
Pace	6:55		13

WEDNESDAY, APRIL 29, 1981 30

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

BEACH RUN 2mi

OCEAN SWIM 5mi

18 HOLES CAMP PENDLETON

2 PARS

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	SUB-7 ~~Body Weight~~ 11
Minutes Run Today NO TIME	Resting Pulse 15
Pace	

THURSDAY, APRIL 30, 1981 30

TIME OF DAY AM 9:00

WEATHER/TEMPERATURE 65° F.

COMPANIONS _____

COURSE/COMMENTS _____

BEACH ROUTE 10mi

1st. 6:38	1st ½ 33:08	6:38 PM/AVE
5th. 33:08	2ND ½ 31:44	
10th 5:42*		6:21 PM/AVE.
* 64:52		
* P.R.	00	9 HOLES TOURNEY TIME (LAST)

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	SUB-7 ~~Body Weight~~ 21
Minutes Run Today ____	~~Resting Pulse~~ SUB-6 1
Pace 6:29	25

175 MILES FOR MONTH

10 2
15 1
30 3 miles
~~15~~ START DEEP KNEE BENDS
LESS STRETCH ON Hips ??

Notes

* WORK ON SOLID
50 MILES (60AY) A WEEK — INCLUDING
SUB 7's
UNDER 7:00
— 1 15 MILER PER WEEK

— ON EACH TRAINING DAY FINISH WORK OUT WITH SUB (6:00) MILE OR FAST, STEADY LAST MILE PACE.

— COME BACK FASTER on LAST 1/2 OF TRAINING RUN

— 2 STAIR WORK OUTS PER WEEK 10

FRIDAY, MAY 1, 1981 30

TIME OF DAY PM

WEATHER/TEMPERATURE

MILES PER MONTHS
4.6 (20) JAN - 93
7.0 (21) FEB - 148
9.16 (20) MARCH - 193
7.6 (23) APRIL - 175
609

COMPANIONS

COURSE/COMMENTS
"STAIRS" 84

1ST. STEP - 6:04
5TH. MILE - 6:07

~~7.25~~ MILES PER DAY AS OF MAY 1, 1981

36:15

NEW ROUTE - NORTH OF PARK ALONG HILL SIDE-

SAUNA - JACUZZI - 45 MIN.
OCEAN SWIM - 5 MIN

MARKED REMAINDER OF BEACH COURSE 5K, 10K, 11, 12, 13, 13.1 MILE MARKS

WEIGHT - 143 LBS.

HEART RATE: APPROX 150

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	SUB-T Body Weight 22
Minutes Run Today	SUB-6 Resting Pulse 1
Pace 7:00 +	30

SATURDAY, MAY 2, 1981 HAND 30

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS JOHN 65:35

COURSE/COMMENTS 60:06

5.29

COURSE 10 MILE

65:35

1ST. MILE = 7:17

10TH. MILE * = 5:29

1st

5Mi - 34:00 ENDS / 31:35

* 5:29 MILE -

* PR.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	12	SUB-7 Body Weight	32
Total Miles for Week	42	SUB-6 Resting Pulse	2
Minutes Run Today			
Total Minutes for Week			
Pace	6:34		

609 / 17 4

*See Weekly Mileage or Weekly Time Graph

SUNDAY, MAY 3, 1981 PM 40/50

TIME OF DAY _____ EASY

WEATHER/TEMPERATURE 10°

COMPANIONS _____

COURSE/COMMENTS _____

BEACH RUN - 2MI

13:15 / OCEAN 7:00

55 DAYS TO LAKE TAHOE MARATHON

7 WEEK TRAINING PROGRAM

GOAL - 50 SUB 7:00 MILES PER WEEK

1-15+ RUN A WEEK.

2 STAIR RUNS

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	2	SUB-7 Body Weight	2
Minutes Run Today		Resting Pulse	2
Pace	6:37		

MONDAY, MAY 4, 1981

TIME OF DAY PM - 60° 40/50 HARD

WEATHER/TEMPERATURE 9.

~~* LIKE TO FIND WORK, ~~ SOURCE ~~OF~~ INCOME, EMPLOYMENT, AS ENJOYABLE ~~AS I FIND MY RUNNING~~.

COMPANIONS

COURSE/COMMENTS

APPLICATION IN FOR THE LAKE TAHOE MARATHON:

RANCHO SANTA FE COURSE:

8MI. — 55:05

1ST. 6:51

4TH. [redacted] 27:38

8TH. 6:25

55:05
48:40
01 55
56
54:40
2
8 20
16

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	SVB-7 [redacted] 10
Minutes Run Today	Resting Pulse
Pace 6:52	10

TUESDAY, MAY 5, 1981 40/50 EASY

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

*HAIRCUT 11:30 .....

STAIRS ~~AM~~ — 5 MILES.

PM

STAIRS: 35:29 - CROSS-COUNTRY

5TH. MILE: 6:05

OCEAN SWIM: 5 MIN.

63°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	SVB-7 [redacted] 11
Minutes Run Today	Resting Pulse
Pace	15

WEDNESDAY, MAY 6, 1981

TIME OF DAY 40/50

WEATHER/TEMPERATURE HARD

COMPANIONS

COURSE/COMMENTS

[redacted] 16 [redacted]

BEACH — 15 mi.

1:42:12

#11 LIFE GUARD STAND

1st mile - 6:37 OK!

1½ — 50:58 "

LAST MILE - 5:58 "

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	15	SUB-7 [redacted]	26
Minutes Run Today		SUB-6 [redacted]	1
Pace	6:49		30

THURSDAY, MAY 7, 1981

TIME OF DAY 40/50

WEATHER/TEMPERATURE EASY

COMPANIONS

COURSE/COMMENTS

[redacted] (MEN)

WASTED TODAY — QUACK

WINE — POT

EVIL, WICKED

MEAN and NASTY

PERFORMANCE DATA		BODY VITALS	
Miles Run Today		SUB-7 [redacted]	26
Minutes Run Today		SUB-6 [redacted]	1
Pace			30

FRIDAY, MAY 8, 1981

TIME OF DAY 40/50 REST

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

REST - STRETCH - SOAK

FEELING BEATEN - SORE

LOST 2 MORE TOENAILS - OUCH.

DECIDED TO GO FOR IT

TOMORROW - EASY RUN

UNDER 60:00.

BIKE IT JOG - WALK

STRETCH

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	1	SUB-7 Body Weight	26
Minutes Run Today		SUB-6 Resting Pulse	1
Pace			31

SATURDAY, MAY 9, 1981

TIME OF DAY 40/50 HARD

~~WEATHER/TEMPERATURE~~ 3 TOENAILS GONE

FEET / HIPS (RIGHT) TENDER

COMPANIONS JOHN & RICK AHEAD

COURSE/COMMENTS

BREAKERS 10 MILE RUN 7 AM MISSION BEACH UNDER 6:00 PACE

*ROOM FOR IMPROVEMENT!

JUST DIDN'T HAVE IT TODAY.. WED. AND THE FALL WAS TOO MUCH — COULDN'T PRESS.. IT HURT.....

GOT TO GET IT TOGETHER OR I WON'T BREAK 3 HRS.

60:30

JUNE 27 TOP 50 1000 START

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	SUB-7 Body Weight	36
Total Miles for Week	41	SUB-6 Resting Pulse	7
Minutes Run Today			650
Total Minutes for Week			58
Pace	6:03		

*See Weekly Mileage or Weekly Time Graph

SUNDAY, MAY 10, 1981

TIME OF DAY EASY-ish 50

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

[redacted]

49 DAYS TO LAKE TAHOE MARATHON...

STRETCHES -
BEACH RUN - BARE FEET

32:51 — 4+ MILES

SORE: EVERYTHING BELOW
Hips — HURTZ...
A

(Φ) SUB 6 MILES FOR LAST WEEK

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4+	Body Weight
Minutes Run Today 33	Resting Pulse
Pace 8	4

MONDAY, MAY 11, 1981

TIME OF DAY HARD(ER) 50
6:13
7:14
6:34

WEATHER/TEMPERATURE
AM - BOAELL
CLOUDS

COMPANIONS

COURSE/COMMENTS

STAIRS - 34.56

1st STEP - 14:16
LAST STEP - 28:06
last mile - 6:02

5 mi

2 mi BEACH WARMDOWN

13:33 WIDTH
WORKOUTS

last mile - 6:34

(EE)

PERFORMANCE DATA	BODY VITALS
Miles Run Today 7	SUB-7 [redacted] 3
Minutes Run Today	Resting Pulse
Pace 7:00	11

TUESDAY, MAY 12, 1981 50

TIME OF DAY EASY

WEATHER/TEMPERATURE 8 41 35 32/3

COMPANIONS

COURSE/COMMENTS

101 ROUTE : 10 MI.

1ST. 7:00
5TH. 34:45
10TH. 5:51
68:33

NO SMOKING TODAY - 0

(EE) ~~WITH~~ NEXT 620'S
FEELING BETTER TODAY -
~~HOT~~ - FULL SUN...

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	~~SUB 7~~ Body Weight	13
Minutes Run Today		SUB 6 ~~Resting Pulse~~	1
Pace	6:51		21

WEDNESDAY, MAY 13, 1981 50

TIME OF DAY ~~PAID~~ EASY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

(LONG) ... 14 MILES !!

BEACH RUN - STRETCH

40:00

AUTHOR Lydiard !!!
NEW ZEALAND IDEA.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	5	SUB-7 ~~Body Weight~~	13
Minutes Run Today		SUB-6 ~~Resting Pulse~~	1
Pace	8:00		26

THURSDAY, MAY 14, 1981

TIME OF DAY ~~AM~~ HARD 50

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

--- LONG - 14 MILES

7:00 OR LESS — LAST MILE UNDER 6:00.

14 MILES - 1:34:01

II ST. UNDER 6:45 PACE

LAST MILE — 5:45

FELT GOOD — LAST ½ REAL GOOD.

SORE LEGS FROM YESTERDAY ON BEACH — ÜÜ

PERFORMANCE DATA	BODY VITALS
Miles Run Today 14	SUB. 7 Body Weight 27
Minutes Run Today	Resting Pulse 2
Pace 6:45	40

FRIDAY, MAY 15, 1981

TIME OF DAY ~~AM~~ HARD RUN 50 EASY

WEATHER/TEMPERATURE 4-6 ??? PM WIND 60°

COMPANIONS

COURSE/COMMENTS

BEACH COURSE - 6 MI

1ST. 6:45 3 MI - 20:15

6TH. - 6:05 40:15

DIDN'T HAVE IT ON THE LAST MILE - SMOKED TOO MUCH DURING THE DAY

10% OF MILEAGE FOR WEEK UNDER 6:00 PACE !!!!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	SUB - 7 Body Weight 33
Minutes Run Today	Resting Pulse 2
Pace 6:42	SUB - 6 46

SATURDAY, MAY 16, 1981

TIME OF DAY EASY 50

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

4-(EASY)

BEACH:

MORNING BEACH RUN — STIFF — SORE - NO REALLY INTO IT —

NO OCEAN:

2 MILES NO TIME SAND SOFT —

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	SUB 7 Body Weight 33
Total Miles for Week 48 58	SUB 6 Resting Pulse 2
Minutes Run Today	688 YEAR
Total Minutes for Week	10 6 MO.
Pace 7.00+	

*See Weekly Mileage or Weekly Time Graph

SUNDAY, MAY 17, 1981

TIME OF DAY AM 50

WEATHER/TEMPERATURE SUN 60-65°

BREAKFAST ~~COMPANIONS~~ EM/2 CUPS OF COFFEE

COURSE/COMMENTS HEADSTAND — 20 KNEE-BS

BEACH COURSE: 10 MILES ~~BALBOA PARK MOM (MISSION BEACH)~~ 7AM

ST. — 6:46		
5 — 33:08	> 64:27	*
10 — 5:25 *		

* COURSE RECORD

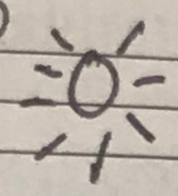
DECIDED AGAINST RACING: NOTHING TO PROVE — TRAINING HARDER SO SHOULD RACE LESS.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	SUB-7 Body Weight ~~10~~
Minutes Run Today —	SUB-6 Resting Pulse ~~10~~
Pace 6:27	SUB-6:30 ~~10~~
— 10 —	SUB-5:30 ~~1~~

MONDAY, MAY 18, 1981

TIME OF DAY NOON 50

WEATHER/TEMPERATURE 60°



COMPANIONS

COURSE/COMMENTS

· NEW X-COUNTRY COURSE:
MANCHESTER AVE. X-COUNTRY
(10.2 PENDING) 6 MILES
1ST. MILE: 6:42
6TH. MILE: 44:28*
10U

* COURSE RECORD

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	SUB-7 Bodyweight 11
Minutes Run Today	Resting Pulse
Pace 7:25	-16-

TUESDAY, MAY 19, 1981

TIME OF DAY NOON 50

WEATHER/TEMPERATURE CLOUDS...
65° WIND...

COMPANIONS HEALTH IS WEALTH — IF YOU'VE GOT YOUR HEALTH YOU'VE GOT IT ALL.

COURSE/COMMENTS
...TALKED TO GEORGE HE A.M.... IT HELPS!!
BEACH ROUTE:
10 MILE-
AVE: 6:45 FOR 9 MILES
10TH MILE - 5:39 66:40
6:40
9mi 60:36 60:36
5:39
TOTAL - 66:15 66:15

10% OF WEEKLY MILES MUST BE UNDER 6:60.

LAST MILE TODAY FELT GOOD - RELAX and BREATH DEEP!!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	SUB.-7:00 Bodyweight 21
Minutes Run Today	SUB.-6:00 Resting Pulse 2
Pace 6:38	26

WEDNESDAY, MAY 20, 1981 EASY

TIME OF DAY AM 50

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

STAIRS !!!!

TORREY PINES HILL (7)

~~BIKE RIDE~~

BIKE RIDE - 1 HR.

WACKED MINI-BIKE 2HRS.

PERFORMANCE DATA	BODY VITALS
Miles Run Today ~~0~~	Body Weight
Minutes Run Today	Resting Pulse 26
Pace	

HURSDAY, MAY 21, 1981 HARD.

TIME OF DAY AM 50

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

LONG !!!! 18

BEACH ROUTE - 18 MILES

6:51 MILE AVE.

1ST. 6:57

9TH. 61:41 6141 6141

18TH. 5:51 60 12282

PERFORMANCE DATA	BODY VITALS
Miles Run Today 18	SOB-7 Body Weight 39
Minutes Run Today	SUB-6 Resting Pulse 3
Pace 6:51	44

FRIDAY, MAY 22, 1981

TIME OF DAY AM NOT BAD 50 :)

WEATHER/TEMPERATURE COOL

COMPANIONS

COURSE/COMMENTS (HILL RESISTENCE)
TORREY PINES HILL REPEATS
TPH(R) AMIE :)
ROUTE
2 LAPS GOOD WORKOUT
1st: 28:08 LEG SPEED - (15 MIN IN HILL)
2ND. 27:04* 1 MILE: 5:38*
1 MILE: 6:05
2 MILE
PR 14:44 LOTS OF TRAFFIC
*PR: BICYCLES
GOT TO BE ALERT!

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	8	SUB-7 Body Weight	45
Minutes Run Today	—	SUB-6 Resting Pulse	4
Pace	7:30		52

SATURDAY, MAY 23, 1981 EASY 50

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS LORANNE

COURSE/COMMENTS
*SUNSET EASY.....

"REST" — TO BED EARLY...

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	Ø	SUB-7 Body Weight	45
Total Miles for Week	52	SUB-6 Resting Pulse	4
Minutes Run Today			740/158
Total Minutes for Week			
Pace			

*See Weekly Mileage or Weekly Time Graph

SUNDAY, MAY 24, 1981

TIME OF DAY AM HARD 50/60

WEATHER/TEMPERATURE

COMPANIONS 5:30 PACE

COURSE/COMMENTS 34:11/10K

MISSION BAY 10

NEW COURSE — OK! WEAVING AROUND HALTON STILL A DRAG..

500 APPROX ENTRIES

FINISH: 18TH PLACE - 35:30

4TH PLACE IN AGE GROUP 5:43

JOHN: 35:10 — HE'S WITHIN RANGE!

YES, YES, YES

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6	SUB-7 Body Weight	6
Minutes Run Today		SUB-6 Resting Pulse	6
Pace	5:43		6

MONDAY, MAY 25, 1981 EASY 50/60

TIME OF DAY AM

WEATHER/TEMPERATURE HAZE/65°

COMPANIONS

COURSE/COMMENTS

BEACH ROUTE - 10 MILES

68:52

NICE AND EASY — JUST JOGGING ALONG NO PROBLEMS FROM YESTERDAY — RIGHT LEG SOME WHAT SORE ... FOOT FEELING BETTER ... OO

JUST WANTING TO RUN 7:00 PACE.

10% UNDER 6:00 PER WEEKLY MILEAGE.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	SUB-7:00 Body Weight	16
Minutes Run Today		SUB-6:00 Resting Pulse	6
Pace	6:52		16

TUESDAY, MAY 26, 1981 EASY 50/60

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS NOON 104

COURSE/COMMENTS _____

TORREY PINES HILL

2 LAPS.

(1) 14:54 : 2 MILES (2.5:51 : miles 27:13 4 MILE

5:50 : miles 26:54 4 mile

OK - Second time up Pretty better run

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	SUB-7 Body Weight 24
Minutes Run Today _____	SUB-6 Resting Pulse 8
Pace SUB-7	24

WEDNESDAY, MAY 27, 1981 50/60

TIME OF DAY NOON NOON

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

UP LATE LAST NITE

X-COUNTRY COURSE:

* 44:00 -

SL. MILE : 6:37

10K DISTANCE

OCEAN SWIM: 5:00

* COURSE RECORD 65°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	SUB-7:00 Body Weight 25
Minutes Run Today _____	SUB-6:00 Resting Pulse 8
Pace 7:00 +	30

THURSDAY, MAY 28, 1981 EASY 50/60

TIME OF DAY _____

WEATHER/TEMPERATURE AM

COMPANIONS _____

COURSE/COMMENTS _____

STAIRS - 35:18

5TH MILE: 5:42

EVERYTHING IS FEELING BETTER —

YES, YES, YES !!!!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	SUB-7 Body Weight 25
Minutes Run Today 7:03	SUB-6 Resting Pulse 9
Pace 7:03	35

FRIDAY, MAY 29, 1981

TIME OF DAY AM 50/60

WEATHER/TEMPERATURE PERFECT....

CLOUDS - COOL - BREEZE 60°

COMPANIONS _____

COURSE/COMMENTS _____

20 — 7:00 PACE

1ST. = 6:57

10TH. = 69:11

20TH. = 5:57

2:17:16

[redacted]

FELT REALLY GOOD THE WHOLE WAY — HIPS NOT TO BAD!!! FOOT ACHE ALMOST GONE.

1 STOP — 11 mi FOR WATER.

LIFES BEEN GOOD TO ME... SO FAR.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 20	SUB-7:00 Body Weight 45
Minutes Run Today	SUB-6:00 Resting Pulse 10
Pace 6:52	55

SATURDAY, MAY 30, 1981

TIME OF DAY BASY 50/60

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

LONG RUNS: (last 4 weeks)

15-6:49 6:47.4
14-6:45 6:49 AVE.
18-6:51
28-6:52 16.7 Mi
20-6:40 17.4 -

STAIRS !!!! SOMEWHAT STONED, FELT OK I RAN THRU WATER - HIGH TIDE SAND.

36:15

LAST MILE - 6:00

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	5	SUB. 7:00	45
Total Miles for Week	60	Body Weight	
Minutes Run Today		SUB. 6:00	10
Total Minutes for Week	7:00+	Resting Pulse	
Pace		800/218	

*See Weekly Mileage or Weekly Time Graph

SUNDAY, MAY 31, 1981

TIME OF DAY PM 50

WEATHER/TEMPERATURE CLOUDS

COMPANIONS

COURSE/COMMENTS

TORREY PINES HILL:

11:57 2 MILE 3 SUB 6

ASCENT - 14:43 - lap 1
14:46 - LAP 2

8 SUB-7's - 26:40 11:57
4 MILE 14:43
26:40

MILEAGE FOR JAN — MAY	
JAN. -	93
FEB. -	135
MARCH -	192
APRIL -	176
MAY -	226
JUNE	229
JULY	[illegible]

(MAY)
8.6 MILES PER DAY
26 RUNNING DAYS

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	8	SUB-6	
Minutes Run Today		Body Weight	3
Pace	-7:00	SUB-7	
		Resting Pulse	8
			8

June 1981
FOOT NOTES

Total Miles Previous Month _____

Total Time Previous Month _____

S	M	T	W	T	F	S
	1	2	3 **13**	4	5	6 CORONADO 10K
7 FLOWER FESTUAL 6.5	8	9	10 **20**	11	12	13
14	15	16	17	18	19 HAPPY BIRTHDAY BUDDY @ 35 mm	20
21	22	23	24	25	26	27 LAKE TAHOE MARATHON
28	29	30				

JUN

JULY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MONDAY, JUNE 1, 1981

TIME OF DAY NOON

WEATHER/TEMPERATURE SUN/65°

COMPANIONS GOLDEN STRAND RUNNING INC.

COURSE/COMMENTS

BEACH COURSE: 12 Mi.

1ST. MILE - 6:53

12TH. MILE - 5:45

1:20:36

FEELING BETHER EVERY day
DECIDED TO RUN CORONADO 10K
SAT. - BREAK 35:00

GOLDEN STRAND INC.
YES, YES, YES

MAILORDER BUSINESS SOON
A REALITY....

PERFORMANCE DATA	BODY VITALS
Miles Run Today 12	SUB-7:00 20
Minutes Run Today	SUB-6:00 4
Pace 6:43	Resting Pulse 20

TUESDAY, JUNE 2, 1981 50

TIME OF DAY

WEATHER/TEMPERATURE

SKUNK WEED "

COMPANIONS U

COURSE/COMMENTS

[redacted]...

[redacted]....

(5) BEACH SOUTH ON SAND

5Mi - 20 MIN. DOWN
20:12 MIN. BACK

STEPHENIE ??
1904 PARKCREST DR.
942-6202

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5+	SUB. 7:00 20
Minutes Run Today	SUB. 6:00 4
Pace 7:00	25

WEDNESDAY, JUNE 3, 1981

TIME OF DAY AM 50

WEATHER/TEMPERATURE SUN/65°

UP IN 6:50 PACE

COMPANIONS BACK IN 6:30 PACE

COURSE/COMMENTS 20

LONG RUN - FAIRLY FAST AROUND 6:45

WOW!! UUUU

DECIDED TO GO FOR 20 - 2 WKS IN A ROW. KEPT FEELING BETTER and BETTER....

1st 6:50
10th 6:05
20th 5:34

2:13:35

- ACHES -
- FOOT ALMOST GONE
- HIP GOING, GOING

RESTING HEART RATE:

45 @ 5:00 A.M.

*PR

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	20	SUB-6:00 Body Weight	5
Minutes Run Today		SUB-7:00 Resting Pulse	40
Pace	6:40		45

THURSDAY, JUNE 4, 1981

TIME OF DAY 50

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH RUN -

(4) (8) EASY down - and BACK - COMICOS

SLUGGISH - 6:20's OUT OF PRODUCTION

6:60's ???

!!! LAST MILE - 6:45

Comp - 200
10 EE

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6	SUB 6:00 Body Weight	5
Minutes Run Today	44:15	SUB 7:00 Resting Pulse	41
Pace	7:20		51

FRIDAY, JUNE 5, 1981

TIME OF DAY 50

WEATHER/TEMPERATURE BAKED MY BRAINS OUT TILL 3:00

COMPANIONS

COURSE/COMMENTS QUICK SEPT - NOT TOGETHER COMPLETELY - I NO WORK 620S (2-4 EASY) ?? BOUGHT 1ST PAIN (6'00 FROM JILL(?) SECOND (6) STRETCHES 30 IB - UNIQUE SALESPERSON 2mi BEACH ?? + + ENERGY

- STRETCHES - FIRST - TOOK CARE OF BUSINESS - SCREEN DOOR IN WORK BEACH COMING...
- MARY LOU COMING FRIDAY

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	SUB-600 Body Weight	5
Minutes Run Today		SUB-7:00 Resting Pulse	41
Pace			51

SATURDAY, JUNE 6, 1981

TIME OF DAY AM ZERO :0: 50

WEATHER/TEMPERATURE "EVERYTHING CONSIDERED" NOT BAD.... LOOKING GOOD. Ö

COMPANIONS

COURSE/COMMENTS TRACK WORKS IF I WANT TO BREAK 34 REGULARLY.... CORONADO 10K COMP - 200 2 MILE + (6) HARD - SOB. 6:00 PACE WARM DOWN

1 MILE WARM-UP - + or - (9TH PLACE AGE GROUP - 30-34)

35:02 - 80TH PLACE ÷

JOHN 34:46 - LOOKED GOOD... FELT OK. - UP ALL NIGHT/STEPHANEE MORE WAYS THAN 1 - OVERSLEPT - 5:30 PACE IS NOT FAR OFF.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	9	SUB-600 Body Weight	11
Total Miles for Week	60	SUB-7:00 Resting Pulse	47
Minutes Run Today		5:	860/[redacted] 52
Total Minutes for Week			18
Pace	5:38		

*See Weekly Mileage or Weekly Time Graph

SUNDAY, JUNE 7, 1981

TIME OF DAY 60

WEATHER/TEMPERATURE AM

COMPANIONS MOONLIGHT BEACH

COURSE/COMMENTS

[redacted]

MOONLIGHT 6.5 MILE

18TH OVERALL — 500

37:40 — 6.55 MILES

*5:50 PACE TODAY (10K 37:17)

FELT GREAT — NICE

and STRONG... NOT TOO TIRED,

"TAKEN CARE OF BUSINESS"

4/5TH IN AGE GROUP on VC COURSE 3:10. 37:15 ?

1 MILE WARM-UP

2½ MILE WARM-DOWN

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	SUB 6:00 Body Weight 6
Minutes Run Today	SUB 7:00 Resting Pulse 6
Pace	10

MONDAY, JUNE 8, 1981

TIME OF DAY 60 EASY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

REST/RECHARGE

NOT FEEL BAD — NO STIFFNESS - TOES GREAT

RIGHT Hip LITTLE SORENESS

EE COMP 200

REALLY ENCOURAGED BY STRENGTH OF RUNNING OVER WEEKEND [redacted] 12.7 MILES 12.19

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	SUB 6:00 Body Weight 6
Minutes Run Today	SUB 7:00 Resting Pulse 6
Pace	10

TUESDAY, JUNE 9, 1981 60

TIME OF DAY AM

WEATHER/TEMPERATURE OVERCAST — THEN SOMEWHAT HUMID 60°-65°

COMPANIONS

COURSE/COMMENTS BEACH ROAD — 12 MILES

PRETTY GOOD TRAIN OUT

1ST MI. — 6:44

6 MI. — 40:27

12TH MI. 5:57 | 1:20:16

FAST COMPANY INC.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 12	Body Weight SUB 6:00 7
Minutes Run Today —	Resting Pulse SUB 7:00 18
Pace 6:44	22

WEDNESDAY, JUNE 10, 1981 66

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS TORREY PINES HILL (BEFORE WORK ????)

2 MI MARK TO LIGHT IN DELMAR — 42:20*

5:50 2ND. MILE

LONG DAY..... "

FIGURE GT MILES...

* COURSE RECORD

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	Body Weight SUB 6:00 8
Minutes Run Today —	Resting Pulse SUB 7:00 24
Pace 7:03	28

THURSDAY, JUNE 11, 1981 EASY 60

TIME OF DAY

WEATHER/TEMPERATURE

~~MOTORIZED BICYCLE!~~

COMPANIONS

COURSE/COMMENTS

EASY:

4 mi. + — AM @ 7:15 33:21

4 mi. + PM @ 7:00 28:20

EASY — LONG!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:30-7:15	36

FRIDAY, JUNE 12, 1981 HARD 60

TIME OF DAY

WEATHER/TEMPERATURE

LOOKING GOOD!!! LIFE GOT TOUGHER & I GOT STRONGER!!!

COMPANIONS

COURSE/COMMENTS

20+ 24 @ 60

JOHN DECIDED AGAINST IT...

WITH THAT I DECIDED 24 MIGHT BE TOO FAR BY MYSELF..

WENT FOR 22 — 00

1ST. MILE - 6:44
10TH MILE - 1:08:15
11TH MILE - 1:15:30
20TH. MILE - 2:17:05
22ND. MILE - 2:29:26
↘ LAST MILE - 5:50

LOOKING, FEELING GOOD!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 22	SUB 6:00 Body Weight 9
Minutes Run Today	SUB 7:00 Resting Pulse 46
Pace 6:48	58

2:30:20 / 6:50 FOR 22 MILES

SATURDAY, JUNE 13, 1981 EASY 60

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

2 EASY BEACH...

REST... DIDN'T FEEL TIGHT — JUST TOOK IT OFF.

ML: HERE Ö

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	SUB. — 6:00 Body Weight	10
Total Miles for Week	58	SUB. — 7:00 Resting Pulse	16
Minutes Run Today			
Total Minutes for Week	0		
Pace			

*See Weekly Mileage or Weekly Time Graph

SUNDAY, JUNE 14, 1981 60

TIME OF DAY AM

WEATHER/TEMPERATURE (70°)

COMPANIONS M.L (BIKE)

COURSE/COMMENTS

BEACH COURSE:
12 MILE

45
4.5
12 | 54
48
2

1ST. MILE: 6:44

10TH. 67:18

12TH. 5:32

* 1:19:22 ÖÖÖ

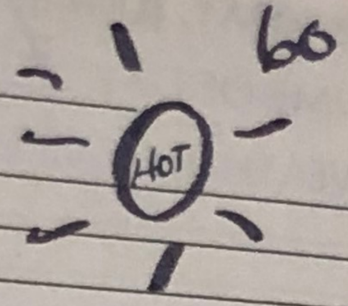
NOT BAD BUDDY...

* COURSE RECORD

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	12	SUB. 6:00 Body Weight	1
Minutes Run Today		SUB. 7:00 Resting Pulse	12
Pace	6:40		12

MONDAY, JUNE 15, 1981

TIME OF DAY EASY

WEATHER/TEMPERATURE 

COMPANIONS

COURSE/COMMENTS

SANTA ANA: 90° +

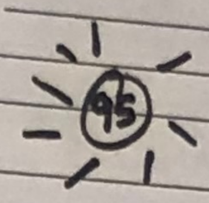
RUN ON BEACH:
STEADY ... DANGEROUS
CLIFF SIGN DEL MAR
30:00 down
30:30 BACK } 60:30
8mi. +

PLANE FLIGHT TO TAHOE SET
GOLDEN WEST AIR ?

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	SUB 6:00 Body Weight 1
Minutes Run Today	SUB 7:00 Resting Pulse 12
Pace 7:00 +	20

TUESDAY, JUNE 16, 1981

TIME OF DAY HARDER 60

WEATHER/TEMPERATURE STILL HOT!! 

COMPANIONS

COURSE/COMMENTS

RUN THE HILL —
GOLF COURSE TO DEL MAR ...
6MI - EASY ... 43:19
$128.00 ROUND TRIP LAKE TAHOE
GOLDEN WEST AIRLINES

5:50 MILE

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	SUB 6:00 Body Weight 2
Minutes Run Today	SUB 7:00 Resting Pulse 15
Pace 7:00+	26

WEDNESDAY, JUNE 17, 1981

TIME OF DAY 60

WEATHER/TEMPERATURE 95°

COMPANIONS

COURSE/COMMENTS

BEACH RUN !!! TOO HOT FOR THE ROAD.

* TORREY PINES STATE BEACH

38:09 DOWN | 1:15:11

37:02 BACK Ö | *

10 MILES @ 7:15 - 7:30

HOT BUT STEADY, EASY

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	SUB 6:00 Body Weight 2
Minutes Run Today	SUB 7:00 Resting Pulse 31
Pace 7:15-7:36	36 *RR

THURSDAY, JUNE 18, 1981 EASY 60

TIME OF DAY 6:30 AM

WEATHER/TEMPERATURE HUMID

CLOUDS - 65° - 70° +

COMPANIONS

COURSE/COMMENTS

BEACH ROUTE:

EASY 10

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	SUB-6:00 Body Weight 2
Minutes Run Today	SUB-7:00 Resting Pulse 41
Pace 6:58	46

FRIDAY, JUNE 19, 1981 60

TIME OF DAY 11:30 pm

WEATHER/TEMPERATURE 80°

COMPANIONS Mary Lou

COURSE/COMMENTS 965-3613

(14) PLANETIES HUBBARD

LONG and EASY:

4 MILES @ 7:17 PACE

NICE and EASY BEGIN

WIND-DOWN FOR THOSE.

7:08 1ST MILES

HOT 80° HUMID

PERFORMANCE DATA	BODY VITALS
Miles Run Today 14	SUB-6:00
Minutes Run Today	Body Weight 2
Pace 7:17	SUB-7:00
	Resting Pulse 41
	60

SATURDAY, JUNE 20, 1981 60

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

R & R: REST

170
54
224

GOLF - 6 HOLES

PAR 1ST HOLE SOUTH COURSE

00

U

9 7/8
54
103 2

RUN TO THE TOP - AUTHOR LYDIARD

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	SUB6
Total Miles for Week 60	Body Weight 2
Minutes Run Today	SUB7
Total Minutes for Week	Resting Pulse 41
Pace	978/170

*See Weekly Mileage or Weekly Time Graph

SUNDAY, JUNE 21, 1981 EASY

TIME OF DAY AM 6:15

WEATHER/TEMPERATURE NICE SUNRISE

COMPANIONS

COURSE/COMMENTS

BEACH COURSE:
8Mi - 6:45 PACE
53:53 TOTAL
1ST: 7:08
8TH: 6:08

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	SUB-6:00 0
Minutes Run Today	Body Weight
Pace 6:45	SUB-7:00 8 Resting Pulse 8

MONDAY, JUNE 22, 1981 EASY

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH — 5Mi
36:44
EASY — OCEAN
SWIM - STRETCHES
NO WEIGHTS FROM HOME ON —
FEELN GOOD

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	SUB 6:00 0 Body Weight
Minutes Run Today	SUB 7:00 8 Resting Pulse
Pace 7:15-7:30	13

TUESDAY, JUNE 23, 1981 EASY

TIME OF DAY 12:00

WEATHER/TEMPERATURE ~~HOT~~ 80°

COMPANIONS JOHN

COURSE/COMMENTS

FAIRLY ~~HARD~~ on 6:55 PACE

8 MILES ~ 55:25

~~8TH~~ MILE ~ 6:15

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	SUB 6 Body Weight 0
Minutes Run Today	SUB 7
Pace 6:55	Resting Pulse 16
	21

WEDNESDAY, JUNE 24, 1981 EASY

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

LEAVE LAKE TAHOE:

RENT CAR

REST ∞∞∞

TRAVEL DAY

STRETCHES

LONG DRIVE !!!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight 0
Minutes Run Today	Resting Pulse 16
Pace	21

THURSDAY, JUNE 25, 1981 BASY

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

A.M.
9:15 - LEAVE S.D.
$128.00
* GOLDEN WEST AIRLINE

MAMMOTH LAKES

966 - 3 mi. 23:11
OK!!

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	3	Body Weight	0
Minutes Run Today	7:30	Resting Pulse	16
Pace	7:30		24

FRIDAY, JUNE 26, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

1-2 MILE JOG!!!

2 Mi - 14:07

I'M READY

B* SHAPE

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	2	Body Weight	0
Minutes Run Today		Resting Pulse	18
Pace	7:00		26



COURSE/COMMENTS 2ND MILE 13:02

LAKE TAHOE MARATHON

7AM INCLINE VILLAGE

* 2:55:00 - 2:59:18

HOT - 75-80°

* 7 BROKE 3HRS.

100+ STARTERS

7TH. OVERALL - 2:59:18

10 - 64:20 - 6:26

20 - 2:15:10 - 6:46

44:08 10K

2:59:18 - 6:48 7:06 PM

*PERFORMANCE DATA

Miles Run Today 26

Total Miles for Week 54

Minutes Run Today 2:59:18

Total Minutes for Week ____

Pace 6'48

BODY VITALS

~~Body Weight 0~~ 5056 5057

Resting Pulse 44

2 1032 / 224 24

*See Weekly Mileage or Weekly Time Graph

SUNDAY, JUNE 28, 1981

TIME OF DAY ____

WEATHER/TEMPERATURE ____

COMPANIONS ____

COURSE/COMMENTS ____

10 TIMBERCOVE LODGE

~~HOT TUBS~~

LEAVE: LAKE TAHOE

12:55 PM / 3:30 P.M.

* BOS SCHEDULE

* LOOKN' GOOD

*

GEORGETTE:

oo

U

WOW

ooo NOBODY DOES IT BETTER.

NOBODY

PERFORMANCE DATA

Miles Run Today 0

Minutes Run Today ____

Pace ____

BODY VITALS

Body Weight ____

Resting Pulse ____

0

MONDAY, JUNE 29, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

HONEY ON SCHEDULE

STRETCHES — FEEL GOOD BEST EVER AFTER A MARATHON.

NOTHING TIGHTS

LEGS GREAT — HILL TRAINING GOOD —

ARMS A LITTLE SORE??

APP. FOR SILVER STATE

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse
Pace	0

TUESDAY, JUNE 30, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

STRETCHES.

BEACH RUN - 35:50

OCEAN SWIM - 66°

EASY DOES IT FOR A COUPLE OF WEEKS

229 MILES FOR MONTH

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse
Pace	5

Notes

WEDNESDAY, JULY 1, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

STRETCHES

BEACH RUN - 2 MILES

EASY -

14:40

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight
Minutes Run Today	Resting Pulse
Pace	7

THURSDAY, JULY 2, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH COURSE

8mi -

1st- 7:08

4th- 27:20 | 53:53

8th- 5:53

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	SUB-6 Body Weight 1
Minutes Run Today 53:53	SUB-7 Resting Pulse 8
Pace 6:45	15

FRIDAY, JULY 3, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH RUN -

17:30 DOWN

16:45 BACK

34:15

* FEELING REALLY FIT RUNNING MUCH SMARTER THESE DAZE....

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse
Pace	20

SATURDAY, JULY 4, 1981

TIME OF DAY AM 7:00

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH RUN — REAL LOW TIDE — ???

OK ONCE I GOT IT GOING.

29:46

15:00 CLOUDS

14:46 BACK

4TH.

4TH. TOO MANY IDIOTS OUT AFTER WORK TO RUN.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	4	Body Weight	
Total Miles for Week	24	Resting Pulse	1056 / 19
Minutes Run Today			
Total Minutes for Week			
Pace			

*See Weekly Mileage or Weekly Time Graph

B245

SUNDAY, JULY 5, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE HOT / 90°+

COMPANIONS

COURSE/COMMENTS

STARTED ON STAIR ROOT (9) DECIDED AGAINST — (STAIRS) TOO MANY PEOPLE ON THE BEACH.

5 MI 34:46

RUN UCSD 15K SUNDAY — SUB 6:00 PACE

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	5	Body Weight	NA
Minutes Run Today		Resting Pulse	5
Pace	7:00		

MONDAY, JULY 6, 1981

TIME OF DAY PM HOT 80°+

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH STAIR RUN:

HOT — BUT FEELING GOOD.
RESTLESS — RACE THIS WEEKEND.
15K - 56:00 — 6:00 miles

35:26 / LAST MILE: 6:03

OCEAN SWIM - 10 min.
0

LESS RACES — MORE TRACK

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse
Pace	10

TUESDAY, JULY 7, 1981

TIME OF DAY PM HOT 80°+

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

HASSLE MINI-BIKE - FLAT

STAIR RUN:

34:53 PR.

5:40 LAST MILE

(YEAH)

OCEAN SWIM: 10 MIN.

8 MILE BICYCLE RIDE — BUS TO WORK RODE HOME - NEED 💡

45 MIN TO GARAGE / 20 MIN. DELIMAR

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse
Pace -7:00	15

WEDNESDAY, JULY 8, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

* BICYCLE RIDING — 10 MILES
STRETCHES!
(NO RUNNING)

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 15
Pace	

THURSDAY, JULY 9, 1981

TIME OF DAY NOON

WEATHER/TEMPERATURE 70°/CLOUDS

COMPANIONS

COURSE/COMMENTS

* TORREY PINES HILL / AM
10K RUN
40:27 PR.
up — 19:46
BREAK 20:41
PECT GOOD — 5:45
HILLS A MUST — 2ND. MILE

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6.2	Body Weight SUB 7 SUB 6
Minutes Run Today	Resting Pulse 21
Pace 6:50	

FRIDAY, JULY 10, 1981

TIME OF DAY

WEATHER/TEMPERATURE

RELAXED

COMPANIONS

COURSE/COMMENTS

*

START RUN- 34:17

STEADY — FEELN GOOD

AUBURN TO GEORGETOWN

TAKEN CARE OF BUSINESS

4 SMALL TIME OPERATOR

last mile — 5:38

6:00 1st STOP

14:09 3rd. FLIGHT

* P.R.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	5	Body Weight	SUB-7
Minutes Run Today		Resting Pulse	SUB-6
Pace	6:52		26

SATURDAY, JULY 11, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

1082

PALOS VERDES — 11 — 54

LAKE TAHOE — 11 — 136

BOSTON — 11

FIESTA BOWL — 1

SAN FRANCISCO — 1

HEART OF SAN DIEGO — 111

MISSION BAY — 111

HONOLULU — 1

REST DAY — 15K

TOMORROW!!! 4mi?

EASY — STRETCHES

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	Body Weight	
Total Miles for Week	26	Resting Pulse	1082/45
Minutes Run Today			
Total Minutes for Week			
Pace			

*See Weekly Mileage or Weekly Time Graph

SUNDAY, JULY 12, 1981

TIME OF DAY 13TH OVERALL 300+ RUNNERS

WEATHER/TEMPERATURE 2ND. AGE-GROUP

54:18 - 5:49 PACE

COMPANIONS 1 MILE - WARM-UP-down

COURSE/COMMENTS (5:50 PACE

UCSD 15K - BELOW 54:45

BEGIN:---

8 WEEKS TO SILVER STATE

BEGIN BUILD-UP..

SANTA MONICA ??

- BUS GOING GOOD

PAINT JOB / BUMPERS / RADIO

STOLEN

- BILLS DOWN 75%

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	Body Weight	10
Minutes Run Today		Resting Pulse	10
Pace	5:49		10

MONDAY, JULY 13, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE 85°

COMPANIONS

COURSE/COMMENTS

6 DAY WORKOUT SCHEDULE

X 1. 20 MILES + 22-24-26-28
1 TRACK DAY 6-8 MILES
1 TORREY PINES HILL (2 REPEATS) 8mi
60+ MILES 1 10 MILES BEACH COURSE
PER WEEK 1 4-8 MILES
1 8-12 MILES
1 REST DAY

OK!!..

BEACH RUN:

60M 43:31

22:00 DOWN

21:31 BACK

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6	6:00	
Minutes Run Today		Body Weight	10
Pace	7:15	7:00 Resting Pulse	10
			16

TUESDAY, JULY 14, 1981

TIME OF DAY NOON

WEATHER/TEMPERATURE 80° HUMID!!!

COMPANIONS

COURSE/COMMENTS

BEACH COURSE: EASY 8
TRACK TOMORROW!!

12 x 75 QUARTERS
1¼ 506
1 mi WARM-UP — DOWN

• HOT BUT FELT GOOD THROUGH-OUT.

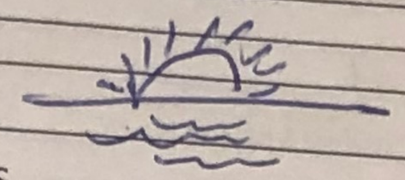
PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	~~Body Weight~~ 10
Minutes Run Today 6:49	~~Resting Pulse~~ 15
Pace	24

THURSDAY

WEDNESDAY, JULY 15, 1981

TIME OF DAY

WEATHER/TEMPERATURE SUNSET



COMPANIONS

COURSE/COMMENTS

OCEANSIDE — 3 PARS U
G.C.

45:00 MIN BEACH RUN —
EASY —

FEELN BETTER AS DAY GOES ON —

ENGINE WORK ON BUS STARTED AGAIN.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	Body Weight
Minutes Run Today	Resting Pulse
Pace	34

~~THURSDAY, JULY~~ WEDNESDAY 16, 1981

TIME OF DAY 5:00 PM

WEATHER/TEMPERATURE 75° / HUMID

COMPANIONS

COURSE/COMMENTS TRACK - ~~BEACH~~ SAN DIEGUITO HIGH SCH.
STRETCHES - 15 MIN.
WARM-UP MILE - 5:57
1 QTS. - 74:61
2 - 74:14
3 - 73:22
4 - 73 52
JOG QTR. BTWN EACH
WARM-DOWN MILE - 5:53
GOT MY ATTENTION. WANTED TO DO 12 QTS.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	4	Body Weight	13
Minutes Run Today		Resting Pulse	8
Pace			28

SUB-6 SUB-7

FRIDAY, JULY 17, 1981

TIME OF DAY ~~AM~~ 900

WEATHER/TEMPERATURE FULL - O; 75°

COMPANIONS

COURSE/COMMENTS ~~BEACH~~ ROUTE - 20 MILES
WATER EVERY 5 MI.
IT WAS HOT 6:44 6:27 UP
21320 6:50 68 13 BACK
2:15:40
~~MARATHON~~
HAD A LITTLE SORE -
OK!! BUDDY!

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	20	Body Weight	13
Minutes Run Today		Resting Pulse	30
Pace	6:47		54

SUB-6 SUB-7

SATURDAY, JULY 18, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS $90.00 WORK 9AM SHIFT

COURSE/COMMENTS

AM ARM SWINGS
AM STRETCHES

30:00 MINS

REST DAY AM

*HIPS SORE -
EVERYTHING ELSE OK FOR 1ST WEEK OF LABOR DAY MARATHON TRAINING.

GEORGETTE CAHIS -
TIMES THEY ARE A CHANGING

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	SUB-6 Body Weight	13
Total Miles for Week	54	SUB-7 Resting Pulse	38
Minutes Run Today	—		95
Total Minutes for Week	—		1136
Pace	—		99
			22
			121

*See Weekly Mileage or Weekly Time Graph

SUNDAY, JULY 19, 1981

TIME OF DAY 9:00 AM

WEATHER/TEMPERATURE 70°

COMPANIONS

COURSE/COMMENTS

* TORREY PINES HILL
2ND. WEEK

(7) 1½ LAPS — 10 MILES
FELT GOOD - LITTLE HOT.
TAKE H2O NEXT WEEK.
70:00 FLAT : ??
7:00 MILE AVE. U

2 DOWNHILL MILES -
1. 5:49
2. 5:54

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	SUB-6 Body Weight	2
Minutes Run Today	—	SUB-7 Resting Pulse	10
Pace	7:00		10

MONDAY, JULY 20, 1981

TIME OF DAY

WEATHER/TEMPERATURE 2:00 PM/HOT 75° + 20%

COMPANIONS

COURSE/COMMENTS

BEACH RUN - EASY
REST HIPS - EVERYTHING FEELS GOOD.

5905
LOTS OF CHICKS !!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	Body Weight 2 (SUB 7 / SUB 6)
Minutes Run Today 7:00 +	Resting Pulse 16 (18)
Pace	

TUESDAY, JULY 21, 1981

TIME OF DAY 11:00 AM

WEATHER/TEMPERATURE HOT - 80° +

COMPANIONS

COURSE/COMMENTS

12 mi BEACH ROUTE SUB-7 av — FAIRLY FAST

ALMOST DIDN'T MAKE IT BACK.

41:57 UP
39:05 BACK > 1:21:02
(6:25 last mile)

WOW - REALLY HOT
~~ALMOST A MISTAKE...~~

15
12 | 180
12
60
60

(3) WATER STOPS

PERFORMANCE DATA	BODY VITALS
Miles Run Today 12	Body Weight 2 (SUB-6 / SUB-7)
Minutes Run Today	Resting Pulse 22
Pace 6:45	30

WEDNESDAY, JULY 22, 1981

TIME OF DAY 4:00 PM

WEATHER/TEMPERATURE 90° HOT HUMID WEATHER

COMPANIONS

COURSE/COMMENTS

~~Hilly~~

STAIRS - 5min - EASY -

36:18 - (REST DAY.)

6:28 LAST MILE:

SORT OF RUNNING ON EMPTY - ~~HEAT~~ WORKING ON ME - DRAINED

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	~~Body~~ SUB-6 Weight 2
Minutes Run Today 7:00	Resting Pulse SUB-7 22
Pace	35

THURSDAY, JULY 23, 1981

TIME OF DAY

WEATHER/TEMPERATURE

WORKED ON BUS: !!

COMPANIONS PROGRESS...

COURSE/COMMENTS

20m - 2:15:00 (AROUND) (AM ONLY)

MIGHT GO EASY —

NOT FEELING GOOD.

COULD RUN BUT DECIDED AGAINST IT ...

STRETCHES / TO BED EARLY

SAID GREEN - 8 WEEKS TO GO.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	~~Body~~ SUB-6 Weight 2
Minutes Run Today	Resting Pulse SUB-7 22
Pace	35

FRIDAY, JULY 24, 1981

TIME OF DAY SUNSET

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

~~[illegible]~~ - EASY

- EASY 10 - SUB 6 LAST MILE. →

1ST. MILE - 6:43

5 MILES - 31:04 - 6:13 AVE.

JOG 4 MILES - 7:00+ PACE

10TH. MILE. 5:57

66:21 TOTAL

~~Hip (RIGHT)~~ SORE "A"

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight SUB 6 3 SUB 7
Minutes Run Today	Resting Pulse 27
Pace 6'.43 AVE	45

SATURDAY, JULY 25, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

REST - S.D. STADIUM 10K TOMORROW - 35:00

~~[illegible]~~ HIPS NOT GOOD!

PERFORMANCE DATA	BODY VITALS
Miles Run Today ~~0~~	Body Weight
Total Miles for Week 45	Resting Pulse 1
Minutes Run Today	1181 1203
Total Minutes for Week	144
Pace	22

*See Weekly Mileage or Weekly Time Graph

SUNDAY, JULY 26, 1981

TIME OF DAY 9AM

WEATHER/TEMPERATURE NICE :)

COMPANIONS DIDN'T KNOW IF I WAS GOING TO BE ABLE TO RUN TODAY?

COURSE/COMMENTS S.D. STADIUM
10K
(SUB. 35:00)

(6) (64 DAYS)

7 WEEKS TO GO .... + 1 REST WK.

ALMOST STOPPED IN 1ST. MILE..

7:14 1ST.
5:51 10TH. } 69:30

THE MORE I GOT ALONG - THE BETTER TAKING IT EASY THIS WEEK - DON'T WANT TO END UP LIKE JOHN - EASY BUDDY.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	Body Weight (SUB-7)	10
Minutes Run Today		Resting Pulse	1
Pace	6:57		10

MONDAY, JULY 27, 1981

TIME OF DAY 1:00 PM HOT

WEATHER/TEMPERATURE ~~LATE START TODAY....~~

COMPANIONS

COURSE/COMMENTS

8 MI - BEACH COURSE

1 - 7:04
4 28:04
8 - 55:31

HOPE A LITTLE BETTER....

EASY !!!

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	8	Body Weight (SUB-7)	18
Minutes Run Today		Resting Pulse	1
Pace	6:56	(SUB-6)	18

TUESDAY, JULY 28, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE PERFECT

COMPANIONS

COURSE/COMMENTS

TORREY PINES HILL
AM - 12 mi ?

OUCH !!! - "

ONE ½ LAP - 28:30

AGAIN -
STOMACH TIGHTNESS - HEADACHE
HIPS SORE STARTING OUT

DECISION: TAKE 3 DAYS OFF - Quit

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	4	Body Weight	137
Minutes Run Today		Resting Pulse	22
Pace			

WEDNESDAY, JULY 29, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

1181
22
203

CALL ME SATURDAY

"

U

157 days
RUN '81

7.6 minutes
resting pulse
AVE.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today		Body Weight	
Minutes Run Today		Resting Pulse	
Pace			22

THURSDAY, JULY 30, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

PERFORMANCE DATA	BODY VITALS
Miles Run Today _____	Body Weight _____
Minutes Run Today _____	Resting Pulse _____
Pace _____	22

FRIDAY, JULY 31, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

PERFORMANCE DATA	BODY VITALS
Miles Run Today _____	Body Weight _____
Minutes Run Today _____	Resting Pulse _____
Pace _____	22

Notes

* SUB 2:45 PROGRAM

* BEGIN BUILD-UP FOR PROGRAM: 8.1.81

LAS VEGAS

1. 20+ MILER
1. TRACK/RACE - 8 4@5:00 (2:45-2:55) RANGE
1. HILL - 12 - 2 LAPS. (12.4)
1. EASY/10 - 60+
1. EASY - 5-STAIRS
1. EASY - 5-STAIRS
1. DAY OFF

6 DAY WEEK

SATURDAY, AUGUST 1, 1981 122 MILES FOR JULY

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

PERFORMANCE DATA	BODY VITALS
Miles Run Today _____	Body Weight _____
Total Miles for Week 22	Resting Pulse _____
Minutes Run Today _____	1203
Total Minutes for Week _____	166
Pace _____	

*See Weekly Mileage or Weekly Time Graph

SUNDAY, AUGUST 2, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE PERFECT

DOUBT IF I COULD RUN 10 MILES

COMPANIONS

COURSE/COMMENTS REHAB WEEK

DO STAIRS UNTIL WED.

SHOES BACK 2ND. SOLE

5

*NO COKES /ASPRIN/

6 WEEKS TO GO!!!

*CUT BACK ON POT

LM-6:15

*STAIRS - 35:30

CHEST CAVITY - BACK SORE??

COULDN'T PRESS ---.

BUT.... BETTER THAN TUESDAY

20% DOUBTFUL

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace ____	5

MONDAY, AUGUST 3, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BICYCLE RIDE - 20 MILES

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace ____	5

TUESDAY, AUGUST 4, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

WARMED UP -
RAN ABOUT ¼ MILE / STOPPED
HIP NOT GOOD - - - REST.
SWIM TOMORROW ?
DMSO TREATMENT

PERFORMANCE DATA	BODY VITALS
Miles Run Today	Body Weight
Minutes Run Today	Resting Pulse 5
Pace	

WEDNESDAY, AUGUST 5, 1981

TIME OF DAY

WEATHER/TEMPERATURE

15.
6 93
6/30
30/1

COMPANIONS

COURSE/COMMENTS

NO RUNNING AUGUST / SEPT 20TH. 27TH.
SWIM : 30-60 MIN A DAY !!!
SWIM ½ HR. FOR EVERY DAY IN AUGUST.

31
30
930

930 MIN.
10 HRS. 55.
60 | 930
60
330
300
300
300

2 HRS.
[redacted]. FOR AUGUST.
15 HRS.

25 HRS. OF SWIMMING — and STILL RUNNING AGAIN...

PERFORMANCE DATA	BODY VITALS
Miles Run Today	Body Weight
Minutes Run Today	Resting Pulse
Pace	

THURSDAY, AUGUST 6, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS LABOR DAY SWIM LA JOLLA ROUGH H2O
OCEAN SWIM: 20:00
WATER WARM:
EYES RED-OUT
SWIM TO CHARTHOUSE AND BACK: CINDY.

30-60 MIN. OCEAN/POOL
* OCEAN COUNTS DOUBLE
*

PERFORMANCE DATA	BODY VITALS
Miles Run Today	Body Weight 36:00
Minutes Run Today	Resting Pulse
Pace	* 18:00

FRIDAY, AUGUST 7, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

OCEAN SWIM
15:00
WATER OK - NOT COLD
LA JOLLA ROUGH H2O
SEPT. 13TH SUNDAY
11, 1, 2

PERFORMANCE DATA	BODY VITALS
Miles Run Today	Body Weight
Minutes Run Today 15:00	Resting Pulse
Pace	33:00

SATURDAY, AUGUST 8, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

COMMY BIKE 20K
BRIAN 4TH!

25 MILE BIKE
2 MILE RUN
16 MINI SWIM | 14:00
½ MILE

15'48 OCEAN

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight
Total Miles for Week 7	Resting Pulse
Minutes Run Today SWIM 15'48	120/7
Total Minutes for Week	
Pace	

*See Weekly Mileage or Weekly Time Graph

SUNDAY, AUGUST 9, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

(4)

5 WEEKS TO GO!!!!

18 HOLES TORREY SOUTH

BIRDIE #3

90 - 46 - 44

PERFORMANCE DATA	BODY VITALS
Miles Run Today	Body Weight
Minutes Run Today	Resting Pulse
Pace	

MONDAY, AUGUST 10, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

2mi RUN > 14:07

16'48 OCEAN Swim

DELMAR / LAJOLLA > ROUGH CURRENT MILES

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight
Minutes Run Today 7.00	Resting Pulse 2
Pace	

TUESDAY, AUGUST 11, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

2mi RUN > 13:25

15:42 OCEAN Swim

~~4~~ LIL TOSWIM AT LAJOLLA ?

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:45	4

WEDNESDAY, AUGUST 12, 1981

TIME OF DAY 2:30 pm

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

Ami — Beach Course

24:49

(050

(0 13:45 | COOKN GOOD

18:57

24 49

FAILURE IS NO LONGER AN OPTION in

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4	Body Weight
Minutes Run Today	Resting Pulse
Pace (0:12	8

THURSDAY, AUGUST 13, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

18 HOLES TORREY NORTH

89

DENNIS — 71 — HOT !!!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse
Pace	8

FRIDAY, AUGUST 14, 1981

TIME OF DAY NOON

WEATHER/TEMPERATURE 80° HUMID

COMPANIONS JOHN

COURSE/COMMENTS

BEACH ROUTE:

1 - 7:11

4 - 27:30

8 - 54:46

THINGS ARE BEGINNING TO RETURN TO NORMAL.

DMSO TREATMENT

JOHN FEELING BETTER

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	8	Body Weight	
Minutes Run Today		Resting Pulse	16
Pace	6'51		

SATURDAY, AUGUST 15, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

(SWIM)

9 HOLES (NORTH)

HIPS LITTLE TIGHT

NO SWIM / NO RUN

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	Body Weight	
Total Miles for Week	16	Resting Pulse	32
Minutes Run Today			1226
Total Minutes for Week			23
Pace			32

*See Weekly Mileage or Weekly Time Graph 5

SUNDAY, AUGUST 16, 1981

TIME OF DAY 10 AM

WEATHER/TEMPERATURE Humid ... 75°

COMPANIONS

COURSE/COMMENTS

BEACH COURSE:

1ST. 6:44

4 - ??

8 - 52:44

HIP SORE TO START
WENT NUMB .... OK TO FINISH

FELT OK TO 6 THEN BEGAN TO GET HOT....

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:36	8

MONDAY, AUGUST 17, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

SWIM - WAVES

SAND RUN - 2MI
13:50

OK!

DMSO -

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:55	10

TUESDAY, AUGUST 18, 1981

TIME OF DAY NOON

WEATHER/TEMPERATURE CLOUDS/SUN 75°

COMPANIONS

COURSE/COMMENTS

BEACH COURSE: 10MI

1 - 6:46
5 - 33:21
10 - 66:58

> 6:42

BEHER!

DMSO

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	6:42		20

WEDNESDAY, AUGUST 19, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

STRETCH/SAUNA
JACCUZI

141 LBS.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	Body Weight	
Minutes Run Today		Resting Pulse	
Pace			20

THURSDAY, AUGUST 20, 1981

TIME OF DAY AM 9:30

WEATHER/TEMPERATURE Humid | 70°

COMPANIONS

COURSE/COMMENTS

BEACH ROUTE : 10 Mi

COURSE RECORD RUN -- 64:24

BEHEDS MARK BY A SECS.

1ST - 6:42
5TH - 33:47
10TH - 5:48

> 64:24

FEELING LOTS BEHEIL WORKING ON BELLY BREATH MORE AIR

SHOES ?

DMSO / 2 TREATMENTS

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:28	30

FRIDAY, AUGUST 21, 1981

TIME OF DAY PM 1500

WEATHER/TEMPERATURE Humid 80°+

COMPANIONS

COURSE/COMMENTS

BEACH RUN - 2 MILES / 15:05

OCEAN SWIM : 17:30

DMSO / 2 TREATMENT

70°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight
Minutes Run Today	Resting Pulse
Pace	32

SATURDAY, AUGUST 22, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

AFC ½ MARATHON

2 KIRK PFEFFER

1:02:54

PERFORMANCE DATA	BODY VITALS
Miles Run Today _____	Body Weight _____
Total Miles for Week 32	Resting Pulse 36
Minutes Run Today _____	1258
Total Minutes for Week _____	55
Pace _____	36

*See Weekly Mileage or Weekly Time Graph

SUNDAY, AUGUST 23, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

(2)

4 WEEKS TO GO....

18 HOLE TODAY, NORTH

88

REST —

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight _____
Minutes Run Today _____	Resting Pulse _____
Pace _____	0

MONDAY, AUGUST 24, 1981

TIME OF DAY NOON

WEATHER/TEMPERATURE

COMPANIONS JOHN

COURSE/COMMENTS

Hot — 6:50 PACE FOR 8 —

last TWO — 6:30 AVE.

OCEAN Swim —

DMSO

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today	Resting Pulse 10
Pace 6:50	

TUESDAY, AUGUST 25, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

Bonnet: 2mi - 13:43

OCEAN — 10min

DMSO 11

10

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight
Minutes Run Today	Resting Pulse 12
Pace 6:50	

WEDNESDAY, AUGUST 26, 1981

TIME OF DAY AM 10:00

WEATHER/TEMPERATURE Hot !! Hot !! Hot !! Hot !!

COMPANIONS 80° / 80 % Humid

COURSE/COMMENTS BEACH ROUTE

1 - 6:46
5 - 33:12 > 67:55
10 - 6:29

OCEAN -

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	6:48		22

THURSDAY, AUGUST 27, 1981

TIME OF DAY Noon

WEATHER/TEMPERATURE Hot !!

COMPANIONS 80° / 80 %

COURSE/COMMENTS

LAJOLLA COVE
½ MILE SWIM

396 YDS TO BUOY -
7:04 OUT
8:16 BACK > 15:21

2MI BEACH RUN

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	2	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	7:30		24

FRIDAY, AUGUST 28, 1981

TIME OF DAY AM 9:00

WEATHER/TEMPERATURE ~~HOT!~~ 75°
75%

COMPANIONS

COURSE/COMMENTS

(MILES)

1ST - 6:47

5TH - 33:12

9TH - 59:10

10TH - 5:41

64:51

3RD. FASTEST 1 MILE OF YEAR

*DEEP BREATHING TECHNIQUE ~~WORKED~~ TODAY FELT MUCH BETTER AFTER. 15-20 DEEP GULPS OF AIR.. EXPERIMENTS MORE

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	6:29		34

SATURDAY, AUGUST 29, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

(1)

BONE RUN: 2mi

[redacted]

6:50

OCEAN: - 8:20

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	2	Body Weight	
Total Miles for Week	36	Resting Pulse	
Minutes Run Today			1294 YEAR
Total Minutes for Week			91 MONTH
Pace			

*See Weekly Mileage or Weekly Time Graph

SUNDAY, AUGUST 30, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

★ SANTA MONICA MARATHON
7:30 AM

Hips NO PROBLEM TODAY

3 WEEKS TO GO !!!

18 Holes: North
49/42

PERFORMANCE DATA	BODY VITALS
Miles Run Today	Body Weight
Minutes Run Today	Resting Pulse 0
Pace	

MONDAY, AUGUST 31, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

LAJOLLA COVE SWIM
(LIL)
1h 00 Round-trip
800 yds.
Water colder / some
chop
Lil ???

PERFORMANCE DATA	BODY VITALS
Miles Run Today	Body Weight
Minutes Run Today	Resting Pulse 1
Pace	

TUESDAY, SEPTEMBER 1, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE 75° COOL

NICE DAY!!! :)

COMPANIONS

COURSE/COMMENTS

BEACH COURSE : 10 MILES

1ST — 6:41

5TH — 33:10

9TH — 60:26 } 66:55

10TH - 6:30

BELT GOOD - NICE AND STEADY COULD HAVE COME FASTER.. mmm WHY?

LOOKING GOOD !!

DMSO: BOTH Hips

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:42	10

WEDNESDAY, SEPTEMBER 2, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

18 HOLES - SOUTH

90+

1 BIRDIE

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse
Pace	10

THURSDAY, SEPTEMBER 3, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE 75°

COMPANIONS

COURSE/COMMENTS

BEACH RUN - 5mi - 35:00

OCEAN SWIM -
STILL COLD
66°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:00	15

FRIDAY, SEPTEMBER 4, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE HAZE
WATER TEMP - 66-68°

COMPANIONS

COURSE/COMMENTS

BEACH RUN: 4mi - 31:00
OCEAN SWIM: DEL MAR
SWIM TOMORROW SHOULD
BE NO PROBLEM
NICE and EASY....

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:30	19

SATURDAY, SEPTEMBER 5, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

*DEL MAR. ROUGH WATER SWIM

8:00 AM

SAN DIEGUITO RIVER OUTLET

41:52 - 2 MIN. ADJUST. FOR START
EASY — SOMEWHAT WATER LOGGED

NO SUN.
WATER TEMP. 69°

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	1	Body Weight	
Total Miles for Week	20	Resting Pulse	
Minutes Run Today			1314/20
Total Minutes for Week			
Pace			

*See Weekly Mileage or Weekly Time Graph

SUNDAY, SEPTEMBER 6, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

(6TH ANNUAL)
SILVER STATE MARATHON

DAVIS CREEK NEVADA

ATHLETES FOOT
580 N. McCARRAN BLVD
SPARKS, NEVADA 89431

MARTHA DOW
(702) 331-3145

2 WEEKS TO GO - KEEP AT IT....

18 Holes: Torrey So. 87

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	Body Weight	
Minutes Run Today		Resting Pulse	0
Pace			

MONDAY, SEPTEMBER 7, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

BEACH RUN: AMI

2 9:00

OCEAN SWIM

67°

BUGGY TUNE RETURNING TO NORMAL

00

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:15	4

TUESDAY, SEPTEMBER 8, 1981

TIME OF DAY AM 8:30

WEATHER/TEMPERATURE 75°

COMPANIONS

COURSE/COMMENTS

BEACH ROUTE: 10 MILES

67:41

4 36

33:05

1 - 6:56

5 - 34:36

9 - 61:36

10 6:05

7

5 | 35

6:46

NOT BAD !!!!

† NO COFFEE BEFORE RUN, STOMACH FELT FINE.

†

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:46	14

WEDNESDAY, SEPTEMBER 9, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE 75° / Humid

COMPANIONS

COURSE/COMMENTS

BEACH COURSES 10mi

1 - 6:49

5 - 33:47 | 66:26

10 - 5:55

MUCH BETTER
NO HIP PROBLEM
NO COFFEE

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today 66:26	Resting Pulse 24
Pace 6:38	

THURSDAY, SEPTEMBER 10, 1981

TIME OF DAY 83° / Humid

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

RELAX

GOLF: INDUSTRY HILLS
L.A.

DENNIS

EVEN 100 47/53

ALL NIGHT LONG w/ LORAINE

TO BED EARLY
ASLEEP BY 5:30 pm

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 24
Pace	

FRIDAY, SEPTEMBER 11, 1981

TIME OF DAY AM 9:30

WEATHER/TEMPERATURE 70°/83%

COMPANIONS COAST ROUTE

COURSE/COMMENTS BEACH

10 MILES
DECIDED TO GO HARD AS LONG AS POSSIBLE

1 – 6:30 *
5 – 32:00 6:24
9 – 57:47
10 – 5:45
DMSO II

P.R. 10/12
6:21
63:32 6320 6:20
6:18 (31:32) 2ND 5
6:24 32 00
63 32

HIPS THE BEST IN MONTHS
DEFINITELY SEE SOMEONE IF PROBLEM COMES UP – (THIS FEELS TOO GOOD)
THANKS

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10	Body Weight	
Minutes Run Today	6:21	Resting Pulse	34
Pace	2:46 PACE		

SATURDAY, SEPTEMBER 12, 1981

TIME OF DAY AM 7:30

WEATHER/TEMPERATURE 65°/COOL

NICE

COMPANIONS

COURSE/COMMENTS

COAST ROUTE: 10K
43:18

1 WEEK TO GO – DON'T BACK OFF!
THEN 1 WEEK REST BEFORE RACE

- NICE and EASY
- HIP NOT A PROBLEM

DMSO II .2

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6.2	Body Weight	
Total Miles for Week	40.2	Resting Pulse	1354.2
Minutes Run Today			60.2
Total Minutes for Week			
Pace	6:58		

*See Weekly Mileage or Weekly Time Graph

SUNDAY, SEPTEMBER 13, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

LAJOLLA ROUGH WATER SWIM

1 MILE - TRIANGLE COURSE

2:00 PM

NICE and EASY SWIM WITH LIL - DINNER OUT

GOOD DAY - NO PROBLEMS

JUST UNDER AN HOUR - 00

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 0
Pace	

MONDAY, SEPTEMBER 14, 1981

TIME OF DAY

WEATHER/TEMPERATURE 10K

COMPANIONS

COURSE/COMMENTS

REST -

LEFT LEG (upper) ???

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 0
Pace	

TUESDAY, SEPTEMBER 15, 1981

TIME OF DAY ~~AM~~ 9:30 10 MILE HILL

WEATHER/TEMPERATURE NICE / COOL

COMPANIONS

COURSE/COMMENTS ~~ABC~~ COAST ROUTE 10K

FEELING MUCH BETTER

43:17 -

+ NICE and EASY

2145 PLAN BENJI DURDEN PROGRAM

~~LONG RUNS~~ FORGET 8-10 miles

BEGAN BUILDING 2:45 @ LAS VEGAS 12.13 MARATHON

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6.2	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	6:58		6.2

WEDNESDAY, SEPTEMBER 16, 1981

TIME OF DAY AM 8:30 10K

WEATHER/TEMPERATURE ~~FOG~~ / 70°

NICE

COMPANIONS

COURSE/COMMENTS

COAST ROUTE : 10K

42:50

NICE and EASY - HAD TROUBLE RUNNING THIS SLOW - WANTED TO SPEED UP

*LITLE TIGHT - NOT MUCH

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6.2	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	6:53		12.4

THURSDAY, SEPTEMBER 17, 1981

TIME OF DAY AM 8:00 20 MILE

WEATHER/TEMPERATURE COOL/SUN 65°

COMPANIONS 91 deny R JOHN (2 MILES)

COURSE/COMMENTS HARD

COAST COURSE: 21 MILES

JOHN STARTED OUT — NOT FEELING GOOD —

NEW SHOES RUBBING and BOMBING NOT COMFORTABLE. (NO COFFEE)

RUNNING A LITTLE UNDER 7:00 PACE "

NOT BAD FOR 1ST. LONG RUN SINCE LAKE TAHOE.

2 HRS. 24 MIN. 35 SEC.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	21	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	6:55 ??		33.4

FRIDAY, SEPTEMBER 18, 1981

TIME OF DAY AM 730 10K

WEATHER/TEMPERATURE 65° / HAZE

COMPANIONS

COURSE/COMMENTS EASY

COAST COURSE - 10K

42:58

NO PROBLEMS

NICE and EASY

OCEAN SWIM — 10 MIN.

65°

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6.2	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	6:55		39.6

SATURDAY, SEPTEMBER 19, 1981

TIME OF DAY AM / PM 10 MILE

WEATHER/TEMPERATURE NICE....

OCEAN: 65°

COMPANIONS

COURSE/COMMENTS

DOUBLE WORKOUT:

FAST 10K - (AM) 6:00 - 6:30

SAND RUN - 4 MILE (PM)

AM: COAST COURSE - 10K

1 - 6:26

5K -

6 - 5:59

10K 39:18 @ 6:20

PM: 28:11 Approx 4 mi.

6:30 = 20:12 @ 5K

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	10.2	Body Weight	
Total Miles for Week	50	Resting Pulse	53
Minutes Run Today			1404
Total Minutes for Week			110
Pace	6:20		

*See Weekly Mileage or Weekly Time Graph

SUNDAY, SEPTEMBER 20, 1981

TIME OF DAY OFF

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

REST

* REST WEEK - SAME AS LAKE TAHOE

12 WEEKS TO GO TO LAS VEGAS

BEGIN BUILD-UP SEE AUG 11

1ST. WEEK EASE INTO IT.... TRY TO DO EVERYTHING ON THE LIST - TIME LATER...

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	Body Weight	
Minutes Run Today		Resting Pulse	
Pace			0

MONDAY, SEPTEMBER 21, 1981

TIME OF DAY AM 8:30

WEATHER/TEMPERATURE FOG/COOL

COMPANIONS

COURSE/COMMENTS

10K - 43:08

NO PROBLEM WITH 7:00 PACE.

MOVE DOWN TO 6:30 - 6:45 AFTER OCTOBER 200+ MONTH...

OCEAN - 65°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6.2	Body Weight
Minutes Run Today 6:55	Resting Pulse 62
Pace	

TUESDAY, SEPTEMBER 22, 1981

TIME OF DAY 9:00 am

WEATHER/TEMPERATURE FOGGY/ OVERCAST PERFECT.

COMPANIONS

COURSE/COMMENTS

THE HILL...
(BACKBREAK HILL)

1st. lap - 43:42
3rd. mile - 6:05

2nd. lap - 43:22
9th. mile - 6:00

7:00 PACE

- NOT AS TOUGH AS YOU MIGHT THINK
BASICALLY TRIED TO RELAX and RUN STEADY

- Hips ok

-

PERFORMANCE DATA	BODY VITALS
Miles Run Today 12.4	Body Weight
Minutes Run Today	Resting Pulse 18.6
Pace 7:00	

WEDNESDAY, SEPTEMBER 23, 1981

TIME OF DAY AM 9:00

WEATHER/TEMPERATURE 65°/CLOUDS

COMPANIONS

COURSE/COMMENTS

10K - 42:44

SHIN SPLINT: RIGHT SIDE

CALVES A LITTLE TIGHT FROM THE HILL WORKOUT (FEELS GOOD)

HIPS NOT A PROBLEM.... ... SO FAR.

* HARD/EASY IS A GOOD PROGRAM FOR ME - I JUST DON'T KNOW WHAT ITS GOING TO DO FOR MY RACES???

LOOKING GOOD!!!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6.2	Body Weight
Minutes Run Today 6:52	Resting Pulse 24'8
Pace	

THURSDAY, SEPTEMBER 24, 1981

TIME OF DAY AM 8:00

WEATHER/TEMPERATURE PERFECT 65°/CLOUDS

COMPANIONS

COURSE/COMMENTS

~~WOODLAND/SCHOOL~~

* TRY FOR 22 MILES TODAY —

NICE AND EASY!!!

NO PROBLEMS: 2:30:14

WATER STOPS BETTER SPACING TODAY —

1 - 6:46

10 ??

11 - 1:15:15

20 - 2:17:10

22ND - 6:15

DMSO: HIP

2:30:14 @ 6:50

2:30:20 = 6:50

PERFORMANCE DATA	BODY VITALS
Miles Run Today 22	Body Weight
Minutes Run Today	Resting Pulse
Pace 650	46.8

FRIDAY, SEPTEMBER 25, 1981

TIME OF DAY AM 6:15

WEATHER/TEMPERATURE SUN NOT UP — NICE, QUIET

COMPANIONS

COURSE/COMMENTS

~~10K~~

DOWN BEACH TO DELMAR BACK HIGHWAY

42:00

BUSY —

~~FEEL GOOD~~ — TRY AT HOLDING 6:20 PACE OF HEART.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6	Body Weight	
Total Miles for Week		Resting Pulse	53
Minutes Run Today	7:00 +		
Pace			

SATURDAY, SEPTEMBER 26, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

~~HARD 10K~~: AM
SAND: PM

> SEE SUNDAY

REST / STRETCHES

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	~~10~~ 0	Body Weight	
Total Miles for Week	53	Resting Pulse	63
Minutes Run Today	0		1457
Total Minutes for Week			1632⁰
Pace			

*See Weekly Mileage or Weekly Time Graph

SUNDAY, SEPTEMBER 27, 1981

TIME OF DAY 363 FINISHERS

WEATHER/TEMPERATURE 3RD AGE GROUP

1ST PLACE TROPHY TO L.V. 34:30

COMPANIONS 4TH IN AGE GROUP (RESOLE)

COURSE/COMMENTS

NICE HILL at 2 mi mark

[redacted]

(redacted)

30:00 | NO PROBLEM

[redacted]	HARD 10K	6.2
REST	SAND pm	4.0

KIT CARSON PARK ESCONDIDO

10TH PLACE OVERALL 5:50 PACE

KIT CARSON 10K 5K - 18:30 6:00

(36:13) NICE and EASY BACK 17:40 5:40

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace ____	10

MONDAY, SEPTEMBER 28, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

~~EASY 10K: 1:30~~

30:05

DOWN THE BEACH

LITTLE TIRED — NOT AS BAD AS EXPECTED.

OCEAN - 67°

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4.6	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace 7:15	14,6

TUESDAY, SEPTEMBER 29, 1981

TIME OF DAY AM CLOUDS

WEATHER/TEMPERATURE 65°

COMPANIONS

COURSE/COMMENTS

HEART ACHE HILL

12 mi

1ST LAP: 43:36

2 Mi - 14:46

2ND LAP - 43:01 (17.6 12.4 5.2)

1 mi. 5:38 (0 190)

PERFECT DAY — SOME WIND

NO MAJOR PROBLEMS (14)

PERFORMANCE DATA	BODY VITALS
Miles Run Today 12.4	Body Weight
Minutes Run Today 1:00	Resting Pulse
Pace	27

WEDNESDAY, SEPTEMBER 30, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

EASY 10K: 43:30

SICKNESS:

UPSET STOMACH/ RUNS

ATE SPECIALTIE / BEAN SOUP AT WORK / VERY BAD.

UP ALL NIGHT TUESDAY

Ä — BED ALL DAY TODAY.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse
Pace	27

190 MILES/ September

October 1981 FOOT NOTES

Total Miles Previous Month _____

Total Time Previous Month _____

S	M	T	W	T	F	S
				1 6:45 10	2 6:50 20	3 6:55 EASY 6
4 ~~(OFF)~~	5 6:40 EASY 6.2 ~~(OFF)~~	6 6:45 EASY 6.2	7 THE HILL ROLLING STONES 12.4	8 SAUCONY FREEDOMS 0	9 EASY 6	10 6:20 PACE HARD 10
11 0	12 EASY 6	13 HILL 12	14 HAIRCUT EASY 6	15 EASY 6	16 EASY 6	17 0
18 TOP 50 2:46.03	19	20	21	22	23	24
25	26	27	28	29	30	31

OCT

NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Notes

* MILES RUN IN SEPTEMBER:

189 @ 8.6 MILES PER RUNNING (22) DAY

NOT INTO TRACK WORKOUTS;

MUST TRY TO DO MORE SURGES ON HARD DAYS.

100 — 440's @ 6:00 OR BELOW

SHORTER SURGE: [redacted] FASTER TIME

THURSDAY, OCTOBER 1, 1981

TIME OF DAY PM / 8:30

WEATHER/TEMPERATURE NICE / RAIN WED 1ST. IN 4 MOS.

COMPANIONS

COURSE/COMMENTS NOT FEELING VERY GOOD....

[redacted]

WEAK FROM TUE / WED.

MADE IT TO CARLSBAD BUS BACK.

69:14

- BUS RUNNING 2:30 .. 11 ..
- NO POT ..
- TRY FOR LONG RUN TOMORROW ..... 20 @ 7:00 PACE.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:00	37

FRIDAY, OCTOBER 2, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE CLOUDS / SUN 70% HUMID NOT BAD

COMPANIONS

COURSE/COMMENTS 2 20 of 40

~~[illegible]~~

* 20 MILER 7:00 PACE

STILL WEAK BUT WENT FOR IT ANYWAY ....

20 MILES : 2:17:20

1 - 6:47 (ONE #2 BREAK)
5 - 33:33
10 - 67:30 - 6:45 PACE
10 : 00

* BASICALLY JOGGED BACK

~~[illegible]~~ 69:50 - 6:59 PACE

* 69:50 RETURN - STRUGGLED
2 LONG BREAKS - 6:58 20TH.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	20	Body Weight	
Minutes Run Today		Resting Pulse	57
Pace	6:52		

304 MILES AHEAD OF THIS DATE - 1980

SATURDAY, OCTOBER 3, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE RAIN / MIST 65°

COMPANIONS

COURSE/COMMENTS ~~[illegible]~~ TODAY.

~~[illegible]~~

~~[illegible]~~ [illegible]

EASY LOOK (MIN. - 41:15

466 MILES RAN FROM THIS DATE TO END OF 80

* 67.6 MILES PER WEEK

* 203 MILES LAST 21 RUNNING DAYS. 9.7 MILES PER DAY.

ON 2000 MILE YEAR PACE

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6	Body Weight	
Total Miles for Week	63	Resting Pulse	1520
Minutes Run Today			36
Total Minutes for Week			
Pace	6:55		

*See Weekly Mileage or Weekly Time Graph

SUNDAY, OCTOBER 4, 1981

TIME OF DAY [illegible]

WEATHER/TEMPERATURE [illegible]

COMPANIONS

COURSE/COMMENTS [illegible]

NO [illegible] ([illegible])

[illegible]

(REST)

I AM TIRED ...

PERFORMANCE DATA	BODY VITALS
Miles Run Today [illegible]	Body Weight
Minutes Run Today	Resting Pulse
Pace [illegible]	0

MONDAY, OCTOBER 5, 1981

TIME OF DAY AM 9:00

WEATHER/TEMPERATURE 70°/CLOUDS

COMPANIONS

COURSE/COMMENTS

FEEL MUCH BETHER!

[illegible]

HEARTACHE! (WEDNESDAY)

12.4 mi

6.2 mi - 41:19

1 - 6:44
3.1 - 20:53 } 41:19
6TH. 6:10

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6.2	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:39	6.2

TUESDAY, OCTOBER 6, 1981

TIME OF DAY ~~AM~~ 8:30

WEATHER/TEMPERATURE SUN

COMPANIONS

COURSE/COMMENTS

~~MMMMMMMM~~:

~~HEADACHE~~

~~MMM~~

~~MMMMMMMM~~??

10K - REST

42:00 - ROUTINE

* A COUPLE OF LINES LAST NIGHT DIDN'T AFFECT TOO MUCH.

* THINKING SHOULD RUN 2-4 MILES SAT.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6.2	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace 6:45	12.4

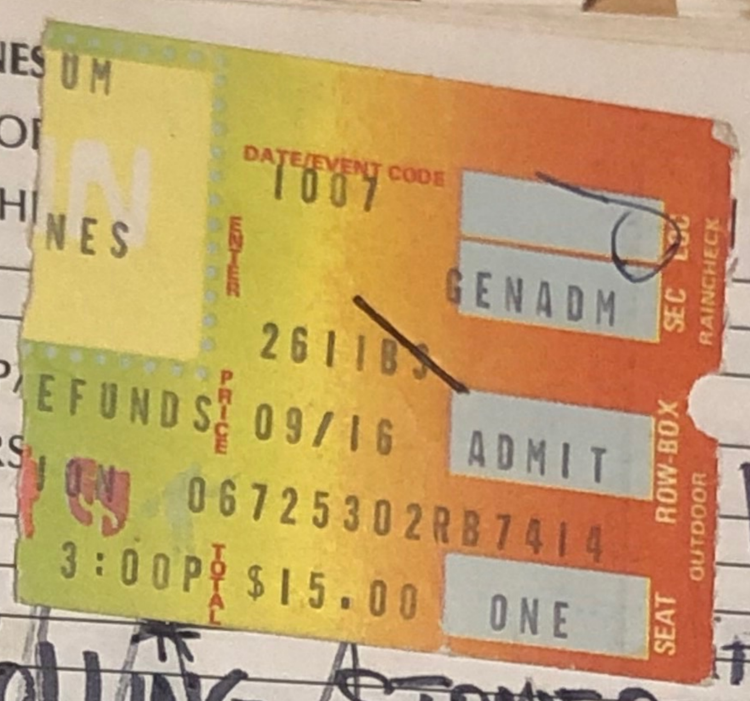
WEDNES~~DAY~~

TIME OF

WEATH~~ER~~

COMP~~ANIONS~~

COURS~~E/COMMENTS~~



ROLLING STONES

~~MMMMMMMM~~ 3PM S.D. STADIUM

~~MMMMMMMM~~

THE HILL:

REST - HASSLES IN THE AM.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace ____	12.4

THURSDAY, OCTOBER 8, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE 70° / SUN

COMPANIONS

COURSE/COMMENTS BEAUTIFUL

[redacted]

OFF: RECOVERY

[redacted] OCEAN: 65°

HAIRCUT: NO MORE COMBS OR BRUSHES

"... SHAG..."

BOYS REGULAR

BEACH RUN: 38:45 BACK 10[illegible]

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5.6	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:00	18

FRIDAY, OCTOBER 9, 1981

TIME OF DAY ~~AM~~ 8:30

WEATHER/TEMPERATURE 65°/CLOUDS

SUN OUT AT 18 MILE [illegible]

COMPANIONS

COURSE/COMMENTS

[redacted] B.P. 110/70

[redacted] LONG: (22)(24)

MILE SPLITZ:

1 - 6:53

5 - 34:15

10 - 68:30

12 - 1:21:30

20 - 2:16:55

24 - [redacted] 6:27

2:44:17

2:16:40 - 6:[illegible]

(2:16:55)

23 2°

2:44 : 15

NICE and EASY

NO PROBLEMS

PERFORMANCE DATA	BODY VITALS
Miles Run Today 24	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:50	42

SATURDAY, OCTOBER 10, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

62:30 (6:15)

2:05:00

6:15 min

([illegible]) - STRETCHES
- [illegible]
- [illegible]

[illegible] OK!
SAND RUN [illegible]

EASY:
6-8 mi

REST & STRETCHES

ONE and ½ OZ. OF SKUNK
~~$~~ 180.00 OZ.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Total Miles for Week 42	Resting Pulse 60
Minutes Run Today	1562
Total Minutes for Week	78
Pace	24

*See Weekly Mileage or Weekly Time Graph

SUNDAY, OCTOBER 11, 1981

TIME OF DAY PM 2:30

WEATHER/TEMPERATURE SUNNY/COOL

COMPANIONS 31:28

COURSE/COMMENTS ~~BEACH RUN~~

([illegible]) EASY 6.2

9

[illegible] HARD WORKOUT

*HEART OF S.D.
MARATHON (NEXT WEEK)

2:46:03 (9.24)

1:03:20 } 6:20 PACE
2:06:40

TED WAY RUN MISSION BAY !!!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4	Body Weight
Minutes Run Today	Resting Pulse
Pace EASY	4

MONDAY, OCTOBER 12, 1981

TIME OF DAY AM 8:30

WEATHER/TEMPERATURE SUN/CLOUDS HIGH
COOL — PERFECT!!!!

COMPANIONS

COURSE/COMMENTS

HILLWORKOUT:
FAIRVIEW LOOP

COAST ROUTE — 10K
1 - 6:50
5.1 - 20:38
6 - 5:39
39:58
6:25 PACE

TURNED OUT TO BE A SPEED RUN - ANYTHING UNDER 6:30

FEELN AWFUL GOOD -

HILL WORKOUT WED.

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6.2	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	6:25		10.2

TUESDAY, OCTOBER 13, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

OCEAN - 65°

HILLWORKOUT
FOUR - MILER -

FAIRVIEW

4MI BEACH
29:02

LOOKING GOOD....

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	4.4	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	7:00		14.6

WEDNESDAY, OCTOBER 14, 1981

TIME OF DAY ~~AM~~ 8:30

WEATHER/TEMPERATURE

60-65° SUN/NICE

COMPANIONS

COURSE/COMMENTS

HILL WORKOUT:

(10-12.4)

~~WARM-UP~~

6.2 - 40:51

0-2 mi - 13:53

~~FELT~~ GREAT ....

♡ # 35

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6.2	Body Weight ___
Minutes Run Today ___	Resting Pulse ___
Pace 6:35	20.8

THURSDAY, OCTOBER 15, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE 70°/50's

COMPANIONS

COURSE/COMMENTS 9.2 mi: AVE.

232.4 MILES: SINCE 9/15

~~MAY~~ 6.2

~~LONG~~ EASY 10 MI

Top-100 @ 10mi

" 50 @ 20mi

6:15

5 mi - 31:15

10 mi - 62:30

15 mi - 1:33:45

20 mi - 2:05:00

25 mi - 2:36:15

26.2 mi - 2:44:15

62:30

2:05:00

BEACH NORTH: 29:57

4 x 100+ SURGES ....

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4.2	Body Weight ___
Minutes Run Today ___	Resting Pulse ___
Pace 7:00	25

FRIDAY, OCTOBER 16, 1981

TIME OF DAY PM 4:00

WEATHER/TEMPERATURE cool/60°

COMPANIONS

COURSE/COMMENTS 67°

EASY | 10K

225 LBS

BEACH RUN: HEMPSTEAD OAKLAND

30:48

- NICE and EASY
- EVERYTHING FEELS GOOD.

1/29
24
53

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	[redacted]	Body Weight	
Minutes Run Today	4	Resting Pulse	29
Pace	7:00+		

SATURDAY, OCTOBER 17, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

280.4 MI SINCE SEPT. 15

EASY | OFF

STRETCHES.

JACUZZI

REST...

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	Body Weight	
Total Miles for Week	29	Resting Pulse	1591 / 107
Minutes Run Today			
Total Minutes for Week	—		
Pace			

*See Weekly Mileage or Weekly Time Graph

SUNDAY, OCTOBER 18, 1981

TIME OF DAY ~~AM~~ 7:00

WEATHER/TEMPERATURE HOT ☼

VARLEY - 2:20:20 65°-70°

COMPANIONS JOHN BRIGGS

COURSE/COMMENTS

1:52:57 | 18 Mi. 27 SEC. OVER 6:15 ...

2:48:32 . 6:15 TO 20. . 7:00 TO FINISH

8 MILES

HIP LITTLE SORE - NOT MUCH.

HEART OF SAN DIEGO MARATHON 7:00 AM

HARD 20 | NO PROBLEM WITH 6:15 PACE — STOP THEM FROM HURT MYSELF.

6:20 PER MILE - 2:46:03

10 MILE - 1:02:15

EQUIPMENT PROBLEMS

BLISTERS - INNER SOLES. FROM 10K ON...

PERFORMANCE DATA	BODY VITALS
Miles Run Today 18+	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:16	18

MONDAY, OCTOBER 19, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS COULD RUN - FEET WOULD NOT ALLOW..

COURSE/COMMENTS

* FEET - SORE and BLISTERED (4-5 BLISTERS ½ DOLLAR SIZE)

LEGS FEEL GREAT... 6:15 PACE AT L.U.

NO RUNNING -

OCEAN SWIM - 62°

CONTINUE (SAME) TRAINING PROGRAM — 2-3 10KS BEFORE L.U. — LONG RUNS — 18 - 24 MILES REST / LONG Ü

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse
Pace	18

TUESDAY, OCTOBER 20, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

NO RUNNING ...

BLISTERING PACE

~~OO~~

U

PERFORMANCE DATA	BODY VITALS
Miles Run Today	Body Weight
Minutes Run Today	Resting Pulse 18
Pace	

WEDNESDAY, OCTOBER 21, 1981

TIME OF DAY PM 3:00

WEATHER/TEMPERATURE 65°/SUN/HAZE

COMPANIONS JOHN

COURSE/COMMENTS

~~BEACH~~ TO TORREY PINES HILL — RETURN

45:20 DOWN

49:10 BACK DEL MAR

@ 6:45-7:00 THRU SOLANA

ON Highway @ 6:45

NO TOO MUCH .... U

1:29:30

FEELING BETTER LOOKING GOOD!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 12.4	Body Weight
Minutes Run Today	Resting Pulse 31.4
Pace 7:00	

THURSDAY, OCTOBER 22, 1981

TIME OF DAY OUCH...

WEATHER/TEMPERATURE

COMPANIONS HEADACHE

COURSE/COMMENTS

EASY — (NOTHING)

WASTED FROM WED. NITE WORLD SERIES

YANKS — 3

L.A. — 0

GOOD GAME — JOHN and I TO THE HILL HOUSE — THEN TO MONESTARY TILL 1:00 AM

O-ZONE —

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 31.4
Pace	

FRIDAY, OCTOBER 23, 1981 22 6 3/4 18

TIME OF DAY AM

WEATHER/TEMPERATURE FOG / 8:30

COMPANIONS SHAMMY / FOUR BOWLS

COURSE/COMMENTS COAST COURSE

20K - 1:23:29

1ST. 10K - 41:23 HARD 6:39

2ND. 10K - 42:06 EASY 6:47

6:29 LAST MILE -

STILL A LITTLE SHAKEY FROM WED. NITE -

CHRIS SAILED !

LOOKING GOOD....

U

PERFORMANCE DATA	BODY VITALS
Miles Run Today 12.4	Body Weight
Minutes Run Today	Resting Pulse 43.8
Pace 6:43	

SATURDAY, OCTOBER 24, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE FOG/CLOUDS 60°

COMPANIONS

COURSE/COMMENTS

10K BLISTER AGAIN

~~EASY~~ 10K ON ~~BEACH~~ TO ~~DECMAR~~ AND BACK

46:30

FREEDOMS - RACE

660's - TRAIN

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	6.2	Body Weight	
Total Miles for Week	50	Resting Pulse	1641
Minutes Run Today			157
Total Minutes for Week			65
Pace			322

*See Weekly Mileage or Weekly Time Graph

SUNDAY, OCTOBER 25, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

REST....

7 ~~MILES~~ NYC MARATHON: (WR'S)

SALAZAR - 2:08:13

ROE - 2:25:30

(BLISTERS ON MY BLISTERS)

..

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	Body Weight	
Minutes Run Today		Resting Pulse	
Pace			0

MONDAY, OCTOBER 26, 1981

TIME OF DAY AM 8:30

WEATHER/TEMPERATURE CLOUDS / 65°

COMPANIONS

COURSE/COMMENTS ★: COURSE RECORD

WATCHED TOO MUCH MARATHON ON T.V. YESTERDAY ★

10K COAST COURSE : 39:11

1 - 6:41

5K - 19:30

6TH - 5:49

6.2 - 39:11

* SHORTEN STRIDES ARM CLOSER and LESS MOVEMENT

SOME BUSTERS / Hip 22 (OK)

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6.2	Body Weight
Minutes Run Today 6:19	Resting Pulse 6.2
Pace	

TUESDAY, OCTOBER 27, 1981

TIME OF DAY AM 9:00

WEATHER/TEMPERATURE 60° / CLOUDS

SOME WIND : PERFECT

COMPANIONS

COURSE/COMMENTS TORREY PINES HILL : + NEW COURSE

APROX. 15 MILES

GIVING MYSELF 15 MILES JUST FOR TRYING IT.

APROX 7:00 PACE - 1:43:12

NICE and EASY — NOT BAD EVERYTHING CONSIDERED

HILL GETTING EASIER

6:20 DOWN HILL
7:15 UP HILL

PERFORMANCE DATA	BODY VITALS
Miles Run Today 15	Body Weight
Minutes Run Today	Resting Pulse 21.2
Pace 7:00	

WEDNESDAY, OCTOBER 28, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE 68° / SUN

COMPANIONS

COURSE/COMMENTS

EASY: DOWN THE BEACH.

~~M~~ 5Mi ~ 34:40

BLISTERS - ??

Hip - ??

NO TOO BAD ~~in~~ LONG AM

LA: WORLD SERIES !!

JOHN NOT FEELING WELL...

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight ___
Minutes Run Today 71.00	Resting Pulse ___
Pace	26.2

THURSDAY, OCTOBER 29, 1981

TIME OF DAY AM 9:00

WEATHER/TEMPERATURE WIND SUN/RAIN/CLOUDS 60° (NICE)

COMPANIONS

COURSE/COMMENTS COAST COURSE: 20 MILES

LONG:

~~HAA~~ ?? SICKNESS

1 - 6:47

9-10 > 12:50

10 - 66:57

20TH - 6:04

V

2:13:52

HIPS LITTLE SORE - CHOP STRIDE ARMS TO SIDE FELT GREAT.....

PERFORMANCE DATA	BODY VITALS
Miles Run Today 20	Body Weight ___
Minutes Run Today ___	Resting Pulse ___
Pace 6:41	46.2

FRIDAY, OCTOBER 30, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE NICE

SUNSET RUN: 4.8

COMPANIONS

COURSE/COMMENTS

34:30 — EASY !!

VANDALIZED OFF COURSE SOUTH.... NEW RUNNING TRAILS !!!

FEEL'N GOOD

JACUZZI 30 MIN.

WEIGHT: 145 LBS

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	4.8	Body Weight	
Minutes Run Today	7:00	Resting Pulse	51
Pace			

SATURDAY, OCTOBER 31, 1981

TIME OF DAY AM 8:30

WEATHER/TEMPERATURE SANTA ANA NICE....

COMPANIONS

COURSE/COMMENTS COAST COURSE SOUTH... TO 7 mi MARK

47:24 down

45:14 BACK ??

1:32:38

FAST COURSE? MARKS MIGHT BE OFF...

WATERSTOP - SEA GROVE PARK

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	14	Body Weight	
Total Miles for Week	65	Resting Pulse	46
Minutes Run Today			1706 / 222² FOR NO. OF.
Total Minutes for Week			
Pace	6:37 (?)		

*See Weekly Mileage or Weekly Time Graph

SUNDAY, NOVEMBER 1, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

(6) WEEKS TOTAL (5) TRAINING ~~WEEKS~~

* 5 MI PER DAY TO END OF YEAR TO CROSS 2000 MILES FOR THE YEAR.

REST in 65 MILE WEEK !

OCEAN: 5 MIN. 63°

PERFORMANCE DATA	BODY VITALS
Miles Run Today	Body Weight
Minutes Run Today	Resting Pulse
Pace	0

MONDAY, NOVEMBER 2, 1981

TIME OF DAY AM 8:15

WEATHER/TEMPERATURE SANTA ANA 68° ☀

COMPANIONS

COURSE/COMMENTS

- COAST COURSE SOUTH 6 MI

1 - 6:28
2 - 12:53
3 - 19:11
4 — mm
5 — mm
6 - 5:57

> 37:29

SOUTH COURSE IS 5-10 SEC. MILE FASTER THAN NORTH...

BLISTERS STILL THERE!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:15	6

TUESDAY, NOVEMBER 3, 1981

TIME OF DAY AM 9:00

WEATHER/TEMPERATURE SANTA ANA WARM BUT NICE 00

COMPANIONS ()

COURSE/COMMENTS

THE HILL → MARINE 6mi.

AM

6mi HILL RUN: 40'49 - 6'50

LITTLE SHAKEY FROM LAST PM LINES / BEERS

HOME REST !!!! STRETCHES

OCEAN SWIM - 5MIN. - 63°

PM 2:00 HOT / 75°

4mi SPEED RUN! NORTH COURSE

1- 5:56 3- ? *

2- 6:04 4- 5:43 23:34

STILL HAD STEAM !!!!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight
Minutes Run Today	Resting Pulse 16
Pace	

WEDNESDAY, NOVEMBER 4, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

(MARGARITAVILLE)

Road R

IT WAS WORTH IT !!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse
Pace	16

THURSDAY, NOVEMBER 5, 1981

TIME OF DAY ~~AM~~ 9:15

WEATHER/TEMPERATURE 65° / -0-

COMPANIONS

COURSE/COMMENTS

SOUTH COUNSE —
15 MILES
NICE AND EASY:
3 WATER STOPS
7:00 PACE
1:43:21
1ST 6:43
15TH 6:40

TORREY PINES HILL: A GOOD TEST — BEAUTIFUL UP THERE.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 15	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:53	31

FRIDAY, NOVEMBER 6, 1981

TIME OF DAY

WEATHER/TEMPERATURE

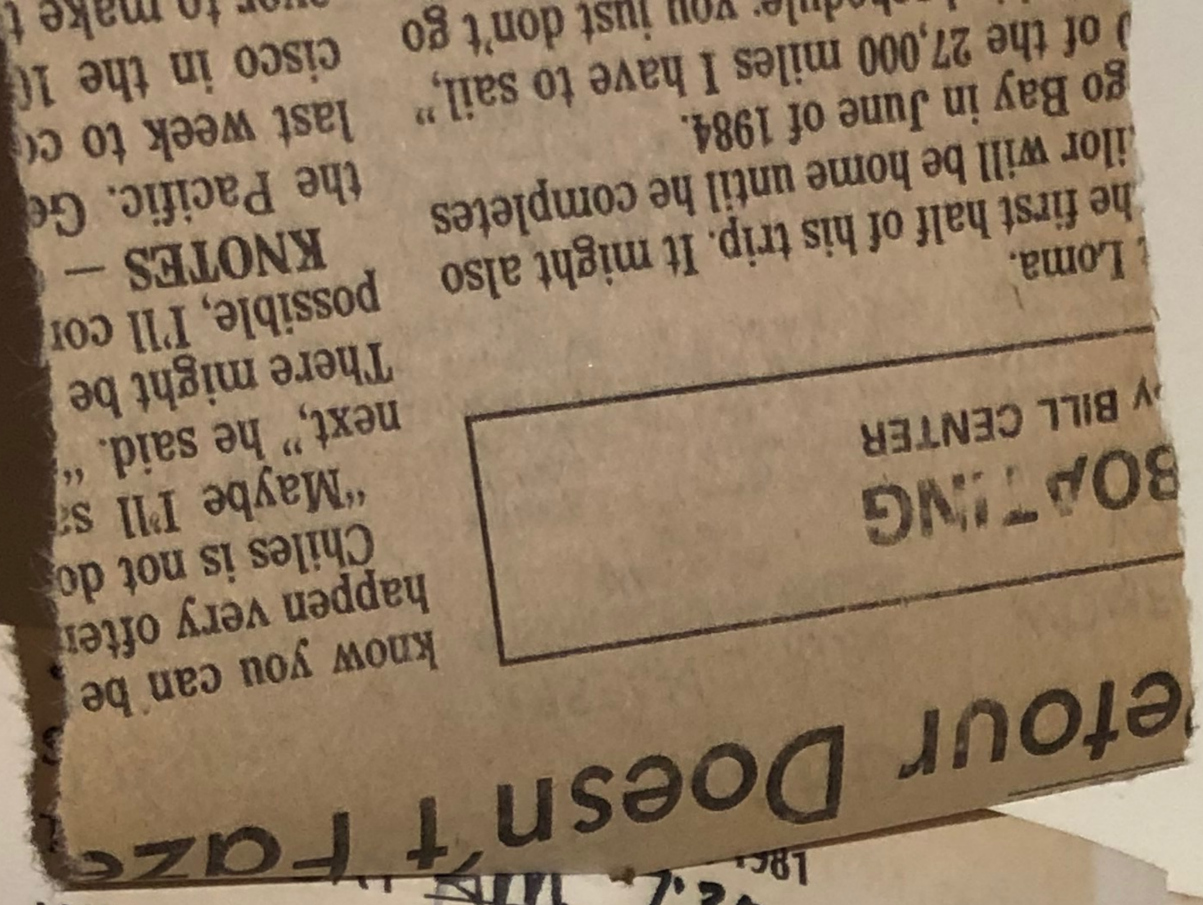
COMPANIONS

COURSE/COMMENTS

REST !!!!!

RACE TOMORROW!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse
Pace	31



WEATHER/TEMPERATURE 0° - 60°

NICE ... NEW SHOES "GREAT SAVINGS 4TH.. FREEDOM ACT GROUP

COMPANIONS JOHN

COURSE/COMMENTS 35-39

CANCELED JULIAN.

MISSION BAY 10K (ARTHRITIS)

20TH. PLACE 6:00

2 mi WARM-UP
7 mi WARM DOWN

1- 5:10
2- 5:40
3-
4
5- 27:30
6

34:28 * 15 MILES TOTAL

5:32 PACE

RAN COURSE TWICE

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	15	Body Weight	
Total Miles for Week	46	Resting Pulse	63
Minutes Run Today			1752
Total Minutes for Week			46
Pace			63

*See Weekly Mileage or Weekly Time Graph

18 15

SUNDAY, NOVEMBER 8, 1981

TIME OF DAY PM 2:30

WEATHER/TEMPERATURE HAZE

COMPANIONS

COURSE/COMMENTS

ALL NITE LONG...!!

5

EASY...!

ONE MILE JOG SAND

OCEAN - 63°

8:15

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	1	Body Weight	
Minutes Run Today		Resting Pulse	1
Pace			

MONDAY, NOVEMBER 9, 1981

TIME OF DAY AM - 8:30

WEATHER/TEMPERATURE ☁ 60°

COMPANIONS

COURSE/COMMENTS SO. COURSE

FAIR — BUSY OUT STEADY BACK —

CALVES STILL LITTLE TIGHT BUT BEATEN LAST MILES.

CO FOR 33's 21st.

40:46

LAST MILE - 6:36

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	Body Weight
Minutes Run Today	Resting Pulse 7
Pace 6:48	

TUESDAY, NOVEMBER 10, 1981

TIME OF DAY AM 900

WEATHER/TEMPERATURE FOG - 60°

COMPANIONS

COURSE/COMMENTS So. COURSE

RUN TO THE TOP - 50:50

START LITTLE ROUGH BUT SMOOTHED OUT TO FINISH

6:21 1951 MILE

STIFFNESS ALMOST GONE

2 STOPS -

50:21 RETURN TRIP

NO STOPS...

PERFORMANCE DATA	BODY VITALS
Miles Run Today 13	Body Weight
Minutes Run Today	Resting Pulse 22
Pace 6:45	

WEDNESDAY, NOVEMBER 11, 1981

TIME OF DAY ~~AM~~ PM

WEATHER/TEMPERATURE ~~HAZE...~~

COMPANIONS

COURSE/COMMENTS

~~EASY... 5-6~~

~~BEACH~~ —

6 Mi — 41:35

NICE and EASY!!!

~~LITTLE~~ TIRED —

22

28

~~50~~ →

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	Body Weight ___
Minutes Run Today 7:00	Resting Pulse ___
Pace ___	28

1 — 20 - 2:16:40 — 13:40

13:40 — 2:29:20

THURSDAY, NOVEMBER 12, 1981

TIME OF DAY AM 10:00

WEATHER/TEMPERATURE

HAZE — SOME WIND —

63°

COMPANIONS

COURSE/COMMENTS NORTH COURSE

HEADCOLD?? — TIRED RUN — DOWN FEEL AT 18MI POINT!

LONG - 22?

1 - 6:46
10 - 67:45
20 - 2:15:45
22 - 2:29:14

2:19:14

THINGS WENT GOOD FOR 18 MILES
LAST 4 MILES — OUCH.
SHOULD HAVE STOPPED - SLOWING DOWN / BREAKS DIDN'T WORK
FINISHED WITH 6:35 MILE
BUT HURTN... THE BEAT GOES ON...
HUNG IN THERE... OUCH.

6 BREAKS OF ABOUT 30:00
TOTAL TO MAKE IT...

PERFORMANCE DATA	BODY VITALS
Miles Run Today 22	Body Weight ___
Minutes Run Today ___	Resting Pulse ___
Pace 6:50	50

FRIDAY, NOVEMBER 13, 1981

TIME OF DAY PM 3:00

WEATHER/TEMPERATURE HAZE } COOL

COMPANIONS

COURSE/COMMENTS BEACH

LORAINE MEETS CINDY !!!!

5MI EASY!!!!

{7:30 m DOWN
1750 m BACK } 35:56

OCEAN - 63° 8-10' SURF

5 MIN. SWIM

HEAD CONJESTED !!!!

MUSCLES OK!!

*

JUST TIRED....

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	5	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	7:15		55

SATURDAY, NOVEMBER 14, 1981

TIME OF DAY AM 900

WEATHER/TEMPERATURE HAZE 60°

SOME WIND

COMPANIONS 109

COURSE/COMMENTS TORREY PINES LOOP

*HILL WORKOUT...

ONE LOOP - LONG COURSE

COULD HAVE GONE ON BUT ... 8mi + 7:04 - PM

5800 min. +

GOOD WEEK ...

55-56 REST NOW FOR 55th

15 NEXT SAT -

70 GOT THRU THIS COLD CONJESTION in

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	8+	Body Weight	
Total Miles for Week	63	Resting Pulse	46
Minutes Run Today	58+		1815
Total Minutes for Week			109
Pace	7:04		

*See Weekly Mileage or Weekly Time Graph 1

SUNDAY, NOVEMBER 15, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE FOG & 60°

COMPANIONS

COURSE/COMMENTS BEACH:

- HIGH TIDE -

4

~~BANKS~~

+

*16 MILES - 45:15

*SWELLS - RUN SOFT SAND

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:15	6

MONDAY, NOVEMBER 16, 1981

TIME OF DAY PM 2:00

WEATHER/TEMPERATURE FOG / WIND / 60°

COMPANIONS

COURSE/COMMENTS BEACH

RAN MOST OF WAY IN SOFT SAND....

+

5 MILE BEACH RUN

40:49

OCEAN SWIM ~ 5 min.

CALL HACIENDA ABOUT REFUND

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:15-30	[redacted] 11

TUESDAY, NOVEMBER 17, 1981

TIME OF DAY AM : 8:00

WEATHER/TEMPERATURE SUN / COOL
NO BREAZE

COMPANIONS JOHN

COURSE/COMMENTS SO. COURSE:
" THE GLIDER PORT RUN
1 09:22: DOWN
08:39: BACK
2:17:41

NICE AND EASY
FELT LITTLE SLUGGISH...
FELT STRONG, BUT NOT ELECTRIC
JOHN IS LOOKING GOOD AS USUAL
ALWAYS BETTER AFTER A RUN WITH JOHN
30... 33:?? SHOULD BE ROUTINE SAT.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 20	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace 6:53	31

WEDNESDAY, NOVEMBER 18, 1981

TIME OF DAY ____

WEATHER/TEMPERATURE ____

COMPANIONS ____

COURSE/COMMENTS ____

4 EASY PM: BEACH / SOFT SAND
REST ... ROBT
HAD TO WORK AM SHIFT

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace ____	31

THURSDAY, NOVEMBER 19, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

REST un REST

JACUZZI / STRETCHES

33.?.?, TOMORROW?,

HEAD CONJESTION!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 31
Pace	

FR

TI

W

15 TH. PLACE
4TH. ACE GROUP

6/5 6 20 0 0 15

ZCS
ZOW
MCH
DME
CHT
TTS
TTS

33.58 46

THUR. 0
FRI. 0

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 31
Pace	

PETTY CASH

$

SIGNED

THURSDAY, NOVEMBER 19, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

REST in REST

JACUZZI / STRETCHES

33:??, TOMORROW?,

HEAD CONGESTION!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 31
Pace	

WEATHER/TEMP

COMPANIONS

COURSE/COMMENTS

REST in REST

33:??

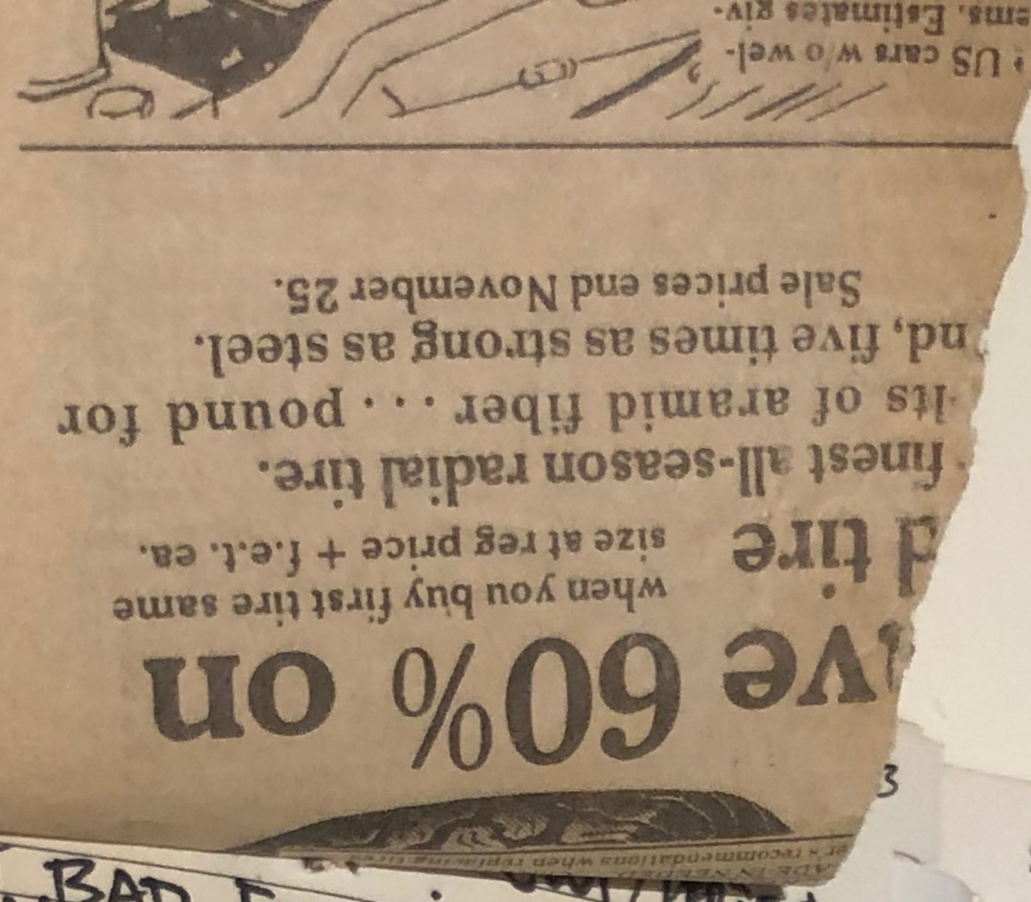
TUE. 0

WED. 20

THU. 0

FRI. 0

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 31
Pace	



SAT
TIM
WE

FELT BAD FOR CINDY ABOUT THE HAWAII TRIP ... REALLY THOUGHT TOP 3 COMPANIONS ... OUCH! ... WAS NO PROBLEM ... ME HUMBLED AGAIN!

COURSE/COMMENTS

* * *

MISSION BAY 10K - 33rd

!! YES, YES, YES !! 35-39 2-56

5:27/28 33:58 (PR) 4TH AGE GROUP 53-57 4-58

PACE 15TH. PLACE

1- 5:20 680

2- 10:40

3- 16:10

4- ???

5- 27:26

6.2- 33:58

JOHN 34:48/5:36

2mi. WARM-UP

7 mi. WARM-DOWN

50:36

PERFORMANCE DATA	BODY VITALS
Miles Run Today 15	Body Weight
Total Miles for Week 46	Resting Pulse 45
Minutes Run Today	1861, 1426
Total Minutes for Week	155
Pace	Weekly Time Graph 226

*See Weekly Mileage or Weekly Time Graph

SUNDAY, NOVEMBER 22, 1981

TIME OF DAY 6:57

WEATHER/TEMPERATURE 28

COMPANIONS 2/54

COURSE/COMMENTS 4/16

5:23 / 16:43

5:33 / 17:15 / >33:58/5:28

33:45 / 5:25

TAPE ON RIGHT FOOT

5TH. aug 3RD TOE - BLISTERS

ONE STRIP THRU MIDDLE.

RANCHO BERNARDO 10K

LET ALL RUNNERS PAST - THEN START

7:00 PACE 43:20

FEEL GREAT / 2mi. WARM-UP

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight
Minutes Run Today	Resting Pulse 8
Pace 7:00	

W. Rea dt. D. Hogen 6-1, 6-1.
Finals
Men's 70 — J. Faunce dt. C. Stanton 6-2, 6-1. Clark-Stanton dt. Wheeler-Savage 6-2, 6-3.
Men's 75 — R. Brandon dt. L. Wanee 4-6, 6-2, 7-6.

DISTANCE RUN

San Diego Board of Realtors 10K at Mission Bay

Men: 12-under — Burt Repine 41:23; 13-17 — Eric Sachrison, 38:15; 18-24 — Brian Lucas, 32:26; 25-29 — Rich Govi, 31:41; 31-34 — Gary Peterson, 34:16; 35-39 — Gary Novak, 32:57; 40-44 — Dale Larabee, 35:20; 45-49 — Bill Gookin, 35:26; 50-59 — Bob Collins, 36:10; 60-over — Wayne Zook, 42:32.
Women: 12-under — Christine Flanagan, 41:24; 13-17 — Laura Meyer, 39:38; 18-24 — Diane Jones, 38:50; 25-29 — Julie Brown, 32:44; 30-34 — Julie Mallard, 40:42; 35-39 — Kathleen Woerner, 43:50; 40-44 — Lynn Flanagan, 43:09; 45-49 — Laurent Helene, 44:19; 50-over — Margaret McNeil, 50:24.

National Masters Athletics Congress 10,000 Meters Cross Country Championships at Houston

Men: 40 — 1, Kirk Randall (Wesley, Mass.) 34:09; 7, Dan McCaskill (San Diego TC) 35:53. 45 — 1, Ray Hattos (Bend, Ore.) 34:34; 50 — 1, George Bernoski (Washington D.C) 31:02; 3, Bill Stock (San Diego TC) 38:55. **Women:** 40 — 1, Judy Fox (Durham, N.C.) 42:12; 2, Shirley Matson (San Diego TC) 43:13. 45 — 1, Linda Siporelle (Dominican Republic) 42:42; 2, Dorothy Stock (San Diego TC) 42:52. 50 — 1, Marion Irvine (San Francisco) 42:46.

Saucony Share the Road 10K at Balboa Park

Men: 1, John Walker, 28:55; 2, Ed Mendoza, 29:03; 3, Terry Cotton, 29:08; 4, Dave Babiracki, 29:12; 5, Mark Donahue, 29:53. **Women:** 1, Patty Hurl, 35:55; 2, Debbie Lewis, 37:04; 3, Melinda Ireland, 37:43; 4, Lori Dierdorff, 38:10; 5, Abbey Waltz, 38:11.

NFC
DETROIT AT CHICAGO — Li… Green (chest) is doubtful. TE Da… CB James Hunter (arm) are qu… Doug English (flu) is probable. Be… Frazier (hamstring) is questionab… Williams (leg) is out.
GREEN BAY AT TAMPA BAY … QB Lynn Dickey (back), is probe… Koncar (leg) is questionable. Buc… Lee Roy Selmon (thigh), C Steve Wi… CB Mike Washington (stomach) ar… able. LB Cecil Johnnson (hamstring)… Eckwood (groin), T Dave Reavis … probable.
NEW YORK GIANTS AT PHILADE… Giants: QB Phil Sims (shoulder-inj… serve), LB Harry Carson (shoulder)… Clack (thigh), LB Mike Whittington (k… Bill Neill (wrist), DT Jim Burt (back)… ble. Eagles: LB Jerry Robinson … Rodney Parker (knee) are doubtf… Wilkes (ribs), TE John Spagno… are questionable. G Pete Pe… Booker Russell (knee) are prob…
SAN FRANCISCO AT LO… 49ers: RB Walt Easley (knee)… DE Fred Dean (chest), TE …

AFC
SEATTLE AT KA… DT Robert Hardy (ar… (thigh) are probable. … cussion-leg) is questi… (groin) is doubtful. Chi… (ankle), TE Ed Bec… J.T.Smith (flu), TE Al D… ron Cherry (hamstring) … **NEW ENGLAND AT B…** QB Steve Grogan (kne… Zamberlin (toe) is quest… Bishop (foot), DE Mark But… able. Bills: RB Joe Cribbs … (ankle), WR Ron Jessie (i… able. LB Chris Keating (ankl… ler (knee), CB Charles Romes … Brammer (quadricep) are prob…

WR Dave … (ankle), G R… questionable. W… probable.

Total Miles for W… 10
Minutes Run Today ____
Total Minutes for Week ____
Pace ____
*See Weekly Mileage or Weekly Time Graph

R… V… o…
1861 / 155
126
226

SUNDAY, NOVEMBER 22, 1981
TIME OF DAY 6:57
WEATHER/TEMPERATURE 28
COMPANIONS 2 / 54
COURSE/COMMENTS 4 / 16

5:23 / 16:43
5:33 / 17:15 / 33:58 / 5:28
[illegible]S
33:95 / 5:25

TAPE ON RIGHT FOOT
5TH. AND 2ND TOE — BLISTERS
ONE STRIP THICK MIDDLE.

RANCHO BERNARDO 10K
LET ALL RUNNERS PAST — THEN START
7:00 PACE 43:20
FEEL GREAT / 2 mi. warm up

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace 7:00	8

MONDAY, NOVEMBER 23, 1981

TIME OF DAY PM 2:00

WEATHER/TEMPERATURE HAZE / WARM 65° / 70°

COMPANIONS

COURSE/COMMENTS

SAND RUN - 30:00
LITTLE TIGHT BUT NOT BAD... EASY COUPLE OF DAZE - 20-24 WED. @ 7:00
NO RACES TIL GROSSMONT 10K
GO FOR ANOTHER SUB. 34:00

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:30	12

TUESDAY, NOVEMBER 24, 1981

TIME OF DAY PM 1230

WEATHER/TEMPERATURE CLOUDS 60°

COMPANIONS

COURSE/COMMENTS

4
SAND RUN:
30:00 - FEELIN (REAL GOOD)
LONG TOMORROW
33 DAYS

PERFORMANCE DATA	BODY VITALS
Miles Run Today 4	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:30	16

WEDNESDAY, NOVEMBER 25, 1981

TIME OF DAY AM 9:00

WEATHER/TEMPERATURE SUN/CLOUDS WIND — OK!

COMPANIONS JOHN

COURSE/COMMENTS SO. COUNSE-LONG (JOHN) GLIDER PORT.

15-25 MILES

(24)

2:13:05

67:25 · DOWN 6:45

65:40 · BACK 6:35

2:13:05

4 MI WARMDOWN: 1:30

PERFORMANCE DATA	BODY VITALS
Miles Run Today 24	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace 6:40 / 20 MI.	40

THURSDAY, NOVEMBER 26, 1981

TIME OF DAY PM SUNSET

WEATHER/TEMPERATURE COOL/WIND!

COMPANIONS

COURSE/COMMENTS

HAPPY THANKSGIVING RUN

(5)

SAND RUN:

NORTH — 38:32 TOTAL

NICE AND EASY - HAD SOME BOUNCE —

STRETCHES!!!!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace ____	45

FRIDAY, NOVEMBER 27, 1981

TIME OF DAY PM SUNSET

WEATHER/TEMPERATURE WIND/COOL

COMPANIONS

COURSE/COMMENTS

SAND RUN: 5mi
37:24

[redacted]

FASTER RETURN:
60:00
26:22
86:22

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	5	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	7:30		50

SATURDAY, NOVEMBER 28, 1981

TIME OF DAY AM 9:00

WEATHER/TEMPERATURE RAIN/WIND
SUN
NOT BAD

COMPANIONS JOHN

COURSE/COMMENTS

HILL WORK

1mi WARM-UP

5
1.3mi @ 2 loops
1:26:22

5:56 mile

1mi warm down

*LITTLE FLOW / NOT MUCH

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	15	Body Weight	
Total Miles for Week	65	Resting Pulse	
Minutes Run Today			1926
Total Minutes for Week			220
Pace	6:43		

*See Weekly Mileage or Weekly Time Graph

SUNDAY, NOVEMBER 29, 1981

TIME OF DAY

WEATHER/TEMPERATURE NICE !!!

COMPANIONS

COURSE/COMMENTS

*

6 @ 6:50

1

26

1.5

24

PERFORMANCE DATA	BODY VITALS
Miles Run Today 6	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:50	6

MONDAY, NOVEMBER 30, 1981

TIME OF DAY AM / PM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

AM: 2 mi. WARM-UP
5:21
½ mi JOG
5:20
1 mi
1½ JOG
5:14
1 mi. JOG
8 mi

INTERVAL S

AM:

3-2mi WARM-UP
STRIDES

(1) MILE — @ 5:30 SO. COURSE
4-5 MIN. JOG
1 mile
(2) MILE — @ 5:30 BACK
4-5 MIN. JOG
(3) MILE — @ 5:30 SO. COURSE

3-2mi WARM-DOWN 26:00 DN

PM: 7 BEACH - 2.6 to BACK
mi - EASY

PERFORMANCE DATA	BODY VITALS
Miles Run Today 15	Body Weight
Minutes Run Today	Resting Pulse
Pace	21

Notes

TUESDAY, DECEMBER 1, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE _____

COMPANIONS _____

COURSE/COMMENTS _____

EASY:
GOLF
INDUSTRY HILLS
18 HOLES
98 66
DENNIS 92
BOB 96
MANNY 102

PERFORMANCE DATA	BODY VITALS
Miles Run Today _____	Body Weight _____
Minutes Run Today _____	Resting Pulse _____
Pace 0	21

WEDNESDAY, DECEMBER 2, 1981

TIME OF DAY SUNSET

WEATHER/TEMPERATURE NICE

COMPANIONS

COURSE/COMMENTS

BEACH RUN !!!

18:36 DOWN

17:25 BACK

BOUNCY !!!

JACUZZI

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:20	26

THURSDAY, DECEMBER 3, 1981

TIME OF DAY AM 9:30

WEATHER/TEMPERATURE SUN

GOOD!

COMPANIONS JOHN

COURSE/COMMENTS GEORGEHES BIRTHDAY

SO. COURSE —

2:15:54

20 @ 6:50 / 6:48 PACE

2mi WARM-DOWN 66:54 2mi

DOWN ~ 69:20

JOHN NOT FEELING TOO HOT, RECOVERED and FINISHED. 2:20

PERFORMANCE DATA	BODY VITALS
Miles Run Today 22	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:48	48

FRIDAY, DECEMBER 4, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

[redacted]

REST

1926 65 1991

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 48
Pace	

SATURDAY, DECEMBER 5, 1981

TIME OF DAY MISSION BAY 15K

WEATHER/TEMPERATURE

COOL/NICE 2.5 9.3 5.0 16.8

COMPANIONS 2 mi WARM UP

COURSE/COMMENTS 53130 - 5145

TOP 50 RAN WITH GOOKIN TO START

[redacted]

10K - 35:30

[redacted]

MISSION BEACH 5 MI. HANDICAP

CATHY'S BIRTHDAY

PROPER 7:00 - 33:22 16:40

MISSION BAY 15K ??

PERFORMANCE DATA	BODY VITALS
Miles Run Today 17	Body Weight
Total Miles for Week 65	Resting Pulse
Minutes Run Today	1991/44
Total Minutes for Week	
Pace	

*See Weekly Mileage or Weekly Time Graph

SUNDAY, DECEMBER 6, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE

P06

COMPANIONS

COURSE/COMMENTS

[illegible]

1 5mi BEACH

37:41

OK!!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:30	5

MONDAY, DECEMBER 7, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE

P06/HAZE

COMPANIONS

COURSE/COMMENTS

5mi BEACH

35:21

BEHER!!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:05 —	HR: 10

TUESDAY, DECEMBER 8, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE SUN

NICE -

COMPANIONS

COURSE/COMMENTS 50. COURSE

15 Mi - @ 6:42

1:40:29

50:35 DOWN

49:56 BACK

GOOD AND STEADY!

WORK NOON!! TO 11

PERFORMANCE DATA	BODY VITALS
Miles Run Today 15	Body Weight
Minutes Run Today	Resting Pulse
Pace 6:42	25

WEDNESDAY, DECEMBER 9, 1981

TIME OF DAY PM SUNDOWN

WEATHER/TEMPERATURE COOL

COMPANIONS

COURSE/COMMENTS

5mi BENCH

36:39

MOONLIGHT RUN - NICE

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:20	30

THURSDAY, DECEMBER 10, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE CLOUDS / -0-

COMPANIONS JOHN

COURSE/COMMENTS

3 LOOPS OF TORREY PINES HILL:

1 - 44:30

2 - 43:30

3 - 43:28

REST/WATER

WARM-up - down

JACUZZI ()

PERFORMANCE DATA	BODY VITALS
Miles Run Today 22	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace 6:45-50	52

FRIDAY, DECEMBER 11, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE

SUNNY CLOUDS STORMY

COMPANIONS

COURSE/COMMENTS LAS VEGAS

NORTH TORREY

1ST HALF 1ST BOLAM

EASY BEACH RUN

AND SOME ZIP

35:19

17:40 DOWN

17:39 BACK

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace 7:04	57

SATURDAY, DECEMBER 12, 1981

TIME OF DAY

WEATHER/TEMPERATURE 57

1991/44

COMPANIONS

COURSE/COMMENTS

57 TO 1

~~WASHINGTON/MARATHON~~

~~TWOMAM~~ 7 74

7

NEEDED TO REST

0

FEEL A COLD COMING ??

JUST MENTALLY NOT UP TO IT TODAY — LEGS ETC. GREAT

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	0	Body Weight	96
Total Miles for Week	51	Resting Pulse	48
Minutes Run Today			
Total Minutes for Week			
Pace			

2048

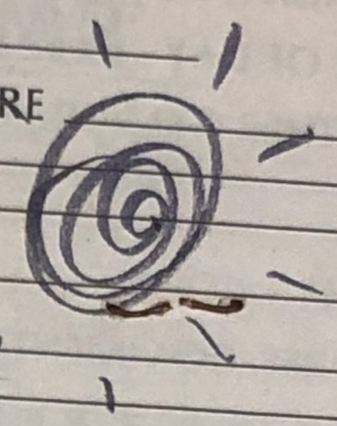
101

*See Weekly Mileage or Weekly Time Graph

SUNDAY, DECEMBER 13, 1981

TIME OF DAY

WEATHER/TEMPERATURE



COMPANIONS

COURSE/COMMENTS

5Mi ? BEACH RUN

PM 32:23

16:14 DOWN

16:09 BACK

FEEL'N BETTER !!

EASY WEEK TO SAT.

THEN SUB 34

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	5	Body Weight	
Minutes Run Today		Resting Pulse	
Pace	630-45		5

MONDAY, DECEMBER 14, 1981

TIME OF DAY AM 9:00

WEATHER/TEMPERATURE COOL/SUN

- 10 MILE
- BILLS

1/6/610

5'3

5/30/31

0131

31:06 up

6:37

6:07 30:33 BACK

10

Miles Run Today 10

Minutes Run Today

Pace 6:10

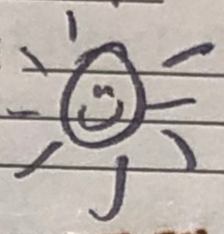
Body Weight

Resting Pulse 15

TUESDAY, DECEMBER 15, 1981

TIME OF DAY

WEATHER/TEMPERATURE



COMPANIONS

COURSE/COMMENTS

5 MILE BEACH RUN

NICE and EASY

34:50

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse 20
Pace 7:50	

PETTY CASH

$ _____

SIGNED _____

COURSE/COMMENTS NORTH COURSE

WOW!!!!

10 MILES : COURSE RECORD

1st 6:19

5th 31:06 = 61:39 @ 6"

10th. 5:33

FELT NOT PUSHED WHOLE WAY — 5:33 WAS EASY....

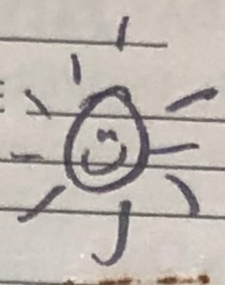
RECOVERED 5MIN.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace 6:10	15

TUESDAY, DECEMBER 15, 1981

TIME OF DAY _____

WEATHER/TEMPERATURE



COMPANIONS _____

COURSE/COMMENTS _____

5 MILE BEACH RUN

NICE and EASY

34:50

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight ____
Minutes Run Today ____	Resting Pulse ____
Pace 7:30	20

WEDNESDAY, DECEMBER 16, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE

COMPANIONS JOAN

COURSE/COMMENTS

UP LATE LITTLE -
~~HEAD ACHE~~ Burbs
RAN CROSSMOM
COURSE +
~~TOUGH~~ - 35:00 ??
8 MILES - 7:00 PACE

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight
Minutes Run Today 7:00	Resting Pulse 33
Pace	

THURSDAY, DECEMBER 17, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

2 MILE SAND RUN
(DEEP SAND)
17:50

PERFORMANCE DATA	BODY VITALS
Miles Run Today 2	Body Weight
Minutes Run Today	Resting Pulse 35
Pace	

FRIDAY, DECEMBER 18, 1981

TIME OF DAY

WEATHER/TEMPERATURE 42

34:11 - 5:30

COMPANIONS

COURSE/COMMENTS 42

11

11 1/3

RM SHIRT

6.2

DR. MEYERS: 1.8

FINGER NAILS " 5.0

RUNGS START MEDICINE 13.0

: GEORGE ???

PERFORMANCE DATA	BODY VITALS
Miles Run Today	Body Weight
Minutes Run Today	Resting Pulse 35
Pace	

SATURDAY, DECEMBER 19, 1981

TIME OF DAY AM & NICE

WEATHER/TEMPERATURE

1M WARM UP

COMPANIONS 1 MILE HILL

COURSE/COMMENTS BALLENGER

GROSSMONT 10K

PETE PETERSON 23RD.

18 - RICK - 34:17

20 - ME - 34:42

22 - JOHN - 34:47

STRONG & STEADY

RAN HARD 'll NO BLASTING 5 MILE PM

16:45 5K RICK 7TH. 35:03

8TH AGE GROUP - BEATEN PM

PERFORMANCE DATA	BODY VITALS
Miles Run Today 13	Body Weight 148 ?!
Total Miles for Week 48	Resting Pulse 60
Minutes Run Today	
Total Minutes for Week 10K	2096 / 149 6
Pace 5:35	60/209

*See Weekly Mileage or Weekly Time Graph

SUNDAY, DECEMBER 20, 1981

TIME OF DAY

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

LATE NIGHT...

REST mm

GOOD NIGHT SLEEP..

PERFORMANCE DATA	BODY VITALS
Miles Run Today 0	Body Weight
Minutes Run Today	Resting Pulse 0
Pace	

MONDAY, DECEMBER 21, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE WIND*

COMPANIONS

COURSE/COMMENTS

SO. COURSE — 15 mi.

50:45 DOWN
53:22 BACK → 1:44:23

WIND WAS UNREAL STRONGEST COMING BACK
REDUCED TO JOGGING
14:23 LAST 2mi
LITTLE TIGHT —

PERFORMANCE DATA	BODY VITALS
Miles Run Today 15	Body Weight
Minutes Run Today	Resting Pulse 15
Pace 6:58	

TUESDAY, DECEMBER 22, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE SOME WIND

COMPANIONS

COURSE/COMMENTS

BEACH RUN – 5mi 34:24

!!! FELT GOOD

BEACH :....

25
15
40
5
45
15
60

1
2096
168
220

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse 20
Pace 7:00+	

WEDNESDAY, DECEMBER 23, 1981

TIME OF DAY AM NICE

WEATHER/TEMPERATURE

COMPANIONS

COURSE/COMMENTS

HEAD ALL OVER THE PLACE — JUST DIDN'T FEEL GOOD —

BEACH:
5mi
Sand Run.

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse 25
Pace 7:00+	

THURSDAY, DECEMBER 24, 1981

TIME OF DAY 1:00 PM

WEATHER/TEMPERATURE COOL -0-
NICE - SANTA ANA CONDITIONS

COMPANIONS JOHN TO 3mi / COLD HEAD

COURSE/COMMENTS

15 1 - 6:51
2 - 13:39
6:30 PACE FROM 3 mi ON
48:19 ← 7.5 - 49:49
BACK 10 - 66:45
6:30 15 - 1:38:08
7.5
42:00

3808
4808
48:19

SEA GROVE 1 } WATER STOPS
RESERVE 1 }

FELT GOOD - NEEDED IT
LOST HEADACHE ABOUT 3mi

PERFORMANCE DATA	BODY VITALS
Miles Run Today 15	Body Weight
Minutes Run Today	Resting Pulse 40
Pace 6:32	

FRIDAY, DECEMBER 25, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE HAZE

COMPANIONS

COURSE/COMMENTS

5

EASY ON THE BEACH

BUT WAS CRUISING !!

"

U

FEELN BETTER —

32:45

16:

PERFORMANCE DATA	BODY VITALS
Miles Run Today 5	Body Weight
Minutes Run Today	Resting Pulse 48
Pace 6:45-7:00	

SATURDAY, DECEMBER 26, 1981

TIME OF DAY AM/PM

WEATHER/TEMPERATURE SOMEWHAT NICE COOL

COMPANIONS

COURSE/COMMENTS

10 AM - 62:55

15 10mi " 6:18 PM

2156
25
2181

PM 5mi BEACH

NO problems ~ 35:05

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	15	Body Weight	
Total Miles for Week	60	Resting Pulse	
Minutes Run Today		2156 / 209	
Total Minutes for Week			
Pace	6:18		

*See Weekly Mileage or Weekly Time Graph

SUNDAY, DECEMBER 27, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE Cloudz

COMPANIONS

COURSE/COMMENTS

5 BEACH SAND RUN

EASY!!

35:01

17:35 down

Hill TOMORROW

PERFORMANCE DATA		BODY VITALS	
Miles Run Today	5	Body Weight	
Minutes Run Today		Resting Pulse	5
Pace	7:00		

MONDAY, DECEMBER 28, 1981

TIME OF DAY 7651 6409

WEATHER/TEMPERATURE FIRST 2 mi - 6:27 - 6:31 — 12:42

COMPANIONS LAST 2 mi 6'21

COURSE/COMMENTS

WORK IS DOING A NUMBER ON ME — MENTALLY TIRED

LAST WEEK !!!

AM - Hill 1 mi. WARM-UP

1 LOOP - 43:04 (BELT FLAT)

8 mi 1/2 mi WARM DOWN 6:00 mi pp

PM - ~~WORK~~ RUN ON BEACH

I'm WORKED on BUS !!

PERFORMANCE DATA	BODY VITALS
Miles Run Today 8	Body Weight
Minutes Run Today	Resting Pulse 13
Pace	

TUESDAY, DECEMBER 29, 1981

TIME OF DAY AM

WEATHER/TEMPERATURE CAYENS

COMPANIONS VAN

COURSE/COMMENTS 30. COURSE

DO YOU NEED ANYTHING?

12

12 mi @ 6:25 PACE

76:51

10 mi - 64:09

1st - 6:27

SMOOTH

I CAN RUN under 2:40 !!

JOHN CONJESTED <

PERFORMANCE DATA	BODY VITALS
Miles Run Today 12	Body Weight
Minutes Run Today	Resting Pulse 25
Pace 6:25	

WEDNESDAY, DECEMBER 30, 1981

TIME OF DAY PM

WEATHER/TEMPERATURE SUNSET/RAIN 41

COMPANIONS

COURSE/COMMENTS

9mi TO GO .... FOR 2200 / 3:01

~~MM~~ 2:40 PACE

6:06

FOR 2:40 ~~MARATHON~~

EASY:

1:08:27

BEACH RUN - LEUCADIA NORTH

PERFORMANCE DATA	BODY VITALS
Miles Run Today 9	Body Weight
Minutes Run Today	Resting Pulse
Pace 7:30	34

41
2:41
2:41
2:37:19
161
120
41
3:01
6:05
161
161
26 | 161 5
156
5

THURSDAY, DECEMBER 31, 1981

TIME OF DAY AM 9:15

WEATHER/TEMPERATURE RAIN TO START
SUN RETURN

COMPANIONS

COURSE/COMMENTS ~~[illegible]~~ No Course

10 5mi -

~~[illegible]~~

10 MILES FOR 2200

DIDNOT LOOK AT WATCH WHOLE RUN

79:08 / 8:00

Max

PERFORMANCE DATA	BODY VITALS
Miles Run Today 10	Body Weight 0
Minutes Run Today	Resting Pulse 44 / 2200 YEAR
Pace 8:55	

WEEKLY PLOTS

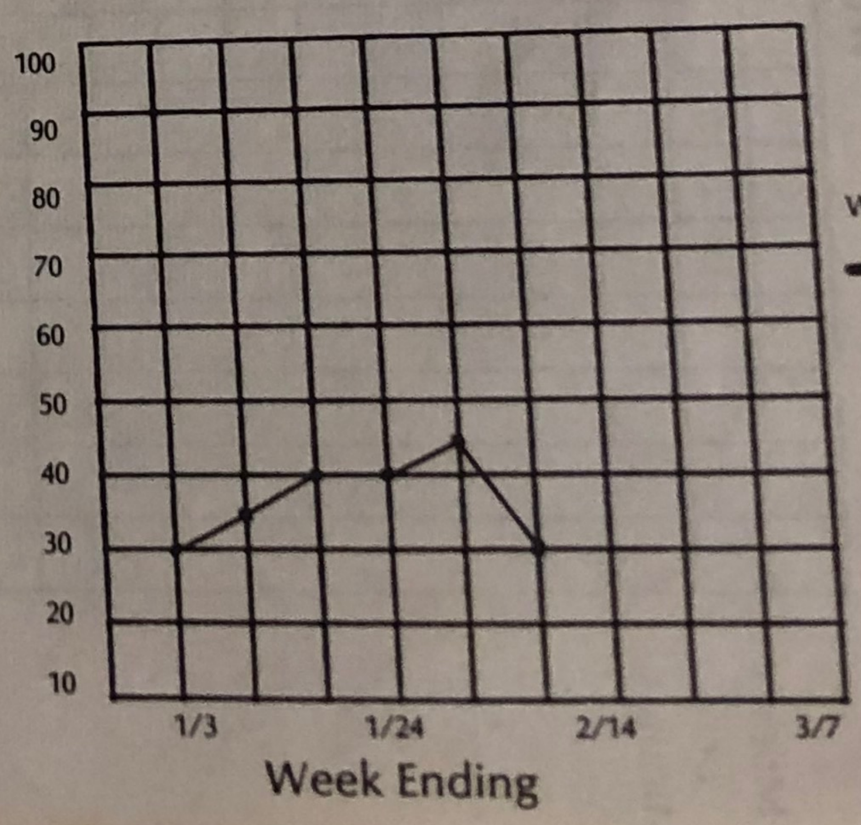
Graphical representation of weekly performance is beneficial to all runners—those training for competition, those who are running and jogging for health, and those who run or jog just for the fun of it.

The advantage to the competitive runner is that plotting his or her weekly training is an excellent way of visualizing the body's response to different levels of training stress. Using the graph and your daily log entries you can determine when your body is fresh or tired, when you are at your peak, and how long you are able to perform at that level. This information is very helpful when planning your yearly race schedule.

The advantage to the fun and health runner is basically the same; that is, to be able to know what your body is trying to tell you, to distinguish between pain caused by overuse and pain caused by injury that could result in permanent body damage if not treated immediately.

This visual representation of your running is the quickest way to understand how running affects your body.

Example:



RACES 1981

Date	Race/Comments	Distance	Time	Finish Place	Number of Finishers
3.15 ✓	GYM BAG 50 K	31.1 Mi	3:38:16	12	98
3.29 ✓	SHARP HOSPITAL 10MILE	10 Mi.	59:48	14	320
* 4.11	DEL MAR 1 MILE FUN RUN	1 MILE	5:14 (0:30 TO START)	1	100
4.20	BOSTON MARATHON	26.2 Mi	2:57:27	2562	5074
5.9 ✓	BREAKERS-MISSION BCH.	10 Mi.	60:30	50	900+
5.24	MISSION BAY 10K NEW COURSE	6.2 Mi	35:30	18	500
6.6	CORONADO 10K	6.5	35:02	—	—
6.7	MOONLIGHT BEACH 6.5	6.5	37:40	18	500
6.27	LAKE TAHOE MARATHON	26.2	2:59:18	7	100
7.12	VCSD 15K	9.3	54:18	13	300+
		132.7			
9.27	KIT CARSON 10K	10K	36:13	10	363
10.18	HEART OF S.D. MARATHON	26.2	1:52:57	DNF	18 MILES
+ 11.7	MISSION BAY 10K	10K.	34:28	20	600+
11.21 ✓	MISSION BAY 10K	6.2	33:58	15	608
12.5	MISSION BAY 15K.	9.3	53:30	50	2000

OVER →

* UNENTERED ... NOT OFFICAL

4 RACES IN 6 WEEKS

RACE SUB-6 PACE

Date	Race/Comments	Distance	Time	Finish Place	Number of Finishers
12.19	GROSSMONT 10K	6.2	34:42	20/3	700

— RACING GOALS FOR 1981 -

(1) [redacted] - 5:30 / [redacted] 10K.

✓ 5:30 = 34:11 33:58

12.21.81

(2) UNDER 2:45:00 / MARATHON:

✓ 6:15 PACE

2:41:41 6:10

(3) 5:40 PACE / 10 MILE =

56:40 DNR

(4) 1:15:00 / ½ MARATHON

DNR

FAVORITE RUNS OR RACES

Here you might list those runs or races that you found particularly enjoyable or memorable. (You may wish to make them an annual event.) After completing a race or run that you feel has been a winner in some way or other, enter a brief description under Race/Course, the distance, and the date. From the date entered you can turn back to the logbook to get a complete description of the course.

This section comes in handy when you feel you have just been putting in the miles and would like to realize more pleasure from your runs.

For example:

Race/Course	Distance	Date
Diet Pepsi	10 K	6/27/81
4th-Pine-20th Sts.	5.3 mi.	8/9/81

FAVORITE RUNS AND RECORDS: [redacted]

Race/Course	Distance	Date
BEACH COURSE	10Mi.	3.8.81
BEACH COURSE	10Mi.	4.5.81
BEACH COURSE	10Mi.	4.30.81
BEACH COURSE	10Mi.	5.2.81
STAIRS	5Mi.	5.5.81
STAIRS	5Mi	5.11.81
BEACH COURSE	10Mi	5.17.81
BEACH COURSE	20 Mi.	4.8.81
BEACH COURSE	20 Mi	5.29.81
X-COUNTRY COURSE	10K	5.26.81
BEACH COURSE	20 Mi	6.3.81
BEACH COURSE	12Mi	6.9.81
BEACH COURSE	12Mi	6.14.81
STAIRS	5Mi	7.7.81
TORREY HILL 10K	6.2	7.9.81
STAIRS	5Mi	7.10
BEACH COURSE	10Mi	8.20
COAST [redacted] COURSE	10Mi	9.11
COAST COURSE	10K	10.26
NO. COURSE	10Mi	12.14
SO. COURSE	15mi	12.24

FAVORITE RUNS AND RECORDS: [redacted]

TIME	1ST. [redacted]e	LAST MILE [redacted]e
65:15	6:39	5:47
65:18	6:43	5:54
* 64:52	6:38	5:42
* 65:35	6:34	5:29*
35:29	—	6:05
* 34:56	—	*6:02
* 64:27	6:46	5:25*
2:14:02	6[redacted]3	5:50
2:17:16	6:57	5:57
44:00	6:37	—
* 2:13:35	6:50	5:34
* 1:20:16	6:44	5:57
[redacted] 1:19:22	6[redacted]	5:32
* 34:53	—	5:40
40:27	5:45 2nd.	
34:17	—	5:38
64:24	6:42	5:48
63:32	6:30	5:45
39:11	6:42	5.50
* 61:39	6:19	5:33
1:30:09	6:51	LAST 4 UNDER 6:30

* P.R.'s

271 DAYS RUNNING - 1981

8.1 MI PER DAY - '81

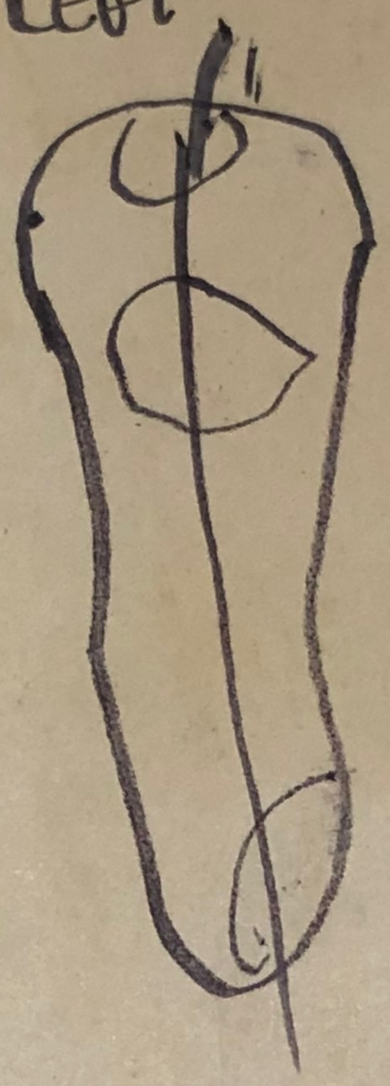
2200 MI RUN - 81

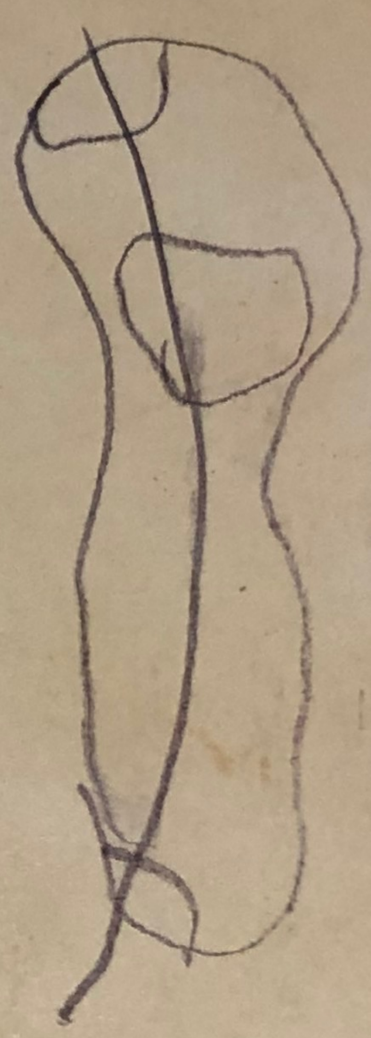


MISSION BAY - 3:35:00

LEFT

RIGHT





WEAR AREAS SHOES (000: NEW BALANCE