

THE CALENDAR OF THE YEAR



A 13-month calendar from Drawing Board Greeting Cards, Inc.

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- * FIND HOUSING / BASE CAMP
- * START HILL REPEATS
- * SELL BUS

* RECOVER COMPLETELY FROM THE 50 * CONTINUE SWIMMING
* START: ~~MMA~~ ~~NATURAL FOODS~~ EATING PROGRAM
PRIKIN
NATURAL FOODS

January 1985



MY WEIGHT?...170 POUNDS,
WITH GUSTS UP TO
185.

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PRITIKIN

NATURAL FOODS

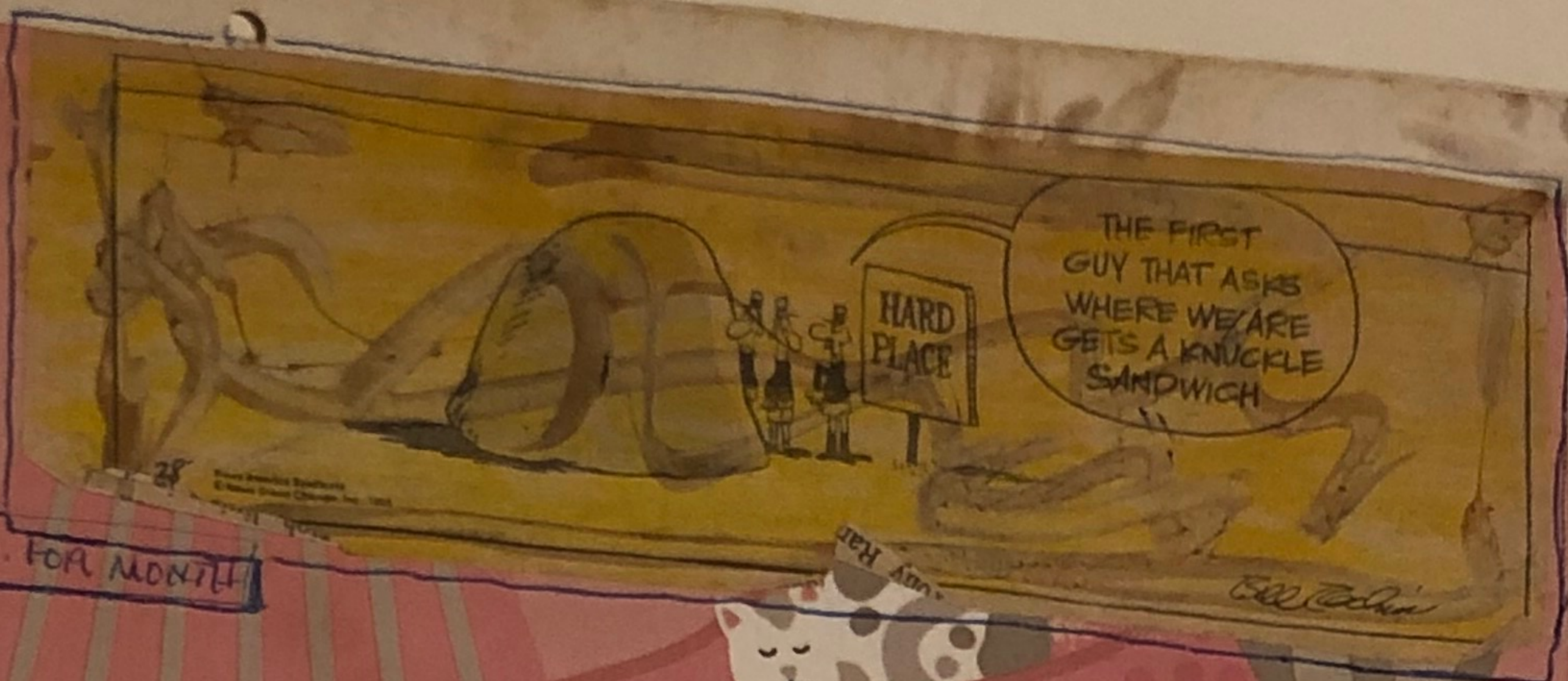
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
200mi. MONTH RUNNING 4 1/2 mi. MONTH SWIMMING 3 REST DAYS	1 1/2 #1477 00 XX 1 1/2 AT 111	3 SLICES 9 GRAIN - BANANAS TANGERINES QT. OJ RICE/SPAG TOM GASE MUSHROOMS /CHICKEN 1 4 TOTAL - 106:11 KNEE BETTER ICE - PRITIKIN and NYS UNDERWAY - !! 1/2 mi. @ COMAS New Year's Day	PANCAKES @ MIXED FRUIT WIDE WHEAT BREAD / PASTA / VEG 5PCS. FRUIT 2 4 TOTAL IN 105:59 DIRT @ JOHN NOT GOOD ON THE KNEE - TOO MUCH. TWISTING AND TURNING	BREAD / BANANAS BREAK: TANGERINE BREAD BANANAS DINNER: SPAG / TURKEY VEGIES RITA BREAD 3 4 TOTAL 105:43 KNEE STILL ??? NO MORE THAN 30 MIN. TIL BETTER EVERYTHING ELSE U MIL / SAT 10MAS COLD H2O 1/2 @ 5:12	LOTS OF JUICE / FRUIT BREADS PANCAKES STRAWBERRIES OJ APPLES 4 4 TOTAL 105:43 KNEE BETTER 2 DAY 10 1/2 HRS WORK!! DRIVING BACK AND FORTH FROM AIRPORT GOOD TEST!!!! SOLD BUS	OT VEGIES / BANANAS BREAD CARROT BANANAS YOGURT JUICE MAGIES POTDIE / SALAD 5 6 TOTAL 105:36 KNEE BETTER STAFF DMSO LOW MAS (PM) 1/2 @ 4:55 STAFF DMSO TREATMENT
PANCAKES / MIXED FRUIT JUICE BANANAS RICE / CARROT BROCCOLI BREADS 6 140 BUT - SOLD BUS - REST WORK (CALLED IN) 6 HRS. 4 @ 00 XX AIRPORT TRANSPORT RAH DMSO 134 NOICE 42	JUICES - ORANGES BREADS POPPER FISH / RICE VEGIES PROTEIN PARADISE ?? 7 6 @ STEADY / 2022 2 @ 13:27 2 @ 12:55 DMSO SEEMS TO BE WORKING RAH ICE DMSO 35	PANCAKES FRUIT OJ / BREAD CHESSNUTS SALAD / BAKED SMOOTHIE 8 6 TOTAL 12:23 KNEE HOLDING ?? DMSO ICE	APPLE / FISH / RICE, VEGIES OFF THE PROGRAM COFFEE / POT GOOD FOOD BUT ONE NOT!! 9 6 TOTAL @ 38:12 1 @ 6:06 KNEE FELT GOOD!! MIL	STRAWBERRIES FRUIT PANCAKES CEREAL SHREDDED WHEAT GRAIN / BANANAS 10 6 @ 12 6 @ RICHARD TRAP / NOT ENOUGH SLEEP STOMACH ACHES GINSING IN AFFECTION KNEE BETTER !!	CEREAL BANANA GRADES SHREDDED WHEAT BREAD FLAKES RAISINS NON FAT MILK SPAGHETTI / SALAD 11 6 TOTAL 2 @ 12:10 2 @ 11:50 KNEE LOOKING GOOD!	CEREAL / BANANA / CARROT ORANGE / MILK TURKEY POTDIE SALAD / SMASH BREAD 12 6 TOTAL 106:03 E2 PAGE COMFORTABLE
SPAGHETTI / BREAD SALAD !!! CHESTNUTS 13	CEREAL / BANANA OJ / ORANGE FLAKES SHREDDED GRAPEFRUIT / CUCUMBER / VEGIES / RICE 14	HONEY DEW / CHICK SANDWICH 9 GRAIN / JUICY CEREAL FRUIT 15	GRAPES / FRUIT GRAPES SHREDDED SPAGHETTI BREAD / OJ 16	CEREAL / NON-FAT BANANA FLAKES STRAWBERRY SMOOTHIE TURKEY POTDIE / SALAD 17 6 TOTAL 106:22 6 @ 12	CEREAL / BANANA APPLE NON-FAT MILK BREAD FLAKES GREEN / BREAD SALAD 18 8 TOTAL 106:22 3 @ 10:30 / 10:21	APPLE / BANANA CARROT JUICE BREAD SMOOTHIE SALAD / OJ 19 REST DAY 6:03 ARE FOR 18 mi. THIS WEEK

RAIN DMSO 134 NOICE 60 42 SPAGHETTI/BREAD SALAD CHESTNUTS LITE DAY EATING... 13 26 MILE BIKE MISSION BAY MARATHON 7AM JEFF MARCH / 2:21:30 REST DAY RUNNING 1/2mi. @ LOMAS @ 14:43 FISH MARKET VEGETABLES FENICHI SPAGHETTI SALAD APPLE/OS 20 LJ 10K 2mi. @ 10:27 UP GILMAN DR.!! 1st mi. 5:01/5:26 WARM-UP 2mi WARM-UP 4mi CEREAL RASINS BANANA APPLE CHILI/SALAD	RAIN ICE 35 DMSO 10 53 CEREAL/BANANA OS/GRANGE RASINS SHREDDED GRAPES/NTS EGG/CHILI/VEGETABLES 14 8 TOTAL 1DN @ 5:53 1BK @ 5:45 KNEE BETTER!! ICE/DMSO 1/2 @ LOMAS CEREAL/BANANA ORANGE RASINS TURKEY/POT PIE SALAD SPAGHETTI 21 EZ 8 TOTAL HEAD COLD REST IN BED MOST OF DAY - SUNFISHED THERAPY COLTYPATED 4 SLICES / GRANGE JELLY BANANA SWEET CHIPS NOUGAT ZAPPIES	KNEE HOLDING?? DMSO ICE 25 30 HONEY DEW / CHIPS SANDWICH GRAPE/NTS CEREAL CHILI 15 8 TOTAL 3 @ 18:35 KNEE HOLDING!! ICE/DMSO Martin Luther King's Birthday SPINACH FENICHI CEREAL BANANA OS/GRANGE TURKEY/POT PIE SALAD 22 8 TOTAL 2DN @ 12:01 2BK @ 11:19 HEAD NOT MUCH BETTER 1 BANANA 2 APPLES 1 CUP OF 1 YOGURT 2 SLICES TOAST TURKEY/POT PIE/SALAD	GOOD! BREAD/OT 6 TOTAL @ 38:12 1 @ 6:06 KNEE FEEL GOOD!! M.L. LUNCH/FRUIT GRAPES/NTS SPAGHETTI BREAD/OT 16 10 TOTAL 4 @ 24:49 4 @ 23:07 5:47 KNEE GOOD ELBOWS IN CHEST OUT POT PIE/SALAD CHIPS CEREAL/BANANA RASINS STRAWBERRIES SPAGHETTI TURKEY/POT PIE SALAD 23 8 TOTAL 3DN @ 12:01 2BK @ 11:19 HEAD NOT MUCH BETTER PANCAKES/FRUIT FRUIT SMOOTHY NUTZ TURKEY/POT PIE SALAD	6 @ 62 RAGY NOT ENOUGH SEED STOMACH ACHE GINSER KNEE BETTER!! IN FLEXION 17 6 TOTAL @ EZ REST DAY 1/2 @ LOMAS @ 14:14 STEADY CEREAL/BANANA RASINS STRAWBERRIES SPAGHETTI TURKEY/POT PIE SALAD 24 8 TOTAL 3DN @ 12:01 2BK @ 11:19 HEAD NOT MUCH BETTER PANCAKES/FRUIT FRUIT SMOOTHY NUTZ TURKEY/POT PIE SALAD	6 TOTAL 2 @ 12:10 2 @ 11:50 KNEE LOOKING GOOD! 18 8 TOTAL 3 @ 19:03/6:21 2 @ 11:41/5:51 WARM-UP WARM-UP SHREDDED/GRAPES BANANA, RASINS STRAWBERRIES APPLE KETCHUP SPAGHETTI/SALAD/BREAD 25 8 TOTAL 7:00 PACE HICE and EZ EYES A LITTLE HEAVY 6:03 FOR 45 121 SECONDS OVER 6:00 PACE FOR 45 mi. 152 mi. TOTAL 11 TOTAL WARM-UP WARM-UP 10 @ 6:15	6 TOTAL 1 @ 6:03 E2 PACE COMFORTABLE 19 REST DAY 6:03 AVE FOR 18mi. TWO WEEK OUT OF 40 TOTAL CEREAL/BREAD STRAWBERRIES BANANA RASINS SPAGHETTI MARRA HATA SAUCE BREAD/SALAD/DOUGL GARLIC 26 11 TOTAL WARM-UP WARM-UP 10 @ 6:15
8 TOTAL 2 @ 10:45 5:11/5:34 15-3 27	8 TOTAL TO EZ 10:5:14 28	11 TOTAL 3DN @ 12:01 2BK @ 11:19 HEAD NOT MUCH BETTER 29	6 TOTAL @ EZ TAPER FOR LONG BEACH. 30	4 TOTAL @ EZ TAPER... 31	RUNNING Mission Bay Marathon - Men: Jerry Marsh 2:21.3, Jeff Woodland 2:27.24, Emilio Nava 2:28.32, William Ayvaz 2:31.52, Armando Vargas 2:32.14, Luis Sanchez 2:32.35, Ed Nares 2:33.08, Steve Klamad 2:33.26, Andy Mackay 2:34.35, Mark Grimblak-Indhar 2:37.53. Women: Mindy Ireland 2:54.24, Conaugh Bruni 2:56.02, Michelle Tiff 2:59.35, Sharon Orm 2:14.28, Rita Carding 2:14.58, Tish Hasak 2:18.51, Gloria Peschel 2:28.32, Ninian Argoud 2:22.09, Marci Baber 2:22.34, Heidi Harshman 2:25.54. Mission Bay 10k run Men - Brad Lakin 30:36, Tom Lux 31:20, Pete Salcedo 32:47, Douglas Vaughn 33:08, Peter Stern 33:15, Patrick Roche 33:26, Gary Brimmer 33:47, John McNeice 33:57, John Cavannah 34:12, Joe Cokanier 34:41. Women - Shirley Althaus 36:43, Kathy Kinnane 37:42, Mary Calver 38:36, Lita Lux 38:51, Marianna Madruan 39:52, Ursula Raim 40:35, Nuri Grady 40:41, Barbara Plank 42:58, Kathryn Coffman 44:06, Sally Ruhl 45:14.	DECEMBER 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 FEBRUARY 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

February 1985

- HILL REPEATS X 1 PER WEEK TO TOTAL 10*
- 65 mi. TOTAL MILEAGE MAX PER WEEK
- LONG RUN X 1 PER WEEK 14-20 mi.
- START COOKING MOST MEALS AT HOME.
- FIND A HOME ??? - BASECAMP -
- 2 mi. PER WEEK, MINIMUM X SWIMMING

8 mi. FOR MONTH



© DRAWING BOARD GREETING CARDS, INC. 1983

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

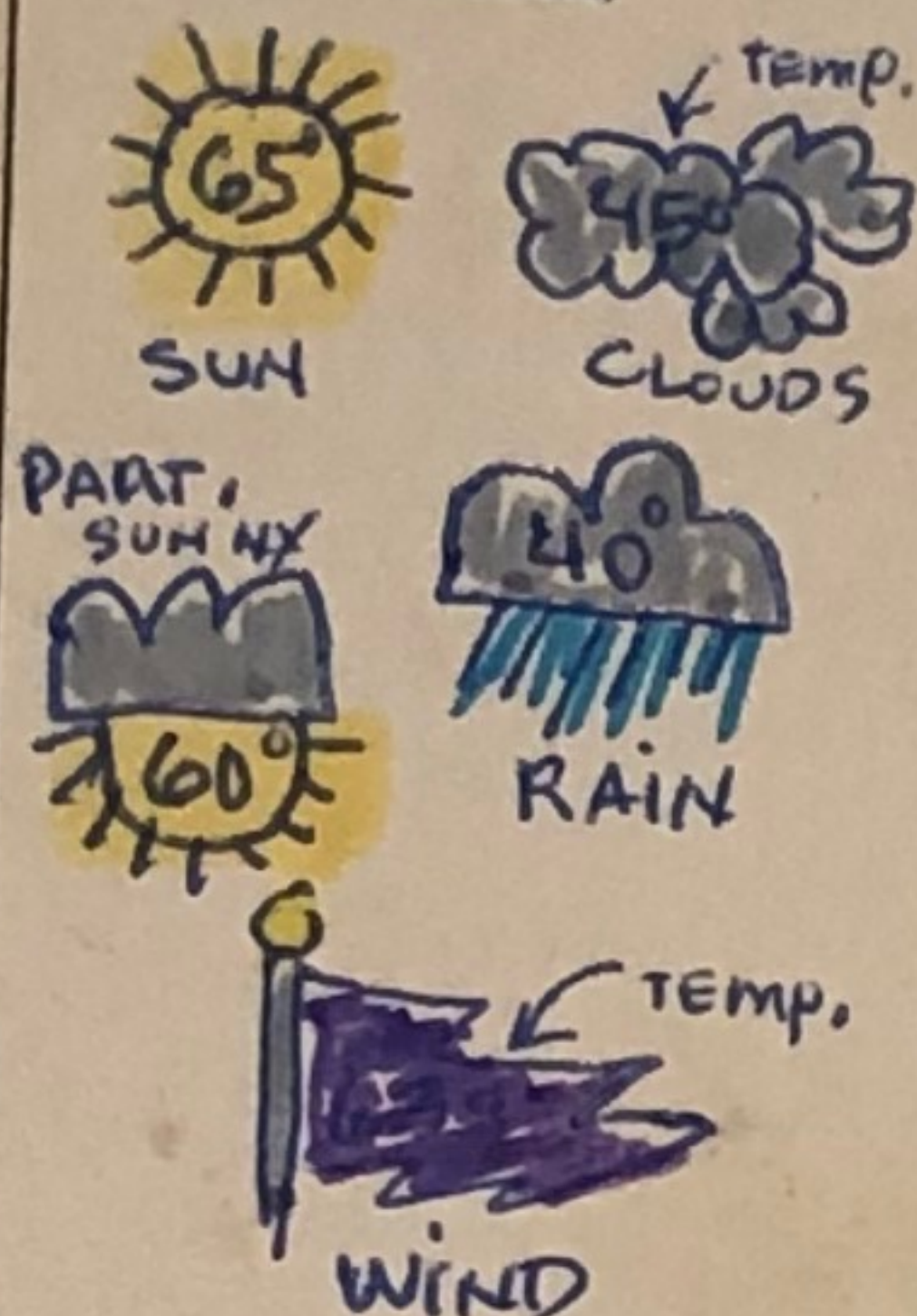
CREAM CHEESES SOFT PRETZELS CATERING

the holey roll-BAGELS!
Baked on The Premises

945 W. VALLEY PARKWAY
ESCONDIDO, CA 92025

(619) 743-2555
PAUL A. ALBERT

- SYMBOLS -



224 TOTAL
MILE MONTH

5.5 mi.
SWIM

20EZ
TAPERED!!
COLD TODAY
Below 40

NO RUNNING -
COMPLETE REST
DAY - TRAVEL
JACUZZI - 15.00

LONG BCH. MARATHON
7:30 AM

3

BRAD 2:30
ARM SWING GOOD
CRISTOUT.
SHORT STRIDE
RICHARD!
4:05

2:44:50 200

55TH PLACE (34) TOTAL

12TH AGE 35-39
GOOD DAY - COOL!!

TIGHTS ALL THE
WAY!!! TOP ALSO
1006:40

START: IFCN SUPPLEMENTS

4

RECOVERY RUN

6 TOTAL 0EZ
LATE SORE / STIFF
KNEE (RIGHT) SEEMS
TO BE HOLDING...

6:05

50 39 6

5

50EZ

40:00 / RECOVERY
RUN
LEGS STIFF BUT
NOT SORE.

6:10

50 70 5

6

6 TOTAL

40EZ

1DN 3-4 36:24

1BK 4-3 6:02

LOOSE
TODAY!!

6:15

50 20 14 43 6

7

3DN 3-6 19:15

3BK 6-3 8:34

10554

8 TOTAL

HOLIDAY
HEALTH
SPA

6:15

50 15:44 8

8

8 TOTAL

3DN 3-6 19:15

3BK 6-3 8:34

10554

48°

7:15

76 56 8

9

8 TOTAL

3 6-3 6:11

RAIN!! COOL 50°

7:10

31 208 30:26 75

90 60 8

10

23.8 BIKE

S.D. Y2

GOODY / 1:13:30

REST DAY

4 RUNNING

11

10 TOTAL

20 11:56

5-3

12

8 TOTAL

30 6-3 17:50

LM 9:30

WIND

6:10

50 70 5

13

GADY 0 TERRY

PINES 18:05

REST DAY

OTHERWISE!!

AWSDO

6:10

14

8 TOTAL 0EZ

7:0

47

7:0

7:0

7:0

15

40EZ

200.00

8:0

47

7:0

7:0

16

2mi. WARM

33:52 / 5:27

50 10K

2mi. down

7:5

7:5

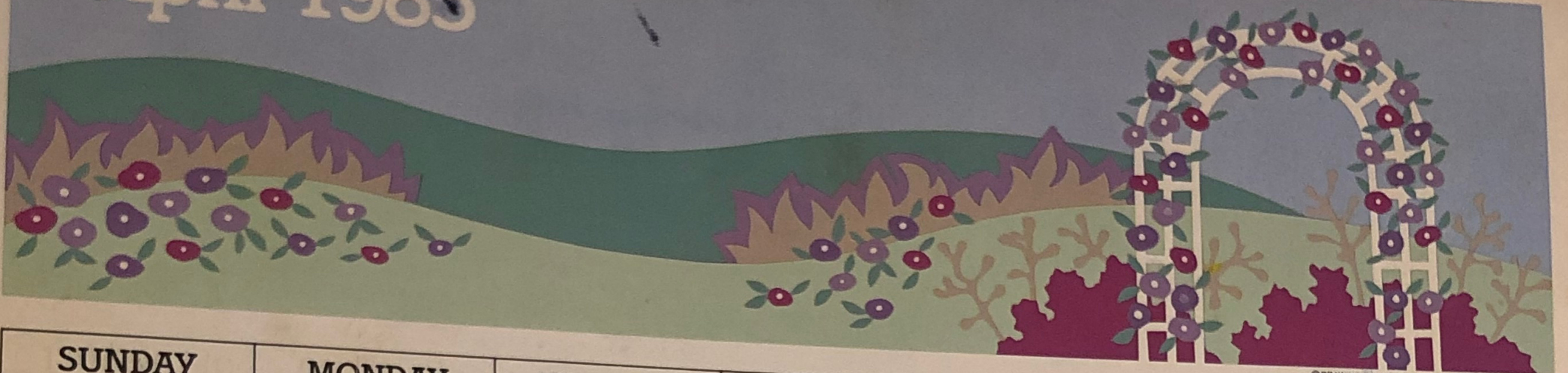
#11 755-1336
ALIEN in Mrs. Bullington

4 RECOVERY RUN 6 TOTAL @ EZ WALK SORE / SAFE KING (RIGHT) SEEMS TO BE HOLDING 2:44:50 200 55TH PLACE 34th 12TH AGE 35-39 GOOD DAY - COOL!! TIGHTS AN THE WAY... TOP ALSO 100:00:40 34	5 50 EZ 40:00 / RECOVERY RUN LEGS STIFF BUT NOT SORE. 6.0 45 50 20 5	6 6 TOTAL 40 EZ 1dn 3-4 36:24 1R 4-3 19:02 LOSE TODAY!! 45 25 14:42 16	7 3dn 3-6 19:15 3R 6-3 18:34 16554 8 TOTAL 3dn 3-6 19:28 3R 6-3 19:21 HOLIDAY HEALTH SPA 15:44 8	8 8 TOTAL 3dn 3-6 19:28 3R 6-3 19:21 RAIN!! COOL 50° 7.5 76 56 8	9 8 TOTAL 3 6-3 19:11 RAIN!! COOL 50° 7.0 31 208 30:26 75 90 60 8
10 23.8 BIKE S.D.Y2 GORDY / 1:13:30 REST DAY 4 RUNNING 6.5 1/2 LOMAS 75 55 14:51	11 10 TOTAL 20 11:56 5-3 7.5 57 44 110	12 8 TOTAL 30 16-3 17:50 LM 5:30 9.0 45 140 83 8	13 MEDIUM ENDURANCE 10 CADDY @ TOPPEY PINES 18 HOURS REST DAY OTHERWISE!! AWS DO 7.0 45 52 8	14 MEDIUM ENDURANCE 8 8 TOTAL @ EZ 40 EZ 7.0 45 52 8	15 SHORT ENDURANCE 5 2mi. warm 33:52 / 5:27 SD 10K 2mi. down 7.5 45 52 8
17 MEDIUM ENDURANCE 8 EZ 8 TOTAL EVERYTHING FEELS GOOD!! 6.5 55 57 8	18 8 TOTAL 0 SUB 7 30 19:25 6-3 7.0 57 69 8	19 MEDIUM ENDURANCE 8 8 TOTAL 5mi. w/u 3 3-6 18:42 6:21 60 3 6-3 17:47 17:47 31 6 556 12:47 8	20 MEDIUM ENDURANCE 10 58:15 DOWN 51:45 BACK (NO PROBLEMS!!) 1:50:00 total 1st 3 6-3 18:41 2nd 3 6-3 18:41 3rd 3 6-3 18:41 22:30 16	21 MEDIUM ENDURANCE 8 8 TOTAL 0 EZ * FOUND \$160.00 @ THE GOLDEN WOOD!! 8.0 80 60 8	22 SHORT ENDURANCE 6 8 TOTAL 3 3-6 19:22 50 EZ / NW 7.5 80 50 13:42 8
24 MEDIUM ENDURANCE 10 2mi. @ 10:10 warm-up / down 10 4:50 205:12 10 TOTAL 8.0 80 11 10	25 STRENGTH 5 ROLLING HILL 18 8 TOTAL FORM @ 6:06 LOMAS 1/4 WARM 1/4 PADDIES 1/4 FREE 1/4 KICK (SOFT) 7.5 49 10 45 1 MILE 8	26 MEDIUM ENDURANCE 10 6 TOTAL FORM MILE @ 5:54 7.5 80 4 6	27 SLOW RHYTHM EX 1mi. 10 17 TOTAL 11:59:22 DOWN 1/4 BACK 1/4 FORM MILE @ 6:33 17 17	28 MEDIUM ENDURANCE 10 6 TOTAL BEACH RUN LOMAS 1mi. warm 1 FOG 7.5 80 4 1 MILE 6	JANUARY 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 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

A drawing board greeting card titled "WEDNESDAY" is shown. The card features a stylized illustration of a house with a large tree, a yellow sky, and a green hill. The card is mounted on a light-colored background. The illustration includes a large green tree on the left, a yellow sky, a green hill, a house with a white window and a large arched doorway, and a small green bush in front of the house. The card is titled "WEDNESDAY" in bold, black, uppercase letters. At the bottom right, there is a small copyright notice: "© DRAWING BOARD GREETING CARDS, INC. 1981".

[illegible]

April 1985



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MEDIUM ENDURANCE 10 1	MEDIUM ENDURANCE 14 2	FAST RHYTHM 4X1 MILE 8 3	MEDIUM ENDURANCE 12 4	MEDIUM RHYTHM 16X SHORT HILLS 6 5	MEDIUM ENDURANCE 14 6
TUE. 9TH. H ₂ O	1ST. OCEAN SWIM OF YEAR: 15 MIN. TEMP 58° NO RUNNING/WALKER SOME @ PETE @ 6 DAY RECOVERY DAY	EZ 5mi @ BCH. LEGS NOT BAD EVERYTHING CONSIDERED LOMAS 200 @ 3:30	15mi @ PETE WORK 5 1/2 HRS. OCEAN SWIM 7 1/2 MIN.	11mi @ PETE OVER 350 4TH PLACE CHOI OUT 578-4400	EZ 10 @ ELCAJON PETE WALKING TODAY 4mi LEAD 200 Good Friday	6 TOTAL 2 @ 12:19 DOWN 2 @ 12:31 BACK
MEDIUM ENDURANCE 14 7	POWER 4X880 6 8	MEDIUM ENDURANCE 12 9	MEDIUM ENDURANCE 8 10	MEDIUM ENDURANCE 8 11	SHORT ENDURANCE 16 12	RACE 10K 10 13
EZ 8 Easter Eastern Orthodox (Palm Sunday)	755-3043 SCOTT MOLINA 8 TOTAL 3 @ 17:36 530/602/555	1:45 TOTAL RANCHO, BEACH LOMAS HILL @ 5 10 5:50 NO MOLINA?	EXSD TRACE 5:10 1mi 2:25 1/2 2:33 1/2 7:3 1/2 7:1 1/2 7:3 2mi WU 142 WD	CABIE-HOOK/UP \$56.00 8-12 573-1769 226-0155	EZ 4 Eastern Orthodox (Good Friday)	NO RUNNING APPROX 2mi @ WORK
MEDIUM ENDURANCE 10 14	MEDIUM ENDURANCE 8 15	MEDIUM ENDURANCE 10 16	MEDIUM ENDURANCE 12 17	MEDIUM ENDURANCE 8 18	FAST RHYTHM 8X880 8 19	MEDIUM ENDURANCE 8 20
TRAILS @ MOLINA RANCHO FAIR - BANKS HES TOUGH!	1000X 500 FEE / 300 PADDIE EZ 50:00 TRAILS BAA GEORGE SMITH 2:14:00	TRAIL Z11 LOMAS @ THE PEP BOYS - ALIEN/GRAVES/ PETERSON/MOSS!! ALIEN SCHRIBER!! NO MOLINA PETERSON/ALIEN WFL MR AT 30-10-1985	2 @ 12:55 2 BK @ 12:29 2000 @ 49:00 * 220 MILES ON TIGERS (STRAIGHT LONG)	EZ 6 NO WATCH - RAIN - 2 HRS. WITH WEED EATER WORK 8 1/4 HRS	1 @ 5:53 1 @ 5:31	4 @ EZ 59 60 4

753-5020
481-1917
TAPER

155-3043 Scott Molina 8 total 30 17:36 530/602/555 Easter Eastern Orthodox (Easter Sunday)		1:45 TOTAL RANCHO BEACH LORAIN HILL OF 105:30 No running?		UCSD TRACK 1mi 5:10 1/2 2:33 1/4 1:13 1/8 58 1/16 29 1/32 14 1/64 7 1/128 4 1/256 2 1/512 1		CABLE-HOOK/UP \$56 8-12 573-1769 720-0255		NO RUNNING APPROX 2mi WORK	
MEDIUM ENDURANCE 10 14		MEDIUM ENDURANCE 8 15		MEDIUM ENDURANCE 10 16		MEDIUM ENDURANCE 12 17		MEDIUM ENDURANCE 8 18	
TRAILS @ MOLINA RANCHO FAIR- BANKS HES TOUGH! Eastern Orthodox (Easter)		1000X 500 FREE 200 BOAT 300 PADDLE EZ 50:00 TRAILS BAA GEOFF SMITH 2:14:00 T-7		TRAIL ZILL Lomas @ THE Pep boys- ALIEN/GRAVES/ POTTERSON/MOSS/ ALIEN SCHUBERT!! 490 MOLINA PETERSON/ALIEN LEFT ME AT 30:00 INFO		2nd 12:55 2BK 12:29 20000 49:00 * 220 MILES ON TIGERS (STRAIGHT LONG)		EZ 6 NO WATCH- RAIN-2HRS. WITH WEED EATER WORK 8 1/4 HRS	
MEDIUM ENDURANCE 12 21		FAST RHYTHM 10X SHORT LING 16 22		MEDIUM ENDURANCE 10 23		MEDIUM ENDURANCE 8 24		MEDIUM RHYTHM 6-7X MILE 10 25	
STARTED TAKING BLUE GREEN ALGAE LAJOLLA HALF 5K 16:22 / 5:16 PACE 1mi - 4:32 2mi - 9:56 5K - 16:22 2ND PLACE 1st 15:58 T-2		EZ 6 LEGS IN THE SORE! REAL SORE TO BE HONEST		TODAY A DAY OFF FROM THE TRAIN!!!! EZ 2 LEGS SORE!!		TOTAL 105:54 LEGS STILL STIFF BUT BETTER TODAY Secretaries' Day		EZ 6 * 270 miles on TIGERS	
MEDIUM ENDURANCE 6 28		FAST RHYTHM 12X 440 16 29		MEDIUM ENDURANCE 6 30		12/15 50mi. 6:09:20 1/20 2mi. 10:27-5:14 5/3 26.2 2:44:50-6:17 8/2/16 10K 33:52-5:21 12/24 2mi. 10:10-5:09 13/10 2mi. 10:20-5:10 13/31 10K 33:47-5:25 13/31 10mi. 56:57-5:40 2/1/21 5K 16:22-5:16 19/4/28 10K 33:57-5:28		208 MILES RUN 1400 METERS SWIM 14,000 METERS IN POOL 8 3/4 mi swim	
LAGUNA BEACH 10K 33:57 19TH OVERALL 4TH-AGE GROUP MAY/NO 1st 33:08 8th OVERALL 6mi. warm du		EZ 6 LEGS NOT TOO BAD/OVERALL BETTER THAN LAST WEEK AT THIS TIME		NO RUNNING CHECK WEEK		18 WEEKS		NO RUNNING CAWES BETTER LEGS TANGLED	
MEDIUM ENDURANCE 14 14		MEDIUM ENDURANCE 6 16		MEDIUM ENDURANCE 10 18		MEDIUM ENDURANCE 8 20		SHORT ENDURANCE 8 26	
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		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		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		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		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	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 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 JUNE 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	20:00 ÷ 64 TOM 753-7526	5:30 — 2110 EL CAJON BUD. 8 EAST/TEXAS	MEDIUM ENDURANCE 1 1 mi. WARM-UP. 8@ 6:15 1 mi. WARM-DN. LOOKING GOOD!! 1:08:10 MONY PRO-AM	SHORT ENDURANCE 2 5@ EZ 105:31 NORTH COARSE 45:00 MONY 1 KITE	SHORT ENDURANCE 3 1 mi. WARM↑ 8@ 6:20 1 mi. WARM↓ GOOD! 1:05:52 KITE +4	CORONADO 10K 7 AM SUNSET PARK 10K@ RICHARD 44:13/705 3 WARM-UP 1 WARM KITE +3
5 NO RUNNING!! LAST DAY OF THE TOURNAMENT BUZZY!! 9 HAS.	START GROIN THERAPY 6 5 mi. WARM↑ 20@ 6:45 5 mi. WARM↓ LT SHORES PELT IN CONTROL	H₂O DELIVERY 7 NO RUNNING EVERY THING FEELS GOOD EXCEPT HEAD ACHE!!! VAL REST DAY - SO IT GOES GOT TO DO EVERY NOW AND THEN!!!!	HEADACHE!! 8 7 TOTAL two@ 10:45 105:23 205:22 WARM↓	9 EZ TIERED FELT SWIM!!	10 NO RUNNING REST DAY NOT FEELING TOO HOT!!	11 10 TOTAL 4 DN 2-6 6:03 30K 6-3 5:46
12 SUPER BUZZY DAY AT WORK!!! NO RUNNING TODAY REST FOR LONG 9500	13 22 TOTAL RUN 1 mi. WARM↑ 100 67:27 up South 1-9 North 100 62:48 BACK 2:10:15 TOTAL IN CONTROL TOTALLY	14 8 TOTAL 60:00 105:51 EVERYTHING IN GOOD ORDER EXCEPT GROIN??	134* MI. ON TIGERS TO DATE!!! 15 10 TOTAL FROM 3 mi. MARK SO TO 8 mi. V 035:00 7:00 BACK@ 3:56 4/22 GROIN?? JANUARY	16 EZ HA, TIERED! 60:00	17 EZ HA, BETTER TODAY 60:00	18 14 TOTAL SOUTH COARSE 13 to 73 and RETURN 01:20:50 6/45

— JOHN MONTGOMERY —

LAST DAY OF THE TOURNAMENT BZZY!! 9 AM. KITE BYG 1.0 10 10	SM. WARM 20 @ 6:45 SM. WARM LISHORES FELT IN CONTROL 1.0 10 10	NO RUNNING EVERYTHING FEELS GOOD EXCEPT HEAD ACHE!!! VAL REST DAY - SO IT GOES GOT TO DO EVERY NOW AND THEN!!! 7 TOTAL TWO @ 10:45 10 523 20 522 WARM 1.0 10 10	8 9 EZ TIRED FELT SWIM!! 1.0 10 10	10 NO RUNNING REST DAY NOT FEELING TOO HOT!! 1.0 10 10	11 10 TOTAL 4 ON 2-6 10:00 3 ON 6-3 10:40 1.0 10 10
12 SUPER BUZZY DAY AT WORK!!! NO RUNNING TODAY REST FOR LONG AM... 9:50 BACK AT WORK!!! Mother's Day 1.0 10 10	13 22 TOTAL RUN 1mi. warm 100 67:27 up south 1-9 NORTH 100 62:48 BACK 2:10:15 TOTAL IN CONTROL TOTALLY 1.0 10 10	14 8 TOTAL 60:00 105:51 EVERYTHING IN GOOD ORDER EXCEPT BRAIN?? 1.0 10 10	15 134* MIL ON TIGERS TO DATE!!! 10 TOTAL FROM 3mi MARK SO. TO 8mi @ 35:00 7:00 BACK @ 3:56 6/22 COPIED?? JAVUA 1.0 10 10	16 EZ. HA, TIRED! 1.0 10 10	17 BZ HA, BETTER TODAY 1.0 10 10
19 8 MILES TOTAL 1st 30:00 IN SOFT SAND - TRAIL TO 4mi. MARK BACK TO 4mi. MARK 5:43 mi. BETWEEN 4-3 RETURN BEACH 1:12:00 6 HAS 8:30 15 43 0 8	20 BZ 8/106:18 ON BEACH!!! LONG (AM) 1.0 10 10	21 25 TOTAL WARM 24 @ 2:45:44 6:54 1/2 mi. warm 1/2 mi. warm 1.0 10 10	22 220* ON T2's 15 TOTAL 140 1:35:34 IN CONTROL TOTALLY-AMAZING 40mi. IN 2 DAZE @ 250654 150650 1.0 10 10	23 8 TOTAL EZ HA, ON BEACH SOUTH STOMACH UPSET - BAD MILK LAST PM 1.0 10 10	24 8 TOTAL EZ HA ON BEACH NORTH MOONLIGHT STOMACH BETTER 1.0 10 10
26 NO RUNNING TODAY - REST DAY - RACE AM 1.0 10 10	27 THAT DOG WILL HUNT COPIED 10K - 33:25 FELT STRONG!! 14TH OVER / 2ND 30:39 WARM WARM 10 TOTAL 1.0 10 10	28 EZ HOUR!!! LEGES / UPPER BODY FEEL GOOD ALKA/SELTZER?? * 1600 PA 30:07 1.0 10 10	29 EZ ADVA 7:00 PACE NO SWIMMING!! POOL CROWDED 1.0 10 10	30 T3 TODAY NO RUN NO SWIM REST 70mi. NEXT 5 DAZE!!! 1.0 10 10	31 WAT 0 1600X2454 10 TOTAL 40 25:52 40 24:14 1mi. 1mi. 6:15 O/A 1.0 10 10
266 total MILES RUN 4 MAY 16000 X SWIM MEAS 10mi. SWIMMING FOR MAY					

June 1985



© DRAWING BOARD GREETING CARDS, INC. 1983

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

JULY

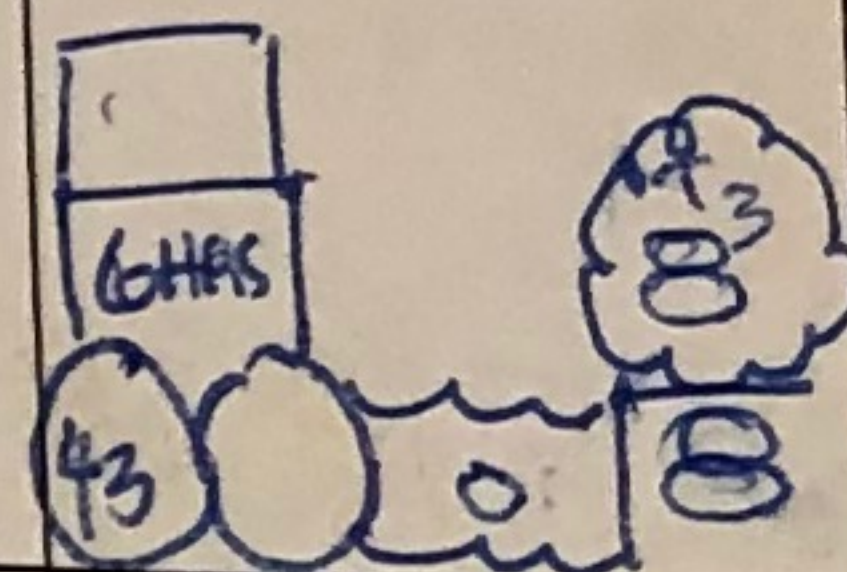
S M T W T F S
1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29 30 31

1218 MILES RUN

* 50 mi. WEEK AVE.

1

800 EZ
306127
NORTH
I'm TIRED!!



2

800 @ 14:56
LOMAS AM
SWIM ???
NO RUNNING
TODAY

3

21 TOTAL
200 @ 20939
SOUTH TO 1P. ROAD

1:30 1000
14 @ 7:00
NORTH TO
CARLBAD 1/2 MI
OCEAN SWIM

H₂O DELIVERY
10 am TAKES

EZ 6
BEER FROM
PADRE GAME ??

6

EZ 8
@ BEACH
800 LOMAS
15:06

7

6 TOTAL
10512
90%

8

NO RUNNING

9

FESTIVAL
10K
ENCINITAS

10

1000 EZ
Humidity
65%
@ 9:00 AM

11

1000 EZ
HEEL SORE ??

12

1000 EZ
SOMETRAILS
HEEL ??
Humidity
65-70%

13

1000 EZ

14

1000 EZ
SUB
7

15

Remona
10K X 6000K
5TH - OA
340 30-39
35:30

20

THAT WASN'T
FUN - IT HURT
MY TIGHT

LEGS OK!!
STOMACH STILL
NOT GOOD

21

22

23

24

25

26

27

28

29

30

31

32

800 @ 14:56
LOMAS AM
SWIM ???
NO RUNNING
TODAY

21 TOTAL
200 @ 9:39
SOUTH TO 14.000
OCEAN SWIM

1:30 @ 4
14 @ 7:00
NORTH TO
CARLSBAD 1/2 MI
OCEAN SWIM

H2O DELIVERY
10 AM TAKES
EZ 6
BEER FROM
PADER GAME ??

EZ 8
@ BEACH
800 LOMAS
15:06

6 TOTAL
105.12
90%

NORTH -
I'm TIRED!!

FESTIVAL
10K
ENCINITAS

100 @ EZ
Humidity
65%

100 @ EZ
HEEL SORE??

100 @ EZ
SOMETRAILS
HEEL??

100 @ EZ

100 @ EZ
SUB
7

Remona
10K X-COUNTRY
5TH - OA
3RD 30-39
35:30

33:57-1
QTH. OVERALL
1ST (35-39)
THAT WASN'T
FUN - IT HURT!
STOMACH TIGHT
GOOD FACE WITH
AND CLARK

LEGS OK!!
STOMACH STILL
HOT GOOD

Humidity
65-70%

Humidity
65-70%

Max Day

Max Day

Max Day

VALLEY OF
THE
MARATHON / Lompoc
698-5800

REST DAY!!
NO RUNNING
NO SWIMMING
PAD ON RIGHT
BILTSTEP 25
(6-9)
438-8330

NO RUNNING
JOINED
OLYMPIC
RESORT
8000
4502 CASE
10:00 P.B.
Monday

39 YEARS old
2mi. @ 10:20
1st. O/A/15
REAL POSITIVE!
SRI CHINMOY
EZ SWIM @
olympic

NO SWIMMING
VERY TIRED!!

BETTER DAY
8A.M. PREST

80 @ 6:23
10 total

REST DAY
NO RUNNING
800 @ LOMAS

REST DAY
NO RUNNING
800 @ LOMAS

REST DAY
NO RUNNING
800 @ LOMAS

REST DAY
NO RUNNING
800 @ LOMAS

REST DAY
NO RUNNING
800 @ LOMAS

REST DAY
NO RUNNING
800 @ LOMAS

REST DAY
NO RUNNING
800 @ LOMAS

NO RUNNING
1600 @ OLYMPIC
30:02

6 TOTAL
4 @ 6:25

14 @ 6:25
1/2 WARM UP
DRAGSUIT
IN POOL

1 HR. EZ
BEACH RUN
DIRTY!!!

RICHARD SUB6
MILE TRACK
NO WEIGHTS
BEGIN TAPER
FOR SUN. PM

6 @ EZ
BEACH
TIRED!!

WORK

FIRE CRACKER
10K 9 AM
3 @ 16:30 / 5:30
STOPPED TOO
HOT!!

MASSAGE AT
POB'S 1 HR. LEGS
ONLY

MASSAGE AT
POB'S 1 HR. LEGS
ONLY

MASSAGE AT
POB'S 1 HR. LEGS
ONLY

MASSAGE AT
POB'S 1 HR. LEGS
ONLY

MASSAGE AT
POB'S 1 HR. LEGS
ONLY

MASSAGE AT
POB'S 1 HR. LEGS
ONLY

BROWN 454-3221
SEPT. 29 9:00 AM

July 1985

903 mi.

90.3 mi. WEEK



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1383 MILES RUN: JAN → JUNE 45 mi. SWAM: JAN → JUNE 464-3267	880 @ Olympic 880 @ Holiday 1 6 total 2 @ 6:30 1 EGS FEEL FINE - GAOIX?? Dominion Day (Canada) 1 mile	12500 1700 500 41700 2 6 total 1 @ 6:10 Better today!! 440 yds @ Olympic	3 NO RUNNING 1/4 @ Olympic 07:36	4 AM 10K SCRIPTS @ 34:11 2 swim PM 6 @ EZ MASSAGE 450	5 8 total 6 @ 5:46:30 450 @ olympic @ 7:21	3750 6 20 MILES ON BIKE NO RUN NO SWIM CARBAD TRUTH HON RICHARD 2:27
THRIFTY/ENCINAS 753-2115 7 McGREGOR MOUNTAIN 15 total 1/2 mi. swim 14 @ 1:30:23 500/DS 6:27 @ Olympic	RICHARDS' BIRTHDAY 8 9 total @ 7:00 1500 F/S 500 PADDIE	9 11 @ EZ TRAILS/BEACH 1:15:36 500/DS	1000 DRAW SUIT 10 150 1:57:00 TRAILS/BEACH FLAT ROCK RUN BROKEN HILLS TRAILS Hot 80°/60°	11 500 10 @ 1:20:00 EZ TRAILS OCEAN SWIM @ 40:00	AM 500 12 6 @ 6:45 olympic @ 10:00 13 @ 6:30 TRAILS JOHN @ 11:27	5000 13 11 @ TRAILS @ EZ
14 AM 5 mi. Bike ELCAJON SK 09:12 2:30 1:30	15 6 @ EZ BEACH 1000 @ 17:21	16 6 total 4 @ 6:30 900 yds @ olympic @ 14:24:01	17 REST DAY MASSAGE: JOHN HARRIS 1:20 CREAT!!!	18 6 total 2 @ 5:45 5:53	19 \$110.00 LEAVE S.D. AIRPORT P.S.A. 4 2:15 pm #169 ARRIVE 3:30	4000 20 7 @ 6:30 FRENCHIE

+2 RUNNING @ WORK

14	15	16	17	18	19	20
AM 5mi. Bike ELCAJON SK OUTIZ 2300 HUNT +30 1000@16:57	6@EZ BEACH 1000@17:21	6 total 4@6:30 900 yds@ Olympic @14:24/61 1000 6 2000 6	REST DAY MASSAGE! JOHN HARRIS 1:20 CAREAT!!! 2 6 2000 6	6 total 2@5:45 5:53 1000 3 6 6 6	\$110.00 LEAVE S.D. AIRPORT P.S.A. 4 2:15 pm 0 \$169 ARRIVE 3:30 6	4000 7@6:30 FRENCHIE 3?? 4 5 24 6 6 6
21	22	23	24	25	26	27
BEGIN OVERLOAD THEORY S.F. MARATHON SF. T-SHIRTS JERRY, STEVE GARV 13@6:05/1:20:00 FINISH 3:11 RACED OUT!!!! 6	10@EZ ACROSS GOLDEN GATE... LEGS WEAK... BUT BEST RUN OF THE WEEKEND... LEAVE S.F. 1 AIRPORT: 4:00 P.S.A. 0 186 6 0 6 6 6	6@EZ 1000@Olympic AM 500@Olympic PM 4	8@EZ TRAILS 1@6:20 LEGS BETTER 9	8@EZ TRAILS 1@6:04 CHOP THEORY GOING!!! 10	8 EZ TRAILS 10@6:00 10@6:12 11	4500 10@EZ ROAD 1@6:15 2@6:04 12 10 6
28	29	30	31	JUNE S M T W T F S 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 1234 AUGUST 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		
RANCHO SANTA FE TRAILS 2:14:30 (18) MILES FINDING A LOOP @ WATER... GOOD RUN	T/P DRIVING RANGE RUN. 16@1:55 GROIN TIGHTENED UP GOING UP TOURNEY!!! CUT RUN SHORT!! 13:02 LAST TWO MILES. 0	15 11@LAPOLLA COVE/BLACKS @EZ @JOHN NEW HAT A SUCCESS!! 0	4000 6@7:00 EVERYTHING FEELS GOOD 16 RANCHO TOMORROW 0	99.00 ROUND TRIP TO RENO/SAN DIEGO 250.00 ROUND TRIP TO CHICAGO/RENO ERNST WORK 292-7653 421-2512 4000 4500 21,250 4000 5000 3750 BOB * 942-2030 DECKER 65mi. ANKAVE 287 MILES RUN 21,250 yds. swim (12 miles)		

August 1985

- 1) 28, → 80
- 2) 24, 16, 18 → 90
- 3) 26, 25, 18 → 95
- 4) 31, 24, 21 → 100
- 5) 32, 24 → ~~100~~ 90
③ AS OF 8/24

91 ~~mi.~~ Mi. WEEK AVE.
287 Mi. WORTH OF LSD
24 Mi. AVE LSD RUN

SUN
S M T
1 2
7 8 9
14 15 16
21 22 23
28 29 30

SEPT
S M T
1 2 3
8 9 10
15 16 17
22 23 24
29 30

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
80 90 95 100 90 80 100 100 92 60 893 Mi. WD. 13.0 DA 112 WK 89.29 WK AVE. 12.9 64 DAYS 90.54 WK	1 TRAILZ RANCHO S.F. 2:08:47 18 STEADY!! ALLISON ROE ON THE TRAIL?	2 18 90 EZ 105:55 FEEL BETTER AT THIS POINT THIS WEEK!!	3 19 60 EZ VERY ONE TOMORROW FEEL READY! NO SWIMMING REST UPPER BODY
1000.8	18	1000	19

4 20 MILES TOTAL 2:30:00 @ RSF GROIN PAIN @ 10mi. OUCHCH! 6 TOTAL GROIN BETTER 406:30 LAST MI. @ 6:00	5 170 BEACH EGNST MON ?? PM RUN GROIN A PROBLEM 8 TOTAL 4:47/5:52 National Smile begins	6 VERY 60 EZ YES I AM TIRED. NO SWIM!! HEAD NOT INTO IT REST NEEDED	7 * SUB 30 min IN THE POOL 23 60 TOTAL 2012:52 MUCH BETTER! POP BACK BEGIN ICE OF GROIN 20 min.	8 32 min. MILK PACE 21 180 BCL 2:08:47 GROIN A PROBLEM 1:05 TO AROUND HOUSE OVERALL GOOD!	9 25 8 TOTAL 406:25 FELT GOOD 6:30 PACE REAL EZ 30:38 SWIM	10 26 6 TOTAL 205:55/5:37 VERY GOOD!! 5250
26	25	26	27	28	29	30

11 LSCOVE 25 TOTAL 1:30:00 DOWN 2:58:30 2mi @ 6:42/6:21	12 16 TOTAL BUCKS L2MI @ 6:42/6:21 POSTIVE!!	13 NO SWIMMING!! 60 EZ EVERYTHING MADE IT THRU THE OVERLOAD PUCE!!	14 60 EZ GETTING LOTS OF REST SHAS. NITELY ONE TOMORROW?	15 202:30:00 MACHINE ROOM L2MI @ 7:00 NO BRAINDAMAGE YET!!	16 60 EZ NO SWIMMING WORK SHAS. BUSY!!	17 60 EZ 106:03 100
---	---	---	--	--	---	-------------------------------------

Day	Notes	Time	Temp	Wind	Clouds	Humidity	Pressure	Visibility	Other
1	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
2	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
3	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
4	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
5	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
6	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
7	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
8	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
9	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
10	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
11	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
12	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
13	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
14	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
15	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
16	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
17	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
18	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
19	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
20	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
21	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
22	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
23	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
24	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
25	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
26	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
27	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
28	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
29	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
30	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%
31	AM 11:00	11:00	85°	10 mph	100%	100%	100%	100%	100%

A stylized illustration of a grey cat with black stripes, walking towards the right. The cat has a long, curved tail with black rings. The background is a solid yellow color.

80
90
100
100

[illegible]

X COUNTRY BALBOA PK

1:20:00
SWIM FROM OUT
TO SHORES 2000
RUN BACK 12310
BEAUTIFUL DAY!!
RUSHED DAY
2600

20 @ 2:18:25
NORTH ON A52
PAH to BUILDINGS
IN CARLSBAD

10
TOTAL
@ UEZ/EZ
PACE - FEEL
GOOD!! ANOTHER
SUPER SO CAL DAY
65°/SOME WIND
HIGH CLOUDS and
LOTS OF

11
TOTAL
106:21
OVERALL EZ
LOOKING GOOD!!
147 LBS

12
TOTAL
4DN @ 2639
BLACKS/SCRIPTS
4BK @ 2541
NICE DAY!!

13
TOTAL
@ STEADY
TO UEZ
COOL!!

14
TOTAL
106:16
FEEL GOOD!!

15
TOTAL
@ UEZ
59:39
MOLINA
BUD LIGHT
TRIATHLON

16
TOTAL
MISSION BEACH
and BACK
5:00:06
ALONG DAY
Rosh Hashana

17
TOTAL
@ UEZ
YES I AM
TIRED
WORK 7HRS.

18
TOTAL
@ UEZ
RAIN/COOL

19
TOTAL
LJ SHORES
1:15:02
2:26:33 TOTAL
LAST 4mi. 026:17
LAST WORK DAYS

20
TOTAL
@ UEZ
FEEL GOOD!!
SUPER DAY!
9:40 - D

21
TOTAL
@ UEZ

22
TIRED - COLD
COMING - WEAK!
12 @ 1:30:30
4mi. @ 6:30
IN BED ALL MORNING
AND AFTER NOON
TIRED...

23
10 DA
887
mi.
126 DA
88.6 WK
24 @ 3:00:00
LJ COVE
REST RUN BACK
1HR.
WILL BE REGULAR
SUNDAY RUN
AFTER CHICAGO

24
START
JULY 21
FINISH
SEPT. 23
869 mi. (9 WEEKS)
65 DAYS
93.5 WEEK AVE.
541 mi @ LONG RUN
22 LONGS
24.5 AVE
680 YDS / 44, 250 YDS SWIM
A DAY AVE
EZ @ 60NW
CRUZIN'
PERFECT WEATHER

25
TOTAL
@ EZ
LOOKING GOOD!!

26
TOTAL
@ EZ
ON SCHEDULE!
75%

27
APT. DR. BROWN
TEETH CLEAN
9:00AM
NO RUNNING
REST DAY
FOR LACOSTA
10K

28
LAST 3mo / RUNS
1007 mi. RUN
83.9 WK
6 @ EZ
80 DAYS
12.5 DA
88.1 WK

29
MARGARET
1:30:00
KARIN
IT'LL COSTA
10K
36:30
5:15 15 mi.
STEADY AFTER
THAT - THIS IS HOT
THE TIME TO PUSH
WARMUP-DOWN

30
6 @ EZ
LITHE STIFF BUT
NOTHING OUT OF
THE USUAL -

368 mi.
TOTAL
12.2 DA
85.8 WEEK AVE.

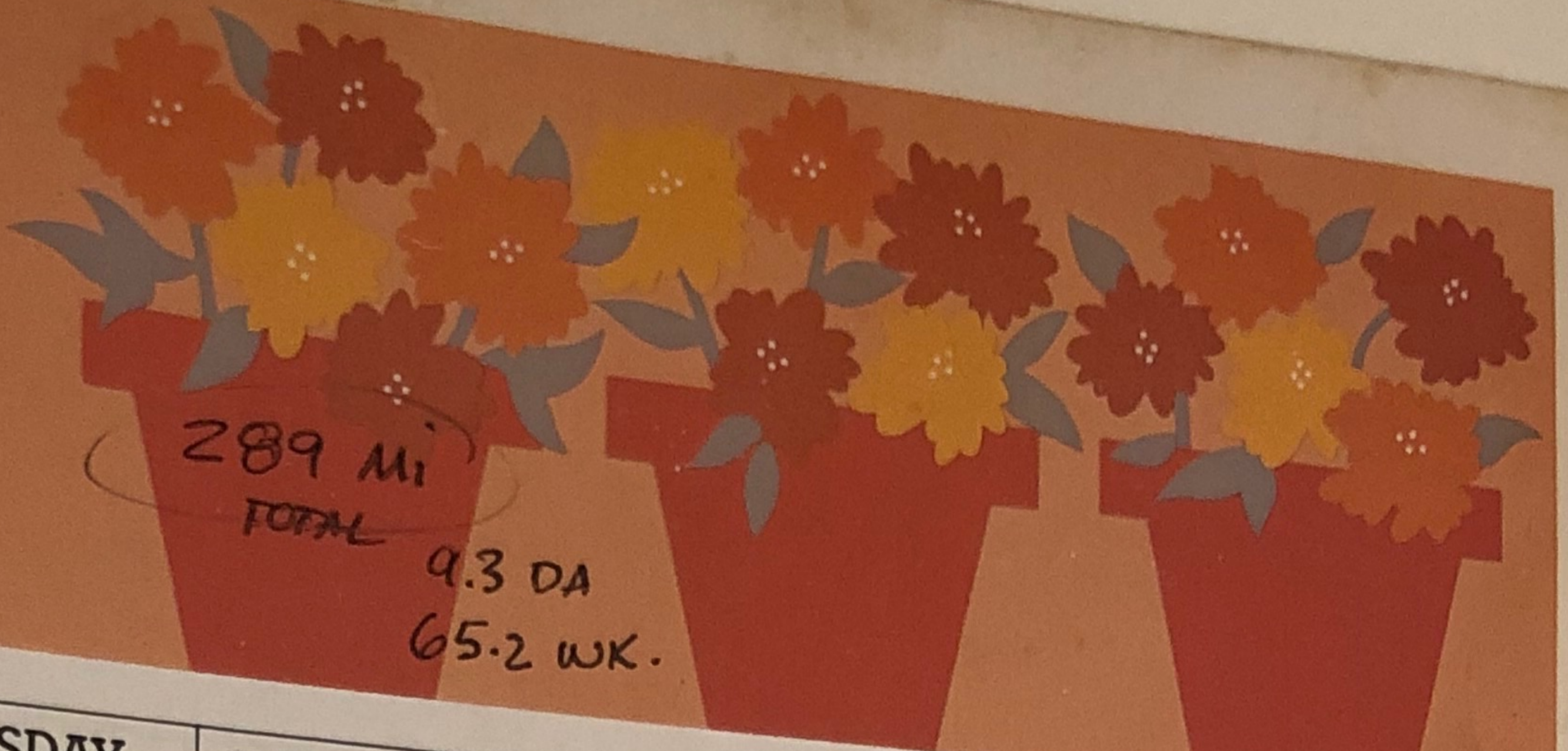
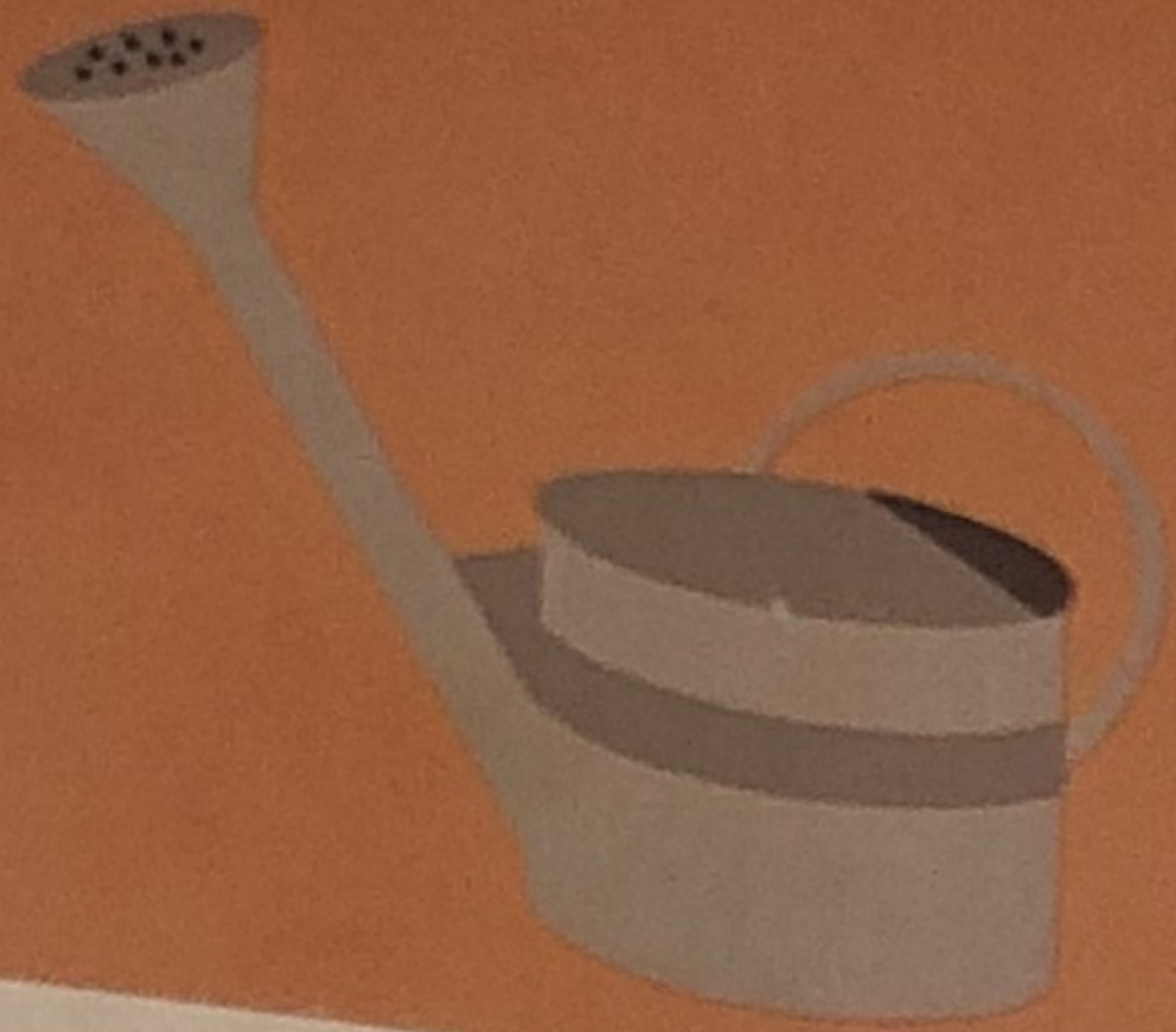
CHICAGO
PAED.
START: JULY 21
FINISH: SEPT. 28
70 DAYS TOTAL
893 MILES
12.75 mi. / DAY
89.29 mi. / WEEK
541 mi. / LONG RUNS
22 LONG RUNS
24.5 AVE

90.5
398
90.8
792
AUG / SEPT
91.2
404
AUG

390mi
MO -> GOAL
396 projected
541 LR
22 RUNS
24.5 AVE
65 DAYS

AUGUST
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
OCTOBER
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

October 1985



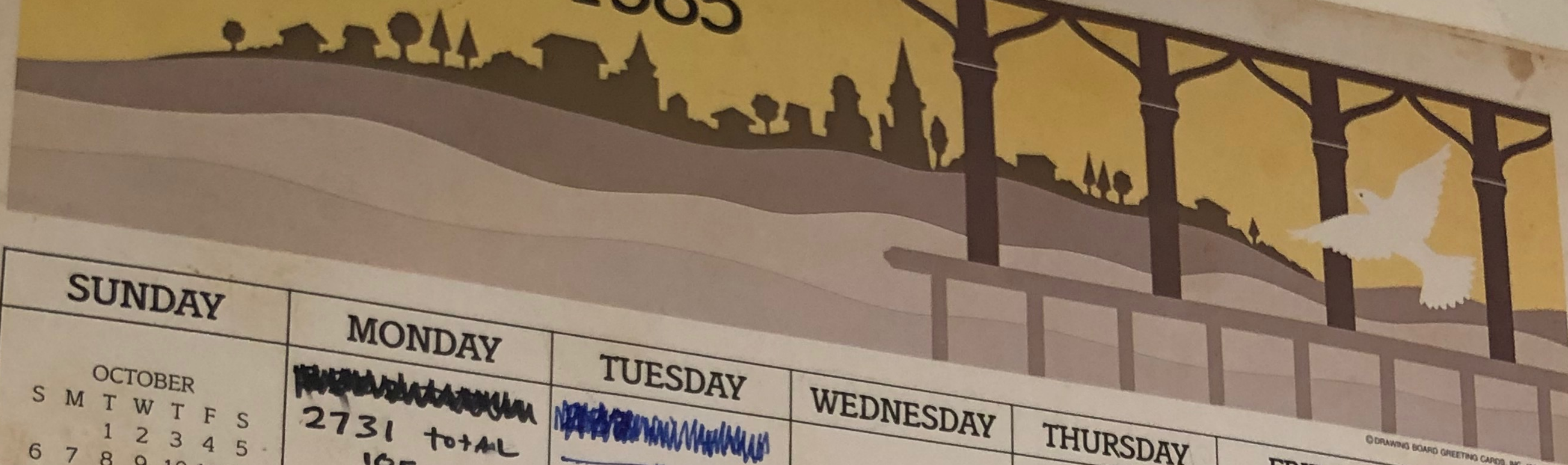
289 mi
TOTAL

9.3 DA
65.2 WK.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2442 mi 1/1 — 10/1 273 DAYS RUN 8.9 DA. AVE. 62.6 WK. AVE. PAGE 3,255 mi. RUN FOR YEAR 671 CHICAGO TO PALM SPRINGS MILES MORE QUALITY LESS MILES DOING 5 WEEK SPEED PHASE MAINLY 440'S 075 SOME BUT PART LK ON ROAD DURING RUNS AS ENERGY ALLOWS. MORE ROAD RUNS 10	THE LITTLE PRINCE A WHAT THAT IS INVISIBLE TO THE EYE IS ESSENTIAL BEYOND VISUAL 3203 mi. YEAR 8.8 DA. AVE 61.2 WK. AVE	1 60 TOTAL 1DN@ 6:26 1BK@ 6:04 WORK 8 HAS TOTALLY NERVEY AT WORK.	2 MASSAGE KARIN 9AM NO RUNNING!! HAVING 2ND THOUGHTS ABOUT CHICAGO \$\$\$ PROBLEMS	3 60 EZ THE RACE'S ON LK ML. LOOKING NO MORE SWIMMING	4 60 EZ BETTER CREAM TOMAY HEAD CLEARING	5 60 46 24 60 EZ BETTER YET
6 NO RUNNING!! HEAD CONGESTION?	7 60 EZ Good!! HEAD FOGGY!	8 60 EZ HEAD BETTER SLEEP 5-6 HRS.	9 MASSAGE KARIN 9AM 60 EZ HEAD CLEARING NO SLEEP 4-5 HRS	10 HYATT/COMP 06:30AM LEAVE SD. FLY TO RENO/CHICAGO VACATION STARTS 3 TAKE-OFFS 3 LANDINGS 4mi. PM NITE RUN IN CHICAGO/30min. NO RUNNING	11 EZ 45:00 WOODY HEAD NOT CLEAR! ARRIVE BY HOT/COLD FLASHES 6PM AM BASSAIDOR CONFER # 1011DNIP 45°/5-10 mph	12 NO RUNNING!! BETTER PHYSICALLY IF DO NOT ACTUALLY THE SYSTEMS - RAIN/8-15 mph 35°-55°
13 1mi. WARM-UP 5-10 mph 5-55° GOOD DAY FOR RUNNING - CHICAGO 50 MILE DROPPED OUT AT 35mi/30mi@3:31 30-35 FATIGUE 7:03 FLASHES FOR	14 BEST I FELT ALL WEEK HEAD CLEARING BUT UNDERSTANDING JUST TOO WEAK LEGS/ARMS BEGAN TO ACHE LIKE ON JUST NOT MY DAY BUT A GOOD DAY TO PLACE IN TOP 10 WITH SUB 6 RAN 5:30 JANUS DROPPED LAKE TAHOE THEY WERE DRIPPING LIKE FUELS - MIGHT BE OVER TRAINED JUST NOT STARTING ENOUGH YET - KEEP DOING IT TIL I GET IT RIGHT - START A TASTER LEE LIPPOON PHASE (75mi WEEKSTAR PHASE) CORNERS FOR JIMMIES	15 10mi - 6:45 20mi - 7:00 30mi - 7:15 35mi. A/W 34:00 FAILED LEAF RUN SUB - 7 SPONOR LK 8:00 LK NOT TOO LK REMAIN NICE	16 VACATION ENDS * 2ND SWIMMING START 8PM 1 HRS PM 60 EZ Boss's Day	17 WORK: 12:00 LACOSTA 60 EZ 10619 FEELING GOOD!	18 8 TOTAL 1064! 30648, 546, 607 GOOD RUN!!	19 10 TOTAL 40656, 607 656, 656 YES, YES, YES!! Sweetest Day

November 1985



SUNDAY

OCTOBER
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

DECEMBER
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

~~XXXXXXXXXX~~
2731 total
'85

TUESDAY

~~XXXXXXXXXX~~
33:35 10K
237 mi. 4 MO
86
323
2731
3054

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LBS
3X10 X 1
4 STATIONS
(8) total

1DN@633
1BK@620
LEGS NOT TOO
BAD FROM
THACK!!!
FEEL LIKE I AM
TRAINING FOR
ONCE -
INTENSIFY STRETCH
AND LBS WORK

LBS
3X10 X 42

(8) total
@ 7:00
EZ -
WASH & MAX
Z-28 \$70-
50 FOR LOCKSMITH
MASTER OF P
DISASTER

MARY-LOU
IN L.A.
714-5827
DISCONNECTED!?!
714-5827

(8) LBS

(8) LBS

3

4

5

6

7

8

9

(8) EZ
7TH DAY IN
A ROW AT WORK.

(23) total
22 @ 2:32:12
NORTH
TO POWER PLANT
COULD HAVE CHARGED
OK!!

(15) total
14 @ 1:34:34
NORTH
6:45 PACE
14 mi @ SB 630

(8) EZ
BEACH
DIRT
1 PM @ 6:10
LBS. 3X4X10

(8) EZ
LMF@621
LBS
3X4X10

TRACK 1
(12X440)
UCSD
8X440@74
2 mi WARM &
GRASS/HOSHOES

(8) EZ
1 @ 6:37

(0) ICE STRETCH

(0) ICE STRETCH

(0) ICE STRETCH

(0) ICE ETC

(0) ICE

(0) ICE

(0) ICE

8 @ 60:00
LBS. 10

6 @ TOTAL
2DN @ 6:40
2BK @ 6:50

1-24-1
@ 7:00
HEAVY RAIN and
WIND 60°
1/2 WARM +
14 @ 7:00 NORTH
1/2 WARM +

1-14-1
@ 7:00
18 total
NOWIND BUT
RAIN SOUTH
2:11:00

8 @ 60:00
LBS. 13
12 total
11 @ 6:32
1 1/2 WARM +
55°

6 @ 45:00
LBS. 14
8 @ EZ
12M @ 345
HAMSTRAINING??
STOP XTRA
STRETCHES

15
(14X440)
8 @ EZ
1 mi GRASS
NO SHOES

16
UCSD
8X440
1 mi GRASS
NO SHOES

8 @ 60:00
LBS. 10

1-24-1
@ 7:00
HEAVY RAIN and
WIND 60°
1/2 WARM +
14 @ 7:00 NORTH
1/2 WARM +

1-14-1
@ 7:00
18 total
NOWIND BUT
RAIN SOUTH
2:11:00

8 @ 60:00
LBS. 13
12 total
11 @ 6:32
1 1/2 WARM +
55°

6 @ 45:00
LBS. 14
8 @ EZ
12M @ 345
HAMSTRAINING??
STOP XTRA
STRETCHES

15
(14X440)
8 @ EZ
1 mi GRASS
NO SHOES

16
UCSD
8X440
1 mi GRASS
NO SHOES

DAY IN A LOW AT WORK ICE STRETCH 6 8@60:00 LBS. 10	22@ 2:32-12 NORTH TO POWER PLANT COULD HAVE CHARGED OK!! ICE STRETCH 23 11	15 TOTAL 14@ 1:34:34 NORTH 6:45 PACE 14 mi @ SB 630 ICE STRETCH 15 12	6 EZ BEACH DIRT 1 PM @ 6:16 LBS. 3x4x10 ICE ETC 8 13	7 EZ LNF @ 621 LBS 3x4x10 ICE 8 14	8 TRACK-1 (12x440) UCSD 8x440@74 2 mi warm + GRASS/HOSHOES ICE 18 15	9 EZ 1@6:37 ICE 10 16
6@ TOTAL 2DN @ 6:40 2BK @ 6:50 ICE 8 17	1-24-1 @ 7:00 HEAVY RAIN and WIND 60° 1/2 warm + 14@ 7:00 NORTH 1/2 warm + Veteran's Day ICE 25 18	1-14-1 @ 7:00 18 total NO WIND BUT RAIN SOUTH 2:11:00 ICE 15 19	12 total 11@6:32 1/2 warm + 55° ICE 8 20	6@ 45:00 LBS. 1 8@ EZ L2M @ B45 HAMSTAINING?? STOP XTRA STRETCHES ICE 10 21	15 H(TACK)-1 (14x440) 8@ EZ BURNING ICE 10 22	6@ 45:00 LBS. UCSD 60° 8x440@ 1 mi GRASS NO SHOES ICE 10 23
LBS. 8@ EZ 60:00 NO RUNNING REST TAPER 4 ICE 8 24	45:00 6@ EZ (AT) WORKOUT 2x2 mi @ 5:45 UCSD WINDY 60° 3 mi warm-up 2 mi @ 11:26 1 mi JOE 2 mi @ 11:27 2 mi warm-up 1 mi NO SHOES ICE 10 25	6@ EZ 1@6:18 ICE 8 26	6@ 45:00 EZ 1-TAPER-1 ?? 275-6191 6 total 2@ 12:23 -EZ-6 ICE 6 27	45:00 6@ EZ 1-TAPER-1 6@ EZ 8 HAS WORK ICE 6 28	NO RUNNING 1-TAPER-1 FIND COMFORT ZONE and HOLD IT! 2:45@ CULVER CITY (6:15 PACE) AIR EDGE 2:05:40 * FOR 20 8 HAS WORK ICE 6 29	4@ 30:00 EZ 1-TAPER-1 NO RUNNING REST 7 1/4 HAS WORK ICE 28 30
3x10x41 CULVER CITY MARATHON SUB. 630/6:15 " 2:50/2:45 NOT TODAY! DIDN'T WORK OUT WORK @ 2 PM TOO MUCH FOR ONE DAY 6 2@ 11:39 (AT) ANABOLIC THRESHOLD STRETCHING ICE 6 24	10 total EZ 1 mi @ 5:56 ICE 10 25	6 total 2DN @ 12:11 2BK @ 12:01 ICE 6 26	NO RUNNING! REST ICE 6 27	WARM-UP WARM-UP (2992) 3000 MILES FOR 185 DAHA-PT. 7M 10K @ All-OUT 33:35/5:24 15TH O/A 2ND 35-39 (1ST 32:51) Thanksgiving ICE 10 28	NO RUNNING RAINING/COLD REST!! ICE 6 29	ALCONTE RIGHT 1ST STREET LEFT LAST CORNER ON LEFT 2410 A ICE 38 30

December 1985

83
mi. 89
103
DECEMBER

3045 > 1985

V > 483-7161 > V

3045
3051
6
57

3057
14
3071

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 6@VEZ 6AM → 7AM COLD 40° HEAD COLD START- ING - LEGS WEIGH GO FEELING GOOD. 6	2 8AM DENTAL APT. 3HRS. DR. BROWN EZ 6 @ DT. APT. IN LAJOLLA!! RAINING NEW SHOES?? 4@6:30 HOLIDAY SPA 139 LBS 6	3 3,005 MI. TODAY!!! LAST LONG RUN BEFORE P.S. 50 25 total 24@7-7:10 COVE RUN TOP TOEAEY 12@6:15 LEGS HEAVY!! COLD BEGAY 6	4 BEGIN 11 DAY TAPER → NO MORE TRAIN- ING RUNS - RUN EZ 6 total 1@6:15 1@6:05 6	5 NEW SHOES \$54.01 AFTER TAX IN-STOCK MIL. (7.4) 993-6789 6EZ 2@1408 6	6 6 total 2@6:30 6	7 NO RUNNING 6
8 NO LBS THIS WEEK SWEETEN HOT H2O 6 total 2@12:34 6	9 6@EZ BUP DOLOBINS 6	10 H2O delivery 2 total IRON GRASS UCSD 6	11 NO RUNNING RAIN 6	12 6 total @EZ COLD 40° 6	13 EARLY SHIFT > LEAVE FOR P.S. SAT. MORNING? NO RUNNING REST TRAVEL 6	14 30:00 @6am 35° COLD BUT... HOT BAD!! 6
15 THE BOTTOM LINE IS THE FINISH LINE - PALM SPRINGS 50 AFFINE AT THE GINNING OF AGE. LOOSE SHOEL LACES 6	16 NO ENOUGH LONG RUNS IN LAST 4WKS. LOST MOTIVATION TO GO LSD - 15 DUMB 35 BAR 10K PERIOD BEGINS 72 HI 6	17 6@EZ VERY BLO @WORK! NO \$\$\$ 6	18 8:30 APT. ENCINITAS SCRIPTS OUT-PATIENT VIn CLINIC PHYSICAL THERAPY HAIR CUT 9:00 672@6:30 6	19 LAST 21 WKS 21 RUNS OVER 20 MILES 50 30 MILES - 6@TOTAL 106:02 4-6 6	20 NO RUNNING DR. APT ULTRA SOUND 1ST PREASMENT 30:00 6 6	21 BEGIN SWIM PROGRAM NO RUNNING FOR 4-6 WEEKS TORN LIGAMENTS IN STOMACH AND GROIN LOWER ABDOMINAL - 65 ULTRA-SOUND HEAT 8 6

WEEK 15 SOXERACUT HOT 420 TOO FAST 6 total 20 12:34 DOLOBINS NO ENOUGH LONG RUNS IN LAST 4 WKS. LOST MOTIVATION TO GO LSD 15 DUMB 35 BAR 10K PERIOD 72° BEGINS 42° 106° NO WIND 30.20 50% OTTOMIN 26 305 3054 GROIN / ??? BASE HASENDE 27 0	10 H2O delivery 2 total IRON GRASS UCSD	11 NO RUNNING RAIN	12 6 total 6 EZ COLD 40°	13 EARLY SHIFT > LEAVE FOR PS. SAT. MORNING 67 NO RUNNING REST TRAVEL	14 30:00 6 am 35° COLD BUT... NOT BAD!! 24 4	15 THE BOTTOM LINE IS THE FINISH LINE PALM SPRINGS 50 * CAFFEINE AT THE BEGINNING OF AGE. LOOSE SHOEL LACES ROCK CANDY @ 20 26 305 3054 GROIN / ??? BASE HASENDE 27 0	16 NO ENOUGH LONG RUNS IN LAST 4 WKS. LOST MOTIVATION TO GO LSD 15 DUMB 35 BAR 10K PERIOD 72° BEGINS 42° 106° NO WIND 30.20 50% OTTOMIN 26 305 3054 GROIN / ??? BASE HASENDE 27 0	17 6 @ EZ VERY BLO @ WORK! NO \$\$\$ STOMACH?? 6	18 8:30 APT ENCHINHAS SCRIPTS OUT-PATIENT VIL CLINIC PHYSICAL THERAPY HAIR CUT 9:00 67 206:30 STOMACH?? 6	19 LAST 21 WKS 21 RUNS OVER 20 MILES SWEAT 30 MILES 6 @ TOTAL 106:02 STOMACH?? 6	20 NO RUNNING DR. APT ULTRA SOUND 1ST TREATMENT 30:00 6	21 BEGIN SWIM PROGRAM NO RUNNING FOR 4-6 WEEKS TORN LIGAMENTS IN STOMACH AND GROIN LOWER ABDOMINAL ULTRA-SOUND HEAT 18 0	22 START SWIM PROGRAM... 30 MILES OF SWIMMING WITH I CAN RUN... anyway you can!	23 26TH 127 MILES DEC 22 3-7 1049 HERMES DEC-1831 30:13 HOLIDAY	24 DOH PACUBA 438-0811 NO SWIMMING ULTRA SOUND DEEP HEAT	25 30:06 Olympic NO TREATMENT Christmas Day	26 ULTRA SOUND HEAT → THERAPIST NICE BUT NOT AGGRESSIVE ENOUGH MAILBOXES!! Olympic TRACK 30:10 10	27 2968 17 30 4 5 Olympic- 24:30	28 Olympic 19:57 WATER HAS TO BE 65° COLD 65 322mi 18 0	29 P.O.B. 2561 6 TOTAL TEST RUN!! 20 12:31 20 12:18 WAS WARM 6	30 NO JMT 6 106:50 20 13:05	31 2:02:00 (14) PACIFIC CREST TRAIL BEAUTIFUL RICHARD STRONG	2968 MILES RUN THRU 11/85 3208 POTENTIAL FOR 1985 8.7 AVE DA 61.5 AVE DA 1807:00 6 EZ 6 EZ 10 10:00 6 EZ 19 2X2X3 6 EZ 65	20 MON. 6 TUE 6 WED. 10 THUR. 6 FRI. SAT. SUN 2 mi 11:30 OFF TRAIL FOR MI. 43 21 103 mi	JAN '86 25 MON 07:10 8 TUE 0EZ 8 WED 0EZ 10 THUR. TRACK 10 440 0.75 8 FRI 0EZ 13 0 TRACK 3 2 mi 0 11:30 8 SAT 0EZ 80 24 25 32 81	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 JANUARY 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 3180 > 85 EGGS BUDGET
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3071 > 1985

BREAD BASKET