

1983

FOR RUNNERS • SWIMMERS • CYCLISTS • TRIATHLETES

Day	Date	Sport	Rating	Run	Bike	Time	Commentary
S	8/29	AM ① [14]	6	6	—	N W	
		PM		8	—	5041	
M	8/30	AM [6]	6	6	—	N W	
		PM		1	14	N W	14mi. BIKE PM - EZ
T	8/31	AM ② [12]	6	6	—	N W	
		PM		6	—	7809	
W	9/1	AM ④ [20]	6	6	30	N W	3@NW 3@ 1837/618
		PM		14	—	N W	- BIG DAY - 20mi RUN / 30mi. BIKE
T	9/2	AM [6]	6	6	—	N W	
		PM		1	—	N W	
F	9/3	AM ③ [14]	6	6	—	N W	14mi. RUN/26mi. BIKE
		PM		8	26	4952	
S	9/4	AM [6]	6	6	—	N W	6@N.W.
		PM		1	—	N W	REST PM
Total For Week				70	78		FIRST WEEK OF TRAINING FOR HEART
Weight 140 Average For Week					11.1		OF SAN DIEGO MARATHON - BEGINNING
Week No. 1 Year—To Date				615	1740		OF DOUBLE WORKOUTS... - 4 DOUBLES -



Day	Date	Sport	Rating	Run	Bike	Time	Commentary
S	9/5	AM [8]		8	—	5:48	BIKE INTO PACIFIC COAST CYCLES.. CHUCK
		PM		—	—	6:44	
M	9/6	AM ① [12]		6	—	NW	
		PM		6	—	3:23	
T	9/7	AM ② [12]		6	—	NW	
		PM		6	—	3:12	
W	9/8	AM ③ [16]		8	—	NW	
		PM		8	—	4:14	
T	9/9	AM [6]		6	—	NW	
		PM		—	—	—	
F	9/10	AM ④ [22]		12	—	NW	
		PM		10	—	6:21	
S	9/11	AM [6]		6	—	NW	OK TOMORROW / LT ROUGH WATER
		PM		—	—	—	PM
Total For Week				—	Bicycle	82	GOOD WEEK... GOING FOR 90 NEXTWK
Weight <u>138</u> Average For Week				—	Run	11.1	
Week No. <u>2</u> Year—To Date				615	1822		



Day	Date	Sport	Rating	Run	Bike	Time	Commentary
S	9/12	AM	①	18	10	—	10K 3615/550 AM
		PM	①	18	—	—	NO ROUGH WATER PM TOO TIRED TO GET
M	9/13	AM	②	12	6	—	HEAD WET — 8mi @ 5206/630
		PM	②	12	6	—	
T	9/14	AM	②	12	12	—	
		PM	②	12	—	—	Am 12 @ 630
W	9/15	AM	③	16	8	—	BIKE RETURNS... YES, YES, YES!
		PM	③	16	8	10.5	PM RUN NOT GOOD — TIRED.
T	9/16	AM	③	6	—	—	NOT FEELING TOO GOOD... TIRED.
		PM	③	6	—	NW	BASICALLY SICK... FATIGUE... FLAT
F	9/17	AM	③	8	—	—	4 @ N.W. 4 @ 2751/658
		PM	③	8	—	—	BEGIN POT LAY-OFF DETOX PROGRAM
S	9/18	AM	③	8	—	—	HAIRCUT?? X-COUNTRY MEET TORREY PINES
		PM	③	8	—	—	FEELING BETTER — GOT TO START SMOKING LESS....
							4 @ NW / 4 @ 2741 / 625
							LIFE BETTER... HOT and COLD FLASHES
Total For Week				80	10.5	—	ANOTHER 80 WEEK... GOT TO CHANGE
Weight 135-40 Average For Week				11.4	10.5	—	LIFESTYLE IF GOING TO KEEP THIS UP
Week No. 3 Year—To Date				1902	625.5	—	BEST WEEK NEXT WEEK FOR ORANGE CO.



Day	Date	Sport	Rating	Run	Bike	Time	Comments
S	9/19	AM	12	12	—		616 mi RUN / 8.6 mi. BIKE
		PM	12	—	9.4		6 @ 39:04 / 521 mi. BIKE
M	9/20	AM	12	12	—		6 @ 40:16
		PM	12	—	11.2		ALTERNATING 7:00 mi and 6:30 mi.
T	9/21	AM	8	8	—		BUD EZ 700 PACE FOR 8 RAN
		PM	8	—	—		630-645 4 MORE NORTH - BIKE TO DELMAR EZ
W	9/22	AM	16	8	—		THE KIDS COMING BACK - NO SMOKE!!
		PM	8	8	29.2		AM - 4 @ NW / 4 @ 2408 / 602
T	9/23	AM	10	4	—		1) 615 2) 1224 3) 1824 4) 2408
		PM	10	6	—		(615) (609) (600) (544)
F	9/24	AM	10	6	—		AM 4 @ NW / 4 @ 2550 / 643 16/30 DAY!!!
		PM	10	4	—		BIKE 29.2 OCEANSIDE - PM 4 @ NW / 4 @ 1) 705 2) 635
S	9/25	AM	10	10	—		3) 553 4) 545 OCEAN 066
		PM	2	2	—		HELMET!!! BELL 5000 6 PM AM BEACH
							4 AM NW BEACH RD BACK
							AM EZ - DN BCH - BACK RD
							LITTLE HEAVY - SHOULD BE ABLE TO RUN AT 530
							BACK TOMORROW WITH 6 PM FOR 80!!
							ORANGE COUNTY 10K / UC IRVINE
							SUB 34 3456 / 538
							60/2100 1st. 35-39
Total For Week				80	50		
Average For Week				11.4	10		Ho-Hum
Weight				1982	636		
Week No. 4							
Year - To Date							

* PROGRESS REPORT:

71 DAYS RUN

50 DAYS BIKE

Commentary



JIM O'BRIEN @ Carlos and Annies

ALTERNATING 7:00 mi and 6:30 mi.

BUD EZ 700 PACE FOR 8 RAN

630-645 4 MORE NORTH - BIKE TO

DELMAR EZ

THE KIDS COMING BACK - NO SMOKE!!

AM - 4 @ NW / 4 @ 2408 / 602

1) 615 2) 1224 3) 1824 4) 2408

(615) (609) (600) (544)

AM 4 @ NW / 4 @ 2550 / 643 16/30 DAY!!!

BIKE 29.2 OCEANSIDE - PM 4 @ NW / 4 @ 1) 705 2) 635

3) 553 4) 545 OCEAN 066

HELMET!!! BELL 5000 6 PM AM BEACH

4 AM NW BEACH RD BACK

AM EZ - DN BCH - BACK RD

LITTLE HEAVY - SHOULD BE ABLE TO RUN AT 530

BACK TOMORROW WITH 6 PM FOR 80!!

ORANGE COUNTY 10K / UC IRVINE

SUB 34 3456 / 538

60/2100 1st. 35-39

... Second Sole, by the way, is

competing in Saturday's KFWB South Coast

Classic in Irvine against Sub-4 and the Frank

Shorter Running Club. Twenty-two runners

with 10K times of under 30 minutes are en-

tered, including American mile recordholder

Steve Scott. ...

Four Week Summary



Four Week:

Total Distance:

SWIM

BICYCLE

RUN

Longest Workout:

Year-to-Date Total:

130

320

30

20

636

1982

COMMENTS About Training Program:

BICYCLE HELPING ME BECOME STRONGER - GOOD ADDITION
TO PROGRAM - 80 RUN / 50 BIKE IDEAL - NO SWIMMING!!
LONG RUNS 22+ START 2ND WEEK IN OCTOBER TRACK
1ST WEEK IN NOVEMBER - 80 DAYS IN ROW CONTINUOUS DAYS RUN!!

COMMENTS About Physical Condition:

STRONGER - WILL SHOW IN LONGER RUNS LATER

COMMENTS About Mental Attitude:

GOOD - HIGHER MILEAGE A PLUS

COMMENTS About Goals:

SUB. 240 MARATHON FAST APPROACHING



Day	Date	Sport	Rating	RUN BIKE TIME			Commentary
				Distance	Time	Rate	
S	9/26	AM	12	12	—		6@ 4217/703 NO PROBLEM — 6@ 3735/616 LEGS GOOD SHAPE TODAY!! RAIN: NICE ABOUT 70°
		PM		—	—		
M	9/27	AM	10	10	—		5@ NW / 5@ 3321/640 EZ BIKE — WINDY in CALVES A LITTLE POUNDED in
		PM		—	10 ³		
T	9/28	AM	10	10	—		5@ NW / 5@ 3100/612 EZ NO PROBLEMS — 1 st mi. 547 LONG TOMORROW 22mi RUN / 22mi BIKE
		PM		—	—		
W	9/29	AM	22	10	22		BIG WEDNESDAY — 10@ AROUND 6:35 BIKE TO CARLSBAD: HELMET EZ UP WIND BACK 12@ 7754 / 629 Pm NO PROBLEM — M.L. HERE!
		PM		12	—		
T	9/30	AM	16	8	—		AM 8@ ARN 700 last 4 27:41 GOOD DAY — LITTLE NAY — PM 8@ 6:24 NO PROBLEM
		PM		8	—		
F	10/1	AM	14	8	—		AM 4@ NW 4@ 2730/6:53 LITTLE TOUGH GETTING LONG !!! PM 6@ NW BEACH... JUST A LITTLE TIRED
		PM		6	—		
S	10/2	AM	6	6	—		EZ.... LAXATIVES HIT HARD.... DEL MAR DAY GREAT FROM MY VANTAGE POINT U
		PM		—	—		
Total For Week				90	32		GOOD WEEK.... DAYS OFF 52 MILES 3 days: 173 DAY AVE.
Weight 135-40 Average For Week				12.8	16		
Week No. 5 Year—To Date				2072	668		

Day	Date	Sport	Rating	RUN		BIKE		Time	Pace	Commentary
				Distance	Time	Distance	Time			
S	10/3	AM	16	8	—	—	—	—	—	AM 8@ 5157/629 WANT A DAYS REST WILL DO — EZ 630 PACE ??
		PM								
M	10/4	AM	10	10	—	—	—	—	—	8@ 5420/648 LOOKING GOOD... 10@ 6722/644 EZ
		PM								
T	10/5	AM	10	10	—	—	—	—	—	BIKE PM ROOSTERZ — NICE LITTLE OVER HR. RIDE — 20 mph ?? LITTLE FASTER THAN YESTERDAY ??
		PM								
W	10/6	AM	30	20	—	—	—	—	—	LONG TOMORROW... JACUZZI: 30min AM 20@ 2:11:32/635 LAST 8mi. @ 630 PM BIKE 9.5 10mi @ 6808/648 — GOOD
		PM								
T	10/7	AM	20	12	—	—	—	—	—	DAY NOT TOO BAD FOR 5 HRS. SLEEP... AM 12@ 646 LITTLE WOZIE!! PM 8 ON BOLT and BACK NOT TOO BAD FOR 5 HRS. 2 LOOKING AT FIRST 100mi WEEK!!!
		PM								
F	10/8	AM	8	8	—	21.7	—	—	—	AM BIKE — GREAT MARKED MILES 9 and 10 SOUTH COURSE — JACUZZI — 30min PM 4 down @ 2642/640 (CONA)
		PM								
S	10/9	AM	6	6	—	—	—	—	—	3@ NW 3@ 2005/642 NO PROBLEM... Santa Ana winds 10-20 mph 75°
		PM								
Total For Week				100	76.2	5 YRS. RUNNING — 1ST. 100 MILE				
Average For Week				14.3	19.0	WEEK — GOOD FOR ME !!				
Year — To Date				2172	744	100mi RUN — 76mi. BIKE				
Weight		138								
Week No.		6								



Day	Date	Sport	Rating	RUN BIKE TIME			Commentary
				Run	Bike	Time	
S	10/10	AM	14	14	—	—	14 AM all around 7:00 or under SANTA ANA - 2 HRS. SLEEP - GARAGE CAUGHT ON FIRE - SMOKE UNREAL!! 10 EZ — BIKES TO DEL MAR FINALLY GOT SOME SLEEP - SHOWERS IN STATE PARK
		PM	—	—	—	—	
M	10/11	AM	10	10	—	—	10 @ 6810/649 EZ 30 TOMORROW - HEADACHE - GOT TO MOVE and SUN... AM 20 @ 20902/628 ELECTRIC... NEW COURSE TO UCSD - COOKIN ICE MACHINE PM 8 @ 700 or so - GOT TO DARK FOR 30 8 @ 5435/649 am 8 @ NW pm 1 mi @ 605
		PM	—	104	—	—	
T	10/12	AM	10	10	—	—	AM - 8 @ 5326/641 PM 8 @ 5037/620 BIKE: 132 NO NAP - LEGS COMING BACK FROM WED. NICE and EZ EVERYTHING FEELS GOOD - LITTLE TIRED NOT BAD... FIRE IN GARAGE NO H2O TILL FRI STILL COLD DIDN'T STOP ME.
		PM	—	—	—	—	
W	10/13	AM	28	20	—	—	AM - 8 @ 5326/641 PM 8 @ 5037/620 BIKE: 132 NO NAP - LEGS COMING BACK FROM WED. NICE and EZ EVERYTHING FEELS GOOD - LITTLE TIRED NOT BAD... FIRE IN GARAGE NO H2O TILL FRI STILL COLD DIDN'T STOP ME.
		PM	8	—	—	—	
T	10/14	AM	16	8	—	—	AM - 8 @ 5326/641 PM 8 @ 5037/620 BIKE: 132 NO NAP - LEGS COMING BACK FROM WED. NICE and EZ EVERYTHING FEELS GOOD - LITTLE TIRED NOT BAD... FIRE IN GARAGE NO H2O TILL FRI STILL COLD DIDN'T STOP ME.
		PM	8	—	—	—	
F	10/15	AM	16	8	132	—	AM - 8 @ 5326/641 PM 8 @ 5037/620 BIKE: 132 NO NAP - LEGS COMING BACK FROM WED. NICE and EZ EVERYTHING FEELS GOOD - LITTLE TIRED NOT BAD... FIRE IN GARAGE NO H2O TILL FRI STILL COLD DIDN'T STOP ME.
		PM	8	—	—	—	
S	10/16	AM	6	6	—	—	AM - 8 @ 5326/641 PM 8 @ 5037/620 BIKE: 132 NO NAP - LEGS COMING BACK FROM WED. NICE and EZ EVERYTHING FEELS GOOD - LITTLE TIRED NOT BAD... FIRE IN GARAGE NO H2O TILL FRI STILL COLD DIDN'T STOP ME.
		PM	—	—	—	—	
Total For Week				100	24	—	DIDN'T STOP ME.
Average For Week				142	12	—	
Year—To Date				2272	768	—	
Weight		Week No. 7					

Day	Date	Sport	Rating	Distance	BIKE	Pulse	Commentary
S	14	AM	20	14	—	—	10K @ 4:05.7 RUN TO DEL MAR — BUD LOOKED GOOD... RUN BACK TOWN JACUZZI 45min. — NO PROBLEM
	20	PM		6			
M	10	AM	10	10	—	—	16.0NW PM LAST MI @ 6:01 6:54.9 / 6:35 LAST MI @ 5:34 BIKE TO DEL MAR 12.1 — VERY GOOD 6:50.0 / 6:30 1 MI @ 5:28 EVERYTHING FEELS GOOD!! LONG TOMORROW — 20.1 (LAST 2 mi. 11:59)
	10	PM		—			
T	10	AM	10	10	—	—	NEW TERRAS — 10MI @ 6:50.3 / 6:48 20MI @ 2:12.4 / 6:34 JOHN @ 2:15 — SAINT LOUIS WORLD SERIES — FELT GREAT!! 12 @ 8:24.8 / 6:52 HEADACHE — LEGS FEEL GREAT — NOW 20 TOMORROW — KAREN / BIKE 8 @ 5:35.5 AM / 6:46 / PM SANDIEGO TO PARK HILL RUN 8 @ NW 10 @ 6:39 / 6:46 maybe a fast 5 tomorrow
	10	PM		—			
W	30	AM	24	24	—	—	10 @ 6:39 / 6:46 NO PROBLEM
	24	PM		—			
T	6	AM	12	4 ²	—	—	GOOD WEEK — FEELING THE POWER COMING BACK — IT BEEN 2MO'S 89 mi avg
	12	PM		12			
F	14	AM	16	8	—	—	
	16	PM		8			
S	6	AM	10	10	—	—	
	10	PM		—			
90 / 102				Total For Week	102	16	
Weight				Average For Week	14.5	8	
Week No. 9				Year — To Date	2374	784	



Four Week Summary

Four Week:

Total Distance:

Longest Workout:

Year-to-Date Total:

COMMENTS About Training Program:

COMMENTS About Physical Condition:

COMMENTS About Mental Attitude:

COMMENTS About Goals:

- 9 WEEKS -
RUN BIKE

822

262

91.3 AVE

29.1

87.3

Mi RUN
EQUAV.

✓
910 TOTAL

101 AVE.



Day	Date	Sport	RUN BIKE				Commentary
			Rating	Distance	Time	Pulse	
S	12/20	AM					14 @ 13009/626 LM @ 552 NYC MARATHON - AL 20931
		PM	20	14	—		
M	10/10	AM		6	—		6 @ NW LM @ 540 10 mi @ 6631 LM @ 523 FEELING POWER AGAIN —
		PM	10	10	—		
T	10/10	AM		10	—		110 MI WEEK BREWING?? 10 @ 6823/651 LM @ 649 SAN DIEGUITO THURS. AM — FEEL N BEHER AND BEHER — POWERFUL
		PM	10	—	—		
W	30/30	AM		24	—		20 @ 20636/620 LAST 10 MILE @ 6017/602 10m. 6619/638 LAST 4mi WAS UNDER 600 PACE LM 536 2mi 1141
		PM	30	6	—		
T	16/20	AM		8	—		JOHN GONE FLYING @ 1731/550 AM SANDIEGUITO EZ KAREN BIKE — 12 @ 11207/051 THROD m. (ALICE)
		PM	20	12	—		
F	20/6	AM		6	—		6 @ NW LM — DEFINITELY TIRED — BIKE PM NO RUN. REST PM —
		PM	6	—	15		
S	6/14	AM		14	—		14/7 @ 4732/645 6 @ NW LAST MILE 532 FOR 110 WEEK.
		PM	14	—	—		
Total For Week			110	15			GOOD WEEK — ESPECIALLY WED/THUR SLOW 50 — NO PROBLEMS — LITTLE STIFF ST OK!!
Average For Week			153	15			
Year — To Date			2484	799			
Weight _____							
Week No. 9							





ley, 25, San Diego, Win
wail. Swam 2.4 mil



What, seconds? Minimum
Depends on how many
"Two point four." (This
bum steer, either. And that
deservedly gets a long, collective
Two minutes later, the last
trivia announcement is made
picnic announcement is made
("Sherrie's gonna bring a
barbecue, we'll all bring some
beer...") and the first part of
what will be a 3,000 to 4,000 yard
chalkboard. Suddenly serious
swimmers in the nation, ranging
in age from 25 to 65, start to reel
off the laps. And this year, for the

26.00 2.80 out; Irribarren
2) 2.20. Quiniela 60.00.
ier (1) 14.80 4.40 out; Reveles
1.40; Salinas-Orozco (3) out.
19.20 6.40 3.20; Miguel (1) 3.40
2.60. Quiniela 21.40.
16.80 out out; Becquer (4) 23.00
2.20. Exacto 75.00.

Turbo Trained

W	3
T	4
F	5
S	18

(2)
(3)
(4)
(5)

Weight
Week No. 10
Year-To Date 2574 799

5 mi. OCTOBER 14⁵
WED/SAT. ONLY !!
5:17
PLEMS... LOOKING GOOD!
E-Z
SORE ?? 5:17 mi. !!
GOOD FOR 30 TOMORROW -
10/631 LM @ 525
@NW FEELN ELECTRIC
@NW.
@NW (NEW TERRAS)
JULIAN 8.9 mi. HILL RUN 54:01 4th PLACE
2 mi WARM - DOWN/UP 3 TOTAL 600 PACE
1st. 5147 2nd 5317 3rd 5347 100 FINISHERS
GOOD WEEK - RARE PACE up and down
HILLS AT JULIAN GOOD!! TO NEXT WEEK
6 PM @ NW SATURDAY FEEL POWER.

COOL IT
BUDDY



Day	Date	Sport	Rating	Distance	Time	Pulse	Commentary
S 7	8/8	AM	8	8	—	—	4@NW
	8/8	PM	8	—	—	—	4 BACK AT 2.722/650
M 8	8/10	AM	10	10	—	—	NO STIFFNESS - LOOKING GOOD!
	8/10	PM	10	—	—	—	9@NW LM @ 842
T 9	8/6	AM	6	6	—	—	NICE AND EZ
	8/6	PM	6	—	—	—	NO PROBLEMS
W 10	8/6	AM	6	—	—	—	5@700 LM @ 525
	8/6	PM	6	—	—	—	COOL/WINDY/RAIN 60
T 11	8/6	AM	6	—	—	—	BACK-UP MARATHON FOR FLETA BOWL 12/4
	8/6	PM	6	—	—	—	6@NW - STRIDES AT 3mi. MARK
F 12	8/6	AM	6	—	—	—	ON BOARD 8X100 @ 500 PACE
	8/6	PM	6	—	—	—	JOHN IS READY THIS TIME - HE'LL BE TOUGH.
S 13	8/6	AM	6	—	—	—	6@NW KAL @ 53.3
	8/6	PM	6	—	—	—	IF 6 FOR HEART 1! 800 DONATION!
	8/6	AM	6	—	—	—	NO PROBLEMS THINGS MAKING SENSE
	8/6	PM	6	—	—	—	EZ 6@NW
	8/6	AM	6	—	—	—	STRIDES TOMORROW - HAIRCUT!
	8/6	PM	6	—	—	—	6@NW
	8/6	AM	6	—	—	—	8X100 STRIDES
	8/6	PM	6	—	—	—	—
70		Total For Week	48	8	8	8	
Weight		Average For Week	6.8	8	8	8	
Week No. 11		Year-To Date	2622	807			
							EZ STRIDES GOOD IDEA!!

Day	Date
S 16	16/16
M 15	6/6
T 16	6/4
W 17	4/4
T 18	4/4
F 19	4/4
S 20	2/2
	42
Weight	
Week No.	

Day	Date	Sport	Rating	Distance	Time	Pulse	Commentary
S	16/16	AM		16	—		16@15000 MISSION Bay Park JOHN FELT TIRED TODAY LATE NIGHT CAST NITE — EZ TIL SUNDAY 6@NW 2X100 STRIDES FEELING GOOD — NOT WEARING MOVING SHOES START SUN.
14		PM		—	—		
M	6/6	AM		6	m		4@NW DN BEACH — KNEE LIFTS
15		PM		m	m		
T	6/4	AM		m	m		4@NW ON BEACH — KNEE LIFTS 6@NW 2mi @ 645 1 st and 4 th . BIKE RIDE: 8 JACUZZI: 1 HR. AM 4@NW BEACH — HOUSING SITUATION RESOLVED BARKING DOG JANI — GOOD NEWS — LY 2mi 304 EZ
16		PM		4	m		
W	4/4	AM		m	m		STRETCHES BEACH — KNEE LIFTS BED BREAKFAST 10 MEXICAN 5 BED AT 130 DID NOT GO TO SLEEP
17		PM		4	m		
T	4/6	AM		6	m		Total For Week Average For Week Year — To Date
18		PM		m	8		
F	4/4	AM		m	2		Weight Week No.
19		PM		4	m		
S	2/2	AM		2	m		Swim Bicycle Run
20		PM		2	m		
				42	10		
				6	10		
				2664	817		



Day	Date	Sport	Rating	Distance	Time	Pulse	Goals:	Commentary
S	30/	AM		24	m		GOALS:	
21	24	PM		m	8.3		HEART OF S.D. MARATHON:	2692
M	4/	AM		w	10.3		SUB 2HR. 20 MI / SOB 240 MARATHON	
22	6	PM		6	w		20@5900 20@20045 SEE NOTES:	
T	4/	AM		m	9.8		EZ BIKE AM - EZ RUN PM	
23	6	PM		6	m		4@NW 2@1336/648 JACUZZI 20min	
W	6/	AM		m	25.1		LEGS LITTLE TIGHT - SUB. 240 MISSION BAY	
24	6	PM		6	m		EZ BIKE AM 10 mi.	
T	6/	AM		6	m		PM 3@2040/653 3@NW	
25	6	PM		10m	10.9		JACUZZI 35 min STRETCHES	
F	6/	AM		6	m		AM BIKE [25.1] EZ UCSD	
26	6	PM		6	m		PM RUN 3@1943/634 3@N.W.	
S	6/	AM		6	m		FELT GOOD DURING	
27	6	PM		6	m		BIKE 10.5 HAND FROM SOLANA BEACH	
				60	95		RUN 3 EZ DASH BEACH (1627 2155 93) 528	
				8.5	15.8		3 BARK RD 3@1754/558	
				2724	912		3@1921/627 3@2034/651 - BIKE CRASH PM	
							BIKE 31 mi. TORREY PINES GOLF COURSE EZ	
							MARKED OFF PONDIFINO FULL COURSE 201.3	
							5@NW LM@522	
							JACUZZI 45 min.	
							LEGS SORE FROM BIKE FALL YESTERDAY	
							EZ MOST OF WEEK RUN - GOOD WEEK	
							ON BIKE TO BE CONTINUED TILL NEXT WED.	
Total For Week				60	95			
Average For Week				8.5	15.8			
Year-To Date				2724	912			
Weight _____								
Week No. _____								



CHEST PAIN

COLD - RUNNING ON 1 LUNG

50:51 19K MASTERS
X-COUNTRY 2.44mp.
SHOCK HANDS SAL VASQUEZ
CNO ANDRE TAECO



Day	Date	Sport	Rating	Distance	Time	Pulse	Commentary
S	6/8	AM					
28		PM	8	8	m		
M	6/2	AM		m	m		
29		PM	2	m	m		
T	6/3	AM		2	m		
30		PM	3	m	m		
W	6/16	AM		m	m		
1		PM	6	m	m		
T	6/24	AM		m	m		
2		PM	6	m	m		
F	6/3	AM		8	m		
3		PM	8	m	m		
S	6/10	AM		8	m		
4		PM		m	m		
Total For Week				41	m		
Weight _____ Average For Week				5.8	m		
Week No. _____ Year-To Date				2765	912		

1 Loop of PORTOFINO 636 m.
1752 TO TOP OF T.P. LAST 3m. 627/610/529
1806/602. LINE TIGHT NO WARM-UP / OK DAY
RAIN and HEAVY - CHEST HURTS
UPPER RIGHT SIDE - COLD??
LEGS FEEL GREAT
HEAVY STORM 65 mph WIND
30 NW RIGHT LUNGS HURT
6 @ NW 1 mi AROUND 648 WITH
20 mph TAILWIND - LUNGS HURT
3 @ NW DN BCH
3 @ 1758/559 ON 1 LUNG
JACUZZI 45 min. MOVE IN WITH RD.
3 @ 1908/623 CRUISE 3 @ NW
2 @ 1155/558 LUNG STILL NOT
GOOD LEGS FEEL GOOD.
2 @ NW 6 @ 3843/627
HEADACHE
FRUSTRATING WEEK -
BEGIN MBM SCHEDULE NEXT WEEK !!!
CHEST COLD ALL WEEK

MBM FINE TUNE WEEK #1



Day	Date	Sport	Rating	Distance	Time	Pulse	Commentary
S		AM		10	M		10@6243/616
5		PM		W	M		BREAK AT 6 5min - FLEW LAST 4mi.
M		AM		10	M		LAST mi @ 537 - GOOD START TO MBM
6		PM		W	M		5mi. @ 32:46/633 - 5mi @ 2957/600
T		AM		W	M		10@6945/659 ; HATE RUNNING SLOW!
7		PM		6	M		5@NW / LM @ 557
W		AM		8	M		EZ
8		PM		10	M		7@NW LM @ 557 - TED GOODLACE !!
T		AM		22	M		Pm MIRA COSTA 2mi. WARM-UP 800X100
9		PM		W	M		STRIDES 16X40 @ 73.0 220JOG 2mi. DOWN
F		AM		2	M		20 @ 2:12:39 / 638
10		PM		W	M		2mi. WARM DOWN - GOOD RUN LOTS
S		AM		12	M		OF WIND - FUCK ME -
11		PM		W	M		20 NW UP ALL NIGHT WORK
Total For Week				80	M		THE DAY-SHIFT
Average For Week				11.4	M		12 / 40 SUB. 630 / 40 NW / 40 SUB. 630
Year-To Date				2845	912		PARTUCK ?? FOR GOOD TO GET SOME SLEEP
Weight							VERY TIRED LAST NITE!! 12LBS. IN BED.
Week No. 1							TOTAL RUNNING TIME 1:18:27
							WED and THUR WERE INTENSE -

Day	Date	Sport	Rating	Distance	Time	Pulse	Commentary
S		AM					
12		PM		10	m		10 @ NW
M		AM		m	m		
13		PM		10	m		10 @ 5906/554 * T.P.R. @ 10 MILES
T		AM		m	m		50 @ 3037/1607 / 5 @ 2839/544
14		PM		6	m		WERE DID THIS COME FROM ?? wow!!
W		AM		4	m		Bike 10 in AM
15		PM		4	m		6 @ NW pm
T		AM		22	m		VALERIE !! 4 @ NW AM
16		PM		m	m		4 @ NW TRACK DONT HAVE - HEAVY
F		AM		m	m		HEAD and BODY JOHN @ 230
17		PM		8	m		20 @ 20824 2 @ NW
S		AM		10	m		FEEL GOOD - REST FINALLY
18		PM		6	m		10 @ 6537/634 10 @ 6347/617
				80	10		8 @ NW IN BEACH
				11.4	m		HEADACHE / Tired from THUR.
				2925	922		6.2 @ 3513 ?? / 600 course short !! 21st overall
							TOUGH HILL - RUN ENCINITAS LOC JOHN 3000 front
Total For Week				80	10		TOO MUCH PARTYING THIS WEEK
Average For Week				11.4	m		IRRATIC - DOUBLES TO END
Weight _____							OUT YEAR -
Year - To Date							

Day	Date	Sport	Rating	Distance	Time	Pulse	Commentary
S		AM					
		PM					
M		AM					
		PM					
T		AM					
		PM					
W		AM					
		PM					
T		AM					
		PM					
F		AM					
		PM					
S		AM					
		PM					
Total For Week				88	Bicycle	Run	
Weight _____ Average For Week				12.5			
Week No. _____ Year—To Date				3013			



AM 6@NW
 PM 8/4@NW - 4@2658/645
 EZ 14 NO PROBLEM
 2@1245/623 2@1157/559
 2@1108/534 2@1112/536
 1M JOGS BETWEEN... NICE WORKOUT!
 8@4702/553
 8@NW
 8@5548/658 AM
 TRACK: RAIN/WIND / BOP/JOHN
 4X880 @ 2:30 4X JOG 4X440 @ 73 220 JOG
 6@NW (HARDCUT)
 20@2:1754 10@NW NORTH
 20-30 mph WIND 71:24 up
 BAND GEORGETOWN 66:30 BACK
 10@6930 EZ (STILL WINDY)
 WHOLE BODY TINED

Day	Date	Sport	Rating	Distance	Time	Pulse	Commentary
S		AM					
M	27						
T	28						
W	29						
T	30						
F	DEC. 31						
S	JAN. 1						

Month	Distance	Time	Pulse
JAN.	190		
FEB.	185		
MARCH	197		
APRIL	209		
MAY	265		
JUNE	240		
JULY	216		
AUGUST	225		
SEPT.	358		
OCT.	450		
NOV.	235		
DEC.			
TOTAL	3102		

Weight	Average For Week	Year—To Date
8.5	W	
4	W	

Mileage	Year	Sport
3102 Mi.	4 1982	RUNNING
922 Mi.	4 1982	BIKING



20 // 1637/532

@ 4:45

... ALL MILES WITHIN

ALDOA PARK

@ 6608 1636

@ 6339/621

THE NIGHT!!!

1983



Day	Date	Sport	Rating	Distance	Time	Pulse	Commentary
S	JAN 2	AM					
		PM		10	W		AM 10@ 6608/638
M	3	AM		6	W		PM 3@ NW / 3@ 1827/609 EZ
		PM		4	W		4@ NW
T	4	AM		8	W		8 PM MILB REPEATS: 538/522/529/525
		PM		6	W		4@ FLT
W	5	AM		10	W		6@ NW
		PM		10	W		10@ 6202/612 AM WARM-UP
T	6	AM		4	W		10@ TRACK: 2x1mi. 457/456
		PM		6	W		4x440 "72 2) 68 3) 69 4) 66 / 69 AVE.
F	7	AM		4	W		AM 4@ NW
		PM		20	W		PM 6@ NW
S	8	AM					6:00 am 4@ NW ROZEANNA
		PM					20@ 20834/625 - Wows!!!
Total For Week				Swim	Bicycle	Run	
Weight _____ Average For Week							
Week No. _____ Year—To Date							

SURFING

1983

1983 calendar

\$4.25

YEAR
OF SE
SURF

JANUARY: 333 MILES RUN -
MISSION BAY MARATHON - 2:43:24

FEBRUARY: 254 MILES RUN - JOIN HOLIDAY HEALTH CLUB

MARCH: 306 MILES RUN - LAGUNA BEACH 10K: 34:11
MISSION BAY 10K 34:11

APRIL: 155 MILE RUN - 333 MILE BIKE - FALL DOWN
STAIRS IN LA JOLLA, 15 DAYS OFF - INTERNATIONAL FRIENDSHIP
MARATHON WITH BEN 4:16:30 - J

MAY: 300 MILE RUN. 13K 09:00 100 BIKE

JUNE: 223 MILE RUN 1 FLOWER FESTIVAL 10K 33:50
2 MI RUN RANCHO BERNARDO 10:01 1ST PLACE VALLEY OF FLOWERS
MARATHON 2:49:30

JULY: 250 MILES RUN - OTAY LAKES BIATHLON 10K/35 BIKE: 2:31:04
CORONADO 10K: 35:15 OCEAN SWIMMING

AUGUST: 317 MILES RUN: 5K 17:08 MASTERS TRACK MEET

SEPTEMBER: 225 MILE RUN: MENTAL HEALTH 10K 33:32

OCTOBER: 311 MILE RUN: THRULOHILL 5K 21:25 2ND PLACE HAWAII

NOVEMBER: 240 MILE RUN: 252 MILE BIKE
LAKE MURRAY 50 MILE 6:49:20 4TH

DECEMBER: 158 MILE RUN: FIESTA BOWL MARATHON 2:44:15

3072 TOTAL MILES RUN IN 1983 / 15 RACES

31 DAYS OFF / 9.1 MI. DAY AVE. / 1000 FEET

4 WEEK AVE. / 256 MI. MONTH AVE. 12 MO
279 MI. MONTH AVE 11 MO



Amidst the torquing power of Pipeline, wave and surfer come together in graceful harmony. Mickey Nielsen. photo: Aaron Chang. Below: Aleta. photo: Brian Bielmann. Previous spread: Doug Coleman, Orange County. Pulling into an overhead barrel has to be the most thrilling moment in surfing. photo: Flame

Surfing Magazine

January 1983

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

333 MILES 4 JANUARY

10.8 mi. DAY AVE.

84 mi. WEEK AVE

2 AM-175
10 @ 6608/638

PM 3 @ NW
16 3 @ 1827/1609

9 AM-182
13 @ NW

13 RZN 4

16 AM-189
4 @ BP 2830
6 @ BCF EZ RZN

10 10

23 AM-196
26.2 @ 243:24 AM 203
40 NW 0 1236 60 BP EZ
32 14 30

3 AM-176
4 @ NW

4X1 mi. @ 538 PM
522/529/525
12 4 @ NW

10 AM-183
10 @ NW

10 RZN 4

17 AM-190
6 @ BPEZ
4934 RZN

6 6

24 AM-197
6 @ NW BP
14 16 204 405
60 519 105
14 31

4 PM-177
6 @ NW

6 RZN 4

11 AM-184
10 @ NW

10 RZN 4

18 AM-191
4 @ 27:46 PR
RZN 4

4 4

25 PM-198
6 @ 3901
RZN 0 6

5 AM-178
10 @ 6202/612

10 @ TRACK: PM
2X1 mi. 457/486
20 4X440:68/72
69/66 R/O

12 AM-185
10 @ NW

10 @ TRACK
20 440:58
RZN 2

19 AM-192
4 @ BP 3125 EZ
PM @ JULNEZ
18 8 RZN

18 8

26 1240
PM-199
6 @ BP 4401
RZN W4 6

6 AM-179
4 @ NW

PM 6 @ NW
10 RZN 4

13 AM-186
10 @ NW

10 RZN 6

20 AM-193
4 @ JULNEZ
4 @ CDFEZ
18 18 RZN

18 18

27 1239
PM-200
6 @ BP 4014
RZN 6



7 AM-180
4 @ NW
20 @ 20834
24 625 RZN

14 AM-187
6 @ NW

17 @ 14935/627
23 RZN 6

21 AM-194
4 @ BPEZ 2808
RZN 4 2

4 2

28 1238
AM-201
10 @ 508630
RZN 10

1 PM-174-

4 @ NW

4 4

NEW YEAR'S DAY

8 AM-181
5 @ NW

5 RZN 93

15 AM-188
6 @ NW

92 32
6 RZN 6

22 AM-195
4 @ BPEZ 2833
RZN 44 42 4

4 4

29 12371
AM-202
14 @ 508630
RZN 14 80

Above: At Four Mile in Santa Cruz, Willy Morris tests the limits of both performance and photographer courage. You can see why these guys demand health insurance. photo: Bob Barbour. Below: Palm beach, Hawaii. photo: Jeff Hornbaker

Surfing Magazine

February 1983

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
254: TOTAL 9.0 AVE. 6 AM-210 1229 6@34:48/548 6@NW. 12 13 1222 AM-217 21@2:30:52 21 20 1215 Pm 2@NW 224 2 27 1208 AM-231 T-1 12@1:23:00/655 12	7 1228 AM-211 6@BPEZ 6 14 1221 Pm 4.5@BANW 218 45 21 1214 Pm 2@NW 225 WASHINGTON'S BIRTHDAY OBSERVED 2 28 1207 Pm 232 T-1 6@NW 6	1 1234 AM-205 8@BPEZ 8 1 8 1227 AM-212 10@BPEZ 10 15 1220 Pm-219 6@BPEZ 6 22 1213 Pm 1@NW 226 1 	2 1233 Am-206 10@6442/628 Pm 12@12345 22 659 9 1226 AM-213 8@BPEZ 12@TRACE Pm 12x440 22N 20 @70 34 16 1219 Pm 220 6@3812/622 6 23 1212 Pm 227 6@3755/619 6	3 1232 Pm-207 6@4112/652 6 10 1225 AM-214 8@BPEZ 8 22N 54 17 1218 Pm-221 2@NW 2 24 1210 AM-228 3@NW 3	4 1231 AM-208 8@5746/728 Pm-12@BP 11630/622 20 11 1224 AM-215 20@21440/645 3@NW 23 18 1217 Pm-222 3@HHC700 3 25 1210 AM 229 3@1014 3@NW Pm 4 INDOOR 10 T-1	5 1230 AM-209 8@BPEZ 8 64 12 1223 AM-216 12@BANW 12 91 LINCOLN'S BIRTHDAY 19 1216 AM-223 8.5@BP 5059 18 51 26 1209 Pm 230 T-1 6@INDOOR 6 30

Above: Shaun Tomson carves a deep cut into the face of a massive Pipeline wall. Strong offshore winds make for increased speed on long, straight-line drives. photo: Aaron Chang. Below: Today's surfboards are as much artistic expressions as they are utilitarian tools. photo: Aaron Chang

Surfing Magazine

March 1983

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6 1201 LAGUNA BCH 10K AM-238 10K @ 3411/530 4 mi @ NW 110 350 overail/page 13 1194 AM 245 4 @ 2733/655 PM 1 @ INDR/NW 16 BIKE: 7.8 20 1187 AM-252 10mi. PA 4th 468 10K @ 3411/530 12 6 @ NW 27 1180 PM-3 @ LT 1859/600 RED 50. 3 @ NW BIKE 6 259 11.3	7 1200 AM-239 8 @ 5802/715 14 1193 AM-246 6 @ INDR 3401/630 CT 45:00 BIKE 5.6 21 1186 AM-253 8 @ NW 8 CT-31:19 28 1179 AM-3 @ RNW 8 @ 5522/656 11 - 260	1 1206 T-1 AM-233 6 @ 3838/626 4 @ NW 110 8 1199 AM 6 @ 3830 4 @ INDR 2637 10 6515 TotL. -240- 15 1192 AM-247 6 @ NW CT 3000 2 @ INDR 10540 22 1185 AM-254 6 @ NW LBS-139 6 CT-3346 29 1178 AM 3 @ LT NW 3 @ INDR 201148 6 -261 CT-3200	2 1205 AM-234 6 @ BP NW PM 12 6 @ INDR 4209 9 1198 PM 16 @ 13926 4 @ INDR/NW 612 20 -241-555 16 1191 AM 248 4 1/2 @ 11:46/553 PM 6 1/2 @ TRACK 4x440 @ 70 10 @ INDR 617 23 1184 AM-255 14 @ 13547/651 * 1st LT RUN (script's Hill) 14 30 1177 PM 3 @ LT NW PM 5 @ 2909/550 50 NW 262	3 1204 AM-235 4 @ 2340/555 PM 10 6 @ INDR @ NW 10 1197 AM 12 @ 12300 BIKE: 55 12 -242 17 1190 AM-249 8 @ 5700/708 PM 2 @ INDR @ NW 10 CT 3500 24 1183 AM-256 4 @ 2519/620 2 @ NW / 2 @ NW INDR 10 CT: 33- 31 1176 AM 11 @ LT NW PM 8 @ 205600 19 267 CT-40	4 1203 AM-236 6 @ 3717/613 2 @ INDR NW 18 11 1196 2 @ INDR 1/2 @ 234 2 -243 18 1189 AM-250 10 @ NW PM CT 3600 10 25 1182 AM-257 BIKE 12 6 @ BP NW 10 @ LT 10643/640 16 CT: 8	5 1202 PM-237 4 @ NW LB 4 44 12 1195 8 @ NW 1 mi @ 627 8 -244 70 19 1188 AM-251 6 @ NW 2 @ INDR/NW 8 60 26 1181 AM-258 11 @ LT NW BIKE 13 77
						306 mi. 9.8 DA-AVE.

Surfing Magazine

April 1983

Above: Gerry Lopez surveys an empty left feeling off perfectly in some remote corner of Bali. The only way to get uncrowded waves these days is to travel. photo: Hooley/McCoy for Storm Riders. Below: Tim Fretz, Honolulu. photo: Aaron Chang

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

155 mi. RUN
333 mi. BIKE
(APRIL)

18 days
RUN

323 MILES
ON BIKE ... IN
15 DAYS OFF
RUNNING ...
21.5 AVE.



3 [1173]
AM-BIKE: [21]
PM-266
6@381/622
[6] EASTER
YELLOW

4 [1172]
AM-10@6945
PM CT. [3315]
[10] 267

5 [1171]
AM-268

6 [1170]
AM-269
10@7000

7 [1169]
AM-270
7@NW

8 [1168]
AM: 271

2 [1174]
AM-265
2@1400 [CARTER]
8@4835/604
[12] 2@1300 [16]
9 [1167]
AM REPTS. 3@
450/591/533

10 [1166]
AM-273
26@41624/948
[26]

11 [1165]
AM 5@3501
[CT: 3001]
[5] 274

Pay to the order of **BAA MARATHON**
TEN and NO/100 Dollars

BANK OF AMERICA
CARDIFF-BY-THE-SEA BRANCH 717
131 ABERDEEN DR., CARDIFF-BY-THE-SEA, CA 92007

For **183 Boston Entry**

John Montgomery

122000666110135007122001583110000001000

17 [1159]
BIKE: [28.5]
[] [28.5]

18 [1158]
1@NW/INDR
AM-1
[1] [CT: 60.00]

2@NW
[2] [0]

51@
[01] [51]

6330
LS 30 00
[12]

62@
[3] [62@]

24 [1192]
ENCINITAS
HANSENS. RZN
[5] [33.0]

25 [1151]
[6]

26 [1150]
DEL MAR
15TH. ST.
[7] 2@RS
FLAT [20.7]

27 [1149]
BIKE
CAMP PENDLETON
[8] [62@]

28 [1148]
BIKE: LT
10.2 [10.2]
[2] RUN:
INDR 10.2
2@Subb

29 [1147]
AM/3@1930/630
[3] [7] [2]

30 [1146]
AM-10@NW
[10] [12] [22@]

Surfing Magazine

May 1983

Shaun Tomson, Backdoor, Hawaii. It boggles the mind to think of how many tubes Shaun has nabbed in his incredible career. photo. Dan Merkel. Below: 50mph Santa Ana winds howl into a single empty peak at Newport. photo: Mike Moir

* MAKE NOTE
SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 1145 Pm 6@4304 6 4	2 1144 Am 10@6654 10 5	3 1143 Am 6@4355 6 6 16 CT:64.00	4 1142 Am 20@ 7 Z:18:57 *LS TO DELMAR 10@6808 20	5 1141 Pm 4@NW 8 4	6 1140 Am 15@ 13523 9 RANGER STATION 1/2@4720 15	7 1139 4@2951 10 RN BIKE WK RN 4 26 65
8 1138 Am 10@ SHORES... 6951 10 11	9 1137 Pm 6@3936 636 6 12	10 1136 Pm 10@6603/ SHORES/636 10 13	11 1135 Am 15@1314 TA@4507 15 14	12 1134 Am 6@NW 6 15	13 1133 Am 10@6757 OFF: 74/63/65 Pm 6352/54 6@3650 (M) 308 14 16 308	14 1132 Am-6@NW TD CD WK 6 17 70
15 1131 Am 10@6756 SHORES 10 13	16 1130 Am 6@4152 6 19 CT:65	17 1129 Am 6@EZ 6 20	18 1128 Am 4@NW Pm 12@CARDIFF REPEATS: 501, 453, 508 504 FLOATS 16 21	19 1127 Am 8@5406 Pm 8@7133 16 22	20 1126 Pm 3@2106 3 23	21 1125 Pm 3@2117 WK 3 24 60
22 1124 10@5407/529 T 500 4@500 16 25	23 1123 10@7111 10 26	24 1122 6@5704 2@508.6 4@2901 TEXAS ST. 12 27 CT:60	25 1121 6@NW 6 28	26 1120 Am 4@2923 2@502, 453, 451 16 29 9@NW	27 1119 Am 7@NW 7 30	28 1118 Am 9@6645 9 31 70
29 1117 COVE to BEIC and BACK: 2 2729 1/2 11520 32	30 1116 6@NW 6 33 MEMORIAL DAY OBSERVED	31 1115 4@2746 CT:613 4 34		300 mi. 9.67 DA. AVE. 444	1348 mi. (1-5) 139 DA. RUN 9.6. DA. AVE	139 mi. 139 DAYS SUN

Above: Bodysurfing at Newport's infamous Wedge. People who say California never gets hollow obviously have never seen the Wedge on a big day. Easily as dangerous as Pipeline. photo: Randy Johnson. Below: Ketut Menda, Burleigh. photo: Jeff Hornbaker.

* NOT ENOUGH TIME ON NEW SHOES / BLISTERING RESULTS!!
 → YOUR ONLY AS GOOD AS THE PEOPLE YOU BEAT

Surfing Magazine

June 1983

SUNDAY

MONDAY

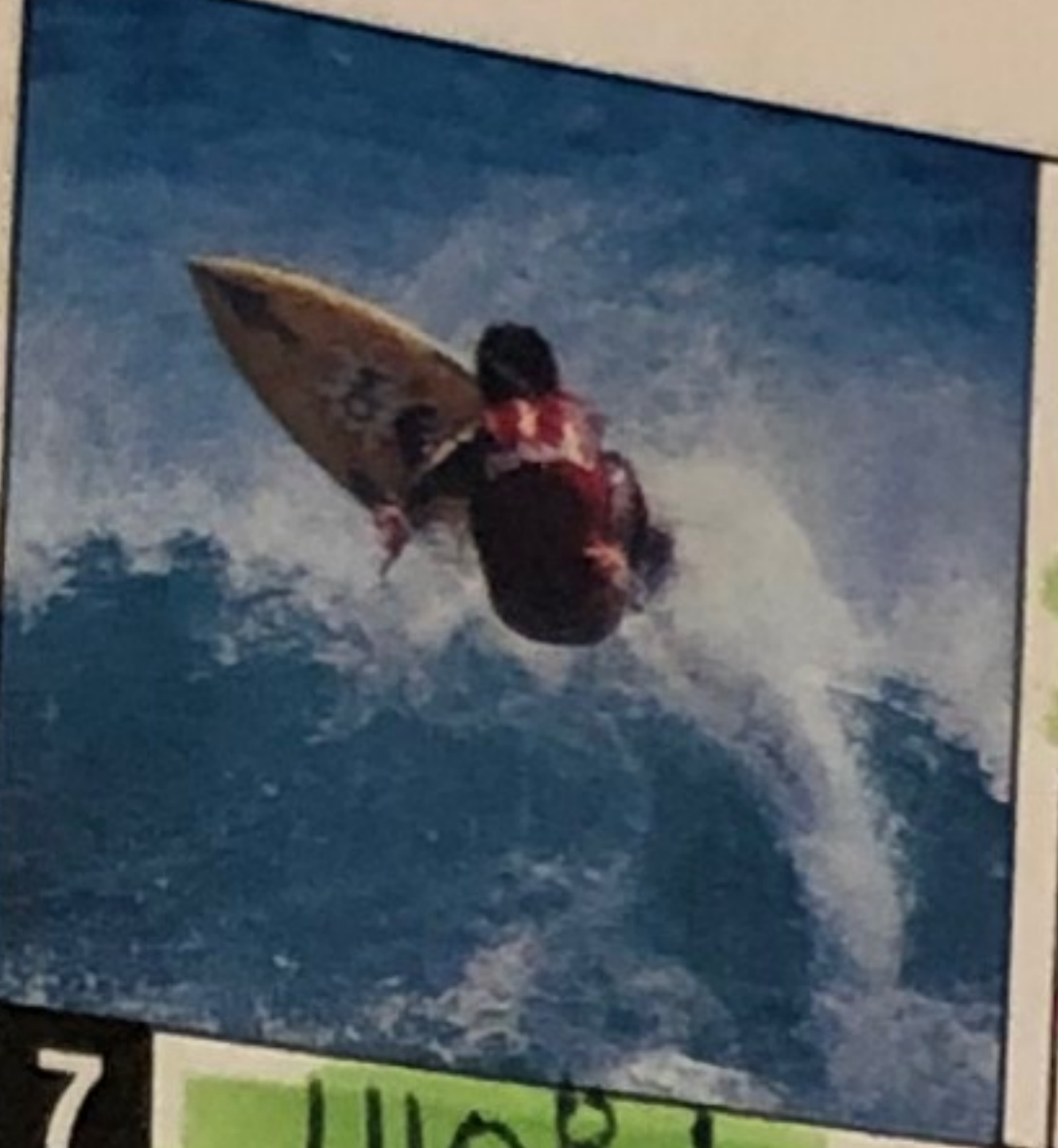
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



5 1110
 FLOWER 10K: 3354
 2ND (30-39) 9TH OVERALL
 40NW 5:27 PM
 10 39

12 1103
 2mi. RB @ 10:01
 40NW
 15 10:00
 6 46

19 1098
 VILLAGE 4 P3
 Lompoc 10:15
 10 6040 20 2050
 101 40 110
 14 35 34
 37 40 810 DALL
 9 0 EZ

26 1091
 100 VISALIA
 EZ
 10 60

6 1109
 PM 60NW
 6 40

13 1102
 60 4500
 6 47

20 1097
 60NW
 GAVIOTA
 6 44

27 1090
 RE-
 60 MARKLE
 VILLE
 6 61 EZ

7 1108
 AM 60 4250
 S.D. STADIUM
 CT: 61:00
 6 41

14 1101
 60 4500
 6 48

21 1096
 40 NW
 (VISALIA)
 90
 4 55

28 1089
 TENDONITIS

1 1114
 AM 60 4800
 40 L J HS
 15 35 1X 1M 10 454
 4X 440
 73, 70, 68, 67
 8 1107
 AM 60NW
 60 3556
 ...CARDIFF 10K COURSE
 12 42

15 1102
 40 3200
 4 49

22 1095
 70NW
 SEQUOIA NATL
 PARK
 854 AVE
 475 6000+ FEET
 HIGH SIERRA TRAIL
 7 56

29 1088
 80 GOLDEN
 GATE BRIDGE
 8 11

2 1113
 AM 60 4652
 6 36

9 1106
 AM 60 STADIUM
 4547
 40 250
 77NW
 44
 6 43

16 1101
 40 EZ
 4 50

23 1094
 AM 50NW
 PM 30NW
 8 57

30 1089
 TENDONITIS
 24

3 1112
 AM 40 INDR
 2946
 4 37
 20X30YD STRIDE

10 1105
 PM 30 2022
 30 2017
 6 41

17 1100
 20 EZ
 2 51

24 1093
 AM 60NW
 PM 30NW
 9 58

4 1111
 PM 30NW
 3 38 28

11 1104
 AM 40 3301
 4 45 50

18 1099
 30 EZ
 STRIDES
 3 52 31

25 1092
 3K 9:58 110
 AM 2MI 1057 NW
 DOG BITE...
 119 59 40 90 NW

223 MO.
 7.4 DA AVE

Surfing Magazine

July 1983

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

196 DAYS RUN
IN 183
9.3 DA. AUG 83
28 WKS.

1831 mi. IN '83
65 mi. WK AVE
IN '83

250 MO
B.6 DA. AVE

3

1084

S.BIKE

CT45 ⑥

10 INDR

11 ①

4 [1083]
100 LJS HORES
EZ
[10] [2]
INDEPENDENCE DAY

5 [1082]
30NW BIKES
TGT: 3014
[6] 30 193 [6] BIKES

6 [1081]
60 3847
80 BIKE 5:09
Swim 1/2 16:00
[6] [4] [80]

1080
402615
AM
PM
60NW
10(5)

8 11079
Pm 100NW
106

9 11078
hm 704839
SIRE
77 86150

10 11077
604109
6 8

11 1076
402556/629
606:45 CT 40
10 9 5
MIKE

12

1075

1007119

10 10

13 1674
10: 4X4400:75
2X8800:2:38
50 BIKE 03:00
SWIM OCEAN: 30:00
110 11 BIKE 50

14 1073
1007:00
CT. 405
10/12

15 1072
AM 1401:30
PM 1600NW
20 PERM H&R

16 1071 212
40 7:00
OCEAN SWM
17:22
40 114 70

17 [1070]
STAY LAKES
10K - 3450
35 mi. BIKE: 156
2/21/04 [35]
[1015]

18 [10691]
402930
[4] [16]

19 11068
14 @ 13518
14 (17)

20 1067
60 4235
6 18

21 110661
Am 402960
Pm 1006013
14 19

22 [1065]
Pm 1201:26:00
[12] (20)

23 11064
40 SUBB
60 NW
70 21 70 35

24

1003

50 NW

7

1050

40 NW

3

31

25 1062
1301:29:12
13 28

26 1061
402826
20NW

27 1060
60 45.18
40 RW 10 4x44
III (45) 067

28 1059
60 EZ
800 yd. L300
17:04
6 26

29 1658
40 INDR 290
4 21

30 11057
CORONADO 10K
34:45
1028 40W 5

Above: Jim Ingham, Hawaii. If time is supposed to be "expanded" while tube riding, why then does it seem like we never get enough? photo: Don King. Below: "Get down to the sea again." photo: Aaron Chang

Jim and Bob

Surfing Magazine

30-28-4

August 1983

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 1055 10@6811 10 30	2 1054 10@6644 10 31	3 1053 6@NW 6 32	4 1052 1347 mi-RN 214 DA. 8.6 OA. AVE.	5 1051 3@NW 3 1	6 1050 20@1020 8@N-W 56.34 EZ 18 2 47
7 1049 10@6819 10 3	8 1048 AM 9@6432 PM 302015 12	9 1047 PM 6@4130 6	10 1046 AM 10@67:14 PM 10@6930 20	11 1045 AM 4@NW PM 12 20 610	12 1044 AM 10@6856 PM 8@5619 18 I	13 1043 12@12154 I 12 90
14 1042 10@69:14 1 mi@606 10	15 1041 10@7134 1 mi@601 10	16 1040 11@7924 1 mi@535 11 I	17 1039 10 07220 I 10 539 10	18 1038 16@14045 10548 618 I 19 3@NW -51.85	19 1037 10@6719 200yd: SWM OCN 10 I	20 1036 10@7313 10527 10 I 200 yd OCN SWM 80
21 1035 20@20648 CARDF/TIM 20559 20 I 10@6433	22 1034 2@NW OCN 2 I SWM	23 1033 8@6032 8 I	24 1032 4@2514 OCN SWM 4 I	25 1031 6@4519 100 6:30 (SUB) 10 I 10510	26 1030 AM 4@NW PM 4@NW 18 I	27 1029 AM 2@NW 5K@1708/66 8 5@NW
28 1028 8@5907 8 I	29 1027 5@3237 OCN 68 5	30 1026 8@5207 1 mi@553 8 I (194)	31 1025 AM 10@7015 OCN 1 mi@529 67 PM 30 SDC TRACK 6100		317 MO. 10.2 AVE. 242 DA/BS AVE 2138 YEAR	

Above: Waimea Bay, Hawaii. The psyche-up before heading out into big surf is critical—if you're not sure you really want it, don't paddle out. photo: Don King. Below: Pipeline—beauty, passion, power. photo: Aaron Chang

Surfing Magazine

September 1983

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

28-30-4

~~WEDNESDAY~~
~~THURSDAY~~

4 1021
28@3:10:00
133LBS. (6:45
PACE)
28 II 2:52 AMRA.

5 1020
32 mi. BIKE
30 21:29
3 III OCN 68°
LABOR DAY

6 1019
20 NW
OCN: 1/2 mi.
66°
2 I

7 1018
70 50:43
OCN: 69°
7 I

1 1024
80 EZ
OCN: 68°
8 I

2 1023
AM 30 NW OCN: 68°
3X1 mi. @
510, 459, 454
13 70 NW
II 10:10

3 1022
AM
90 62:37
OCN:
67° 30

11 1014
100 76:20
10 I

12 1013
20 NW OCN 1/4 68°
70 48:17
9 II

13 1012
HEAD COLD
CONGESTION
RUNNY NOSE
TIRED
0

14 1011
80 640
8 II

15 1010
AM 100 68:20
13 PM 30 NW
II

16 1009
60 38:31
10 50:2
6 II

17 1008
140 1:38:17
14 II 60

18 1007
60 41:11
16 0

19 1006
GREEN
INDR 7:00
WORK
3

20 1005
GREEN
WON. 7:00
WORK
3

21 1004
GREEN
WON. 12 HRS.
INDR. 7:00
3

22 1003
12 HRS WED.
WORK
LPGA
PRO-AM
0

23 1002
GREEN
OUTDOOR
MISSION VALLEY
6 7:00

24 1001
GREEN
WON. 7:00
3

25 1000
GREEN 1/4
INDR
5 @ 7:00

26 999
GREEN
INDR.
5 @ 7:00

27 998
RED
AM 100 50:56
6:30
40 28:56
16 PM 100 50:56

28 997
AM
13 mi @ 1:47:19
RICHARD
SAN DIEGO
COURSE
13

29 996
30 INDR 23:54
20 12:45
632/618
136 LBS
5 100 SIT-UPS

30 995
6am 40 NW
RICHARD
12pm 30 NW 21:11
6pm 40 30:46
BUD 51

225 MO.
28 DAYS RUN
8.2 DA. AVE.
2363 YEAR

Above: Jeff Johnston, Sunset Beach, Hawaii. Tube riding
 Sunset is extremely difficult—just when you think you have
 a clean exit out, the wave moves into deep water and shuts
 down. photo: Aaron Chang. Below: Beauty and the beach.
 photo: Flame

CATHY: 213-457-1233 MALIBU
 Surfing Magazine

November 1983

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6 [957] AM. 50 sit-ups 23 mi. BIKE/ SPIN PM. 100 sit-ups EZ [23]	7 [956] AM 40 2943 EZ 50 sit-ups PM 20 mi. BIKE SPIN 50 sit-ups [20]	1 [962] 50 3805 DIAMOND HEAD EZ DAY—100 sit-ups ALL SYSTEMS GOOD! 5 [955] AM 20 mi BIKE: EZ 30 mi 6:13/5:25/5:49 1 mi. Joes total: 6 6 100 sit-ups [20]	2 [961] AM 40 3500 EZ 14 mi BIKE/ 4 SPIN [14] 9 [954] PM 19 mi BIKE: EZ PM 60 4745 EZ [6]	3 [960] 140 1:35:40/650 100 sit-ups 14 [952] 140 1:24:36 GOOD-BYE HAWAII 14 [946]	4 [959] 60 4434/726 100 sit-ups 6 [952] 10 @ NITE, IN RAIN... 5, 9, 11, 12 10 [945]	5 [958] 28 mi @ 3:12-58 (HAWAII) and 6:56 PM A NICE AND SILENT Y THE OUT—HAD RHYTHM and LAST MILE @ 6:12 28 [957] 28 [957] 28 [957]
13 [950] 40 NW 11 @ NW 100 sit-ups 15 [943] 30 @ 32910 ♥ RAIN / HORRIBLE CONDITIONS 130 [943]	14 [949] AM 40:00. 1 mi. 10x1 mi. @ 5:26 5 mi @ NW. 100 sit-ups [5]	15 [948] AM 32:04 BIKE: 20 EZ 3 [941] 30 MIN. EZ RUN 30 MIN. BIKE 45 MIN. JACUZZI 100 sit-ups [8]	16 [947] AM 70 55:00 20 mi. BIKE PM EZ SPIN 7 1 1/2 hrs. Hawaii [20]	17 [946] APR AM 50 3031 60 NW EZ [11]	18 [945] AM 40 2830 EZ [4]	19 [944] 11 mi BIKE EZ [11] 60/61
20 [943] 30 @ 32910 ♥ RAIN / HORRIBLE CONDITIONS 130 [943]	21 [942] 30 MIN. EZ RUN 30 MIN. BIKE 45 MIN. JACUZZI 100 sit-ups [8]	22 [941] 30 MIN. EZ RUN 30 MIN. BIKE 45 MIN. JACUZZI 100 sit-ups [8]	23 [940] 40 2536/624 30 NW 7 [939]	24 [939] 37 mi. BIKE 0 [938]	25 [938] 35 RUN 30 BIKE 35 JACUZZI 100 sit-ups [8]	26 [937] 100 6204 50 NW 15 [936]
27 [936] 18 mi BIKE MASSAGE !! 1 1/2 hrs. [18]	28 [935] 45 MIN EZ 30 BIKE 14 [934]	29 [934] 30 BIKE 15 RUN 2 [933]	30 [933] 2 mi. EZ 2 [933]		240 mi. MD. 252 mi. BIKE 2914 mi. YEAR	

Surfing Magazine

December 1983

Above: Brian Bulkley, Pipeline. It's amazing how such a big, mean and unruly wave can possess such an incredibly smooth face. photo: Jeff Hornbaker. Below: Walking back up the beach for one last go-out. photo: Dan Merkel.

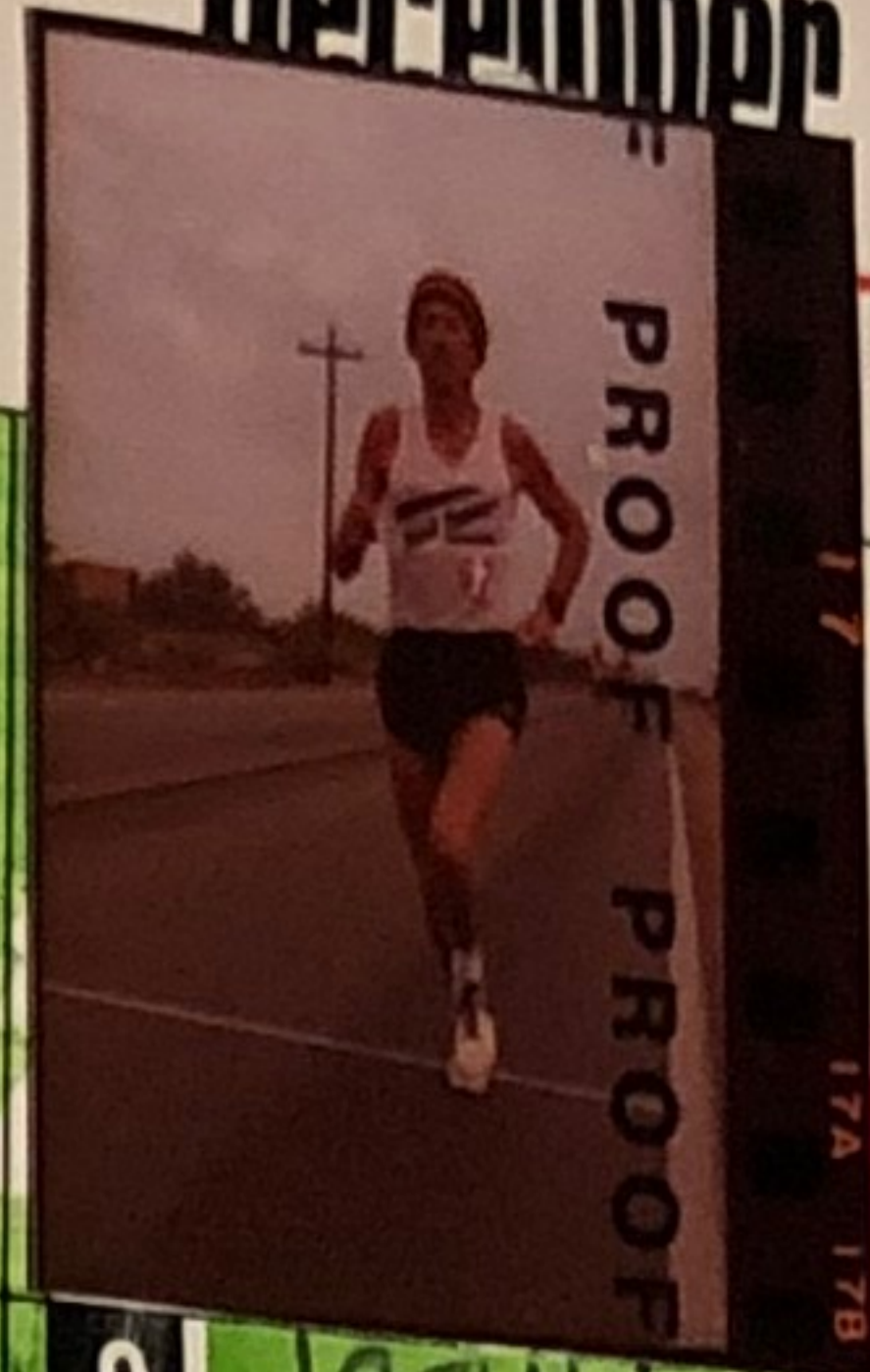
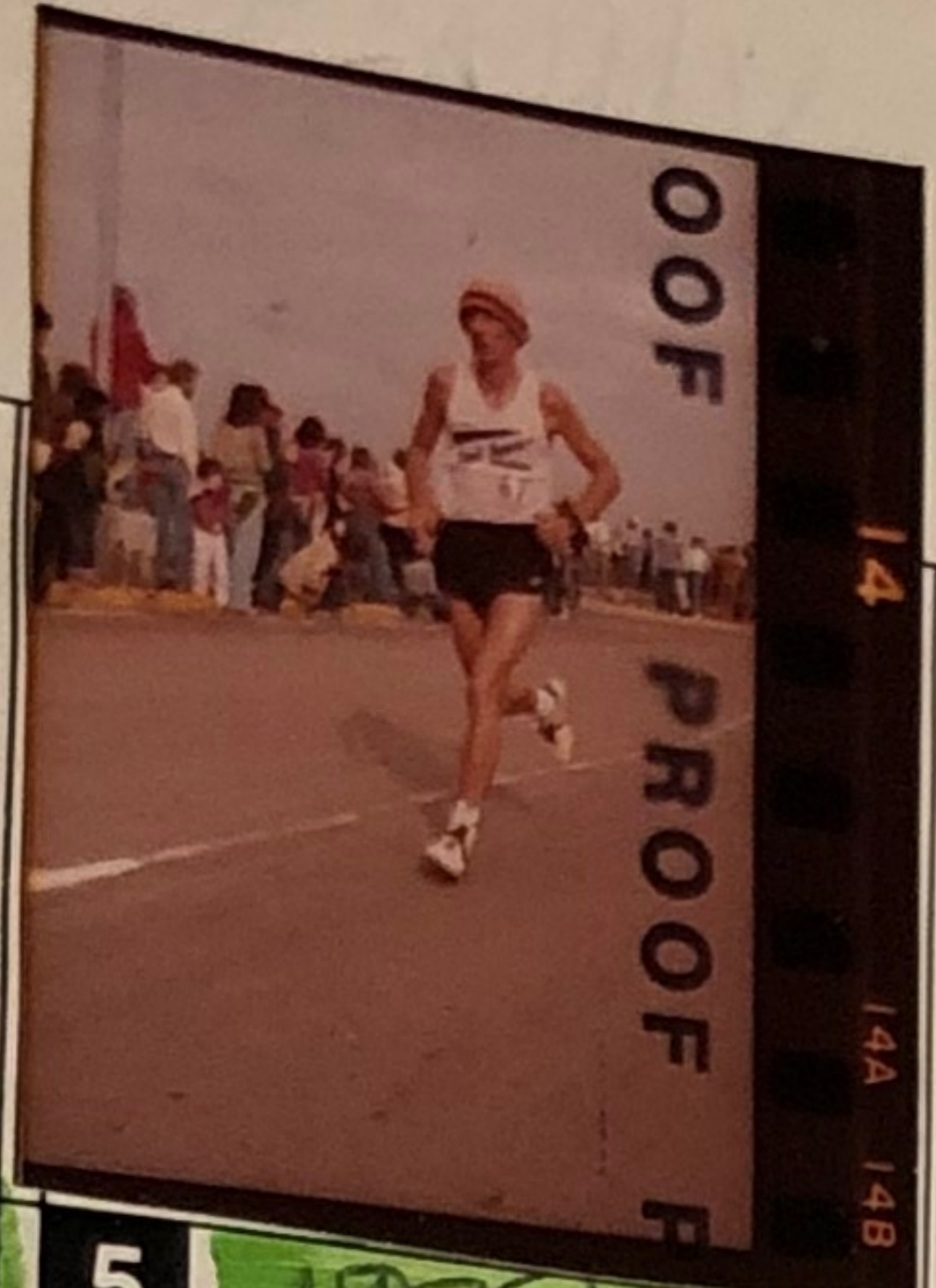
SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

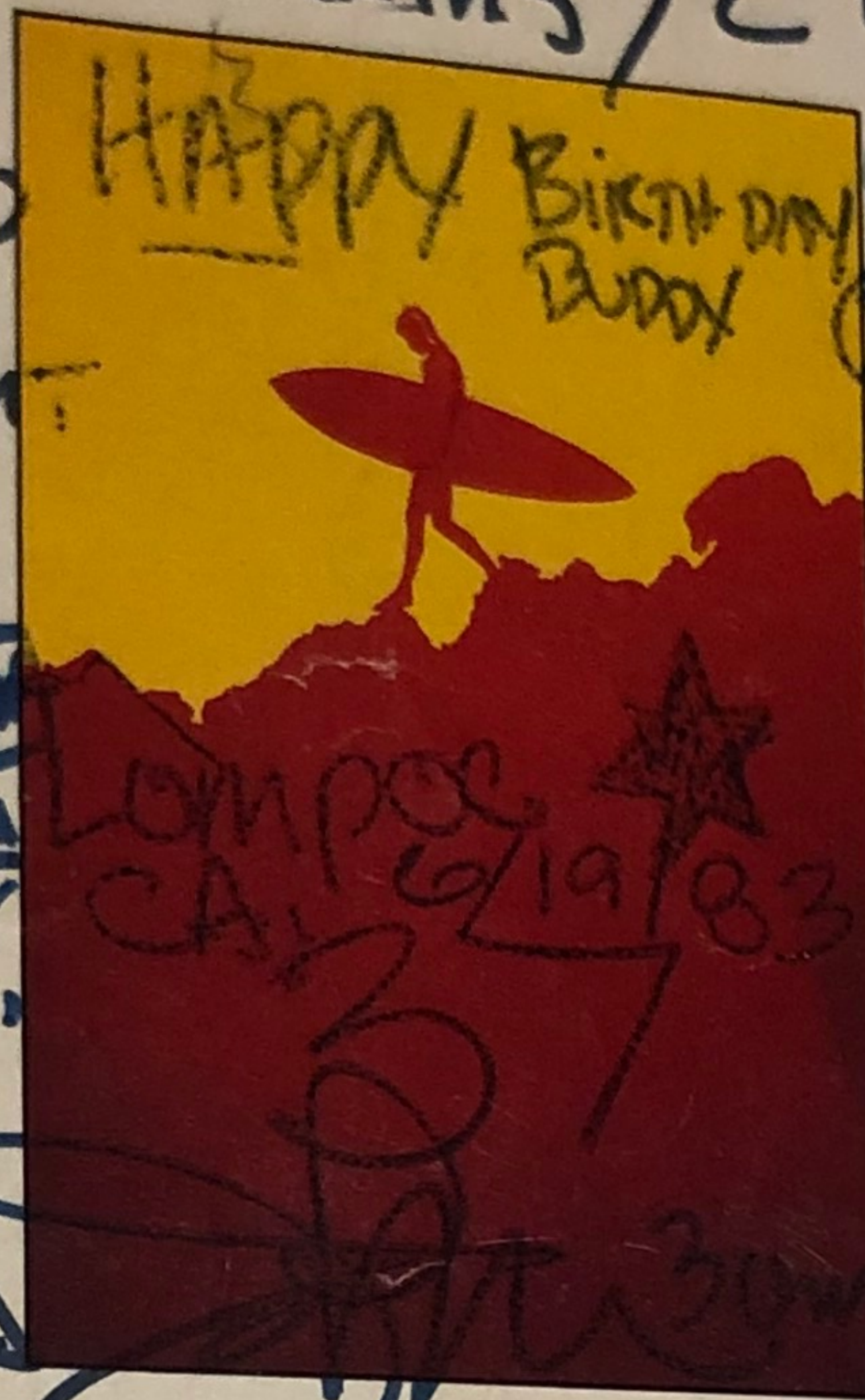
SATURDAY



		158 MILE RUN		1 932 30 MIN. EZ SCOTSDALE: RICHARD		3 930 2:44:15 34 7 EGS STIFF 018 20mi. 2:00:30 10mi. 59:00 30 2948
4 929 30 MIN WALK	5 928 1mi. BIKE: JOHNS STORE JACUZZI 1:45 11	6 927 10mi BIKE: NORTH-LEGS VERY STIFF. JACUZZI 1HR. 10	7 926 MASSAGE AM 45 RUN NORTH FROM CIRCLE WITH RICHARD - PM LEGS FEEL LIKE CEMENT 5 2953	8 925 40 30:00 J. 0 30 LIFE CYCLE 100X SIT-UPS 54 1Kmi 06:36 3X MATHS 8	9 924 10 1:23.46 NORTH TO JOHNS EZ. 11 2969	10 923 6-5 40 2628 1mi. BIKE 2973 93 4 25 14
11 922 5x10530 100 125:40 RICHARD/DAVE FAIRBANKS RANCH 10 2983	12 921 5 80 5830 W. COVE 5010 8 2991 662-343-1336 CALL REZA	13 920 12 Form 60 3518 30610 MISSION BAY: BEN TO SEAWORLD 6 2997	14 919 6 50 51:00 RICHARD/DAVE DEL MAR, EZ. AM 6:00 40 5 3003	15 918 12 Form REST	16 917 6-8 REST	17 916 0-5 50 649:30 LAKE MURRAY 50 4TH PLACE RICHARD 50 DAVE 10HRS. 12:30
18 915 18 0 REST	19 914 12-4 30 MIN. STA. BIKE MACHINES: 30 MIN 100X SIT-UPS 8	20 913 6 Form 30 MIN. TURBO JOHNS' STORE 8	21 912 2-4 50 LA JOLLA EZ 36:18 MASSAGE: 5 3058	22 911 6 Form 60 51:00 DEL MAR/RICHARD EZ KNEE SORE 6 3064	23 910 3-4 REST	24 909 0-3 40 N.W. KNEE 2mi. DEL MAR 16:15 4 3068
25 908 7x10530 REST	26 907 5 REST	27 906 12 Form 64M: 306 1mi 06:31 9 11 MACHINES	28 905 6 REST KNEE SORE	29 904 12 Form REST KNEE SORE	30 903 6-8 REST KNEE SORE	31 902 0-5 20 15:00 2 15 EZ 3071

all... travel adventure... lands as Bali, Java, Australia.

* 6/20 2AM THE MORNING ON THE DAY AFTER...
 I'M THE 1ST TO MOTEL...
 RECORDING...
 THE WIND, "FEELS LIKE 50" (living...)
 POSITIVE ADDITION...
 COMMO DONES...
 ASSESSMENT...
 SHALLOW / NOT DEEP...
 * K. ML LIKE MARY!
 DON'T HELP...
 THE PERSON IN FR...
 OF YOU - ONLY...
 BEHIND!
 (SOME DAY WE...)
 YOUR ONLY...
 PEOPLE YOU BEAT...
 PMA (STANDS...)
 (MONEY)



PHYSICAL SELF
 EMOTIONAL SELF
 I BELIEVE IN MAGIC
 I NEVER BELIEVED
 IT WAS TRUE...
 NEVER BELIEVE IN
 NEVER.
 GOOD AS THE
 MY CLOSE PEOPLE
 ARE SUPERIOR TO
 ME IN AT LEAST
 ONE WAY.

THOUGHT

I DON'T NEED

A life on the ocean wave,
 A home on the rolling deep,
 Where the scattered waters rave,
 And the winds their revels keep!"

I WANT!

SORRY???
 HARD WORK
 EXPECT A MIRACLE

STILL CRAZY
 AFTER ALL THESE YEARS
 STRICTLY SELF-CONCEPT

STRESS MANAGEMENT COUNCIL
 POSITIVE GOAL ORIENTATION
 IT'S ALWAYS SOMEWHERE
 WHERE I DON'T BELONG
 SEE 4 WE ARE SPECIAL PEOPLE

START A JOURNAL / DIARY / DAY TO DAY
 (WHEN I'M ALONE WITH YOU...)
 BASICALLY A PRIVATE PERSON.
 RECORD
 THEORY
 PHILOSOPHY
 REASONING

IN 10 YEARS I SHOULD HAVE MY 1ST BOOK PUBLISHED!
 TOURNAIZE
 LOGIC

The 1983... SURFING Calendar, Box 3010, San Clemente, California 92672. Entire contents Copyright 1982 by Western Empire Publications. Printed in the U.S.A. Price \$5.00. Art Director: Michael Salisbury. Photo Editor: Barry M. Berg. Associate Art Director: David G. Gorman. Cover: David G. Gorman.