

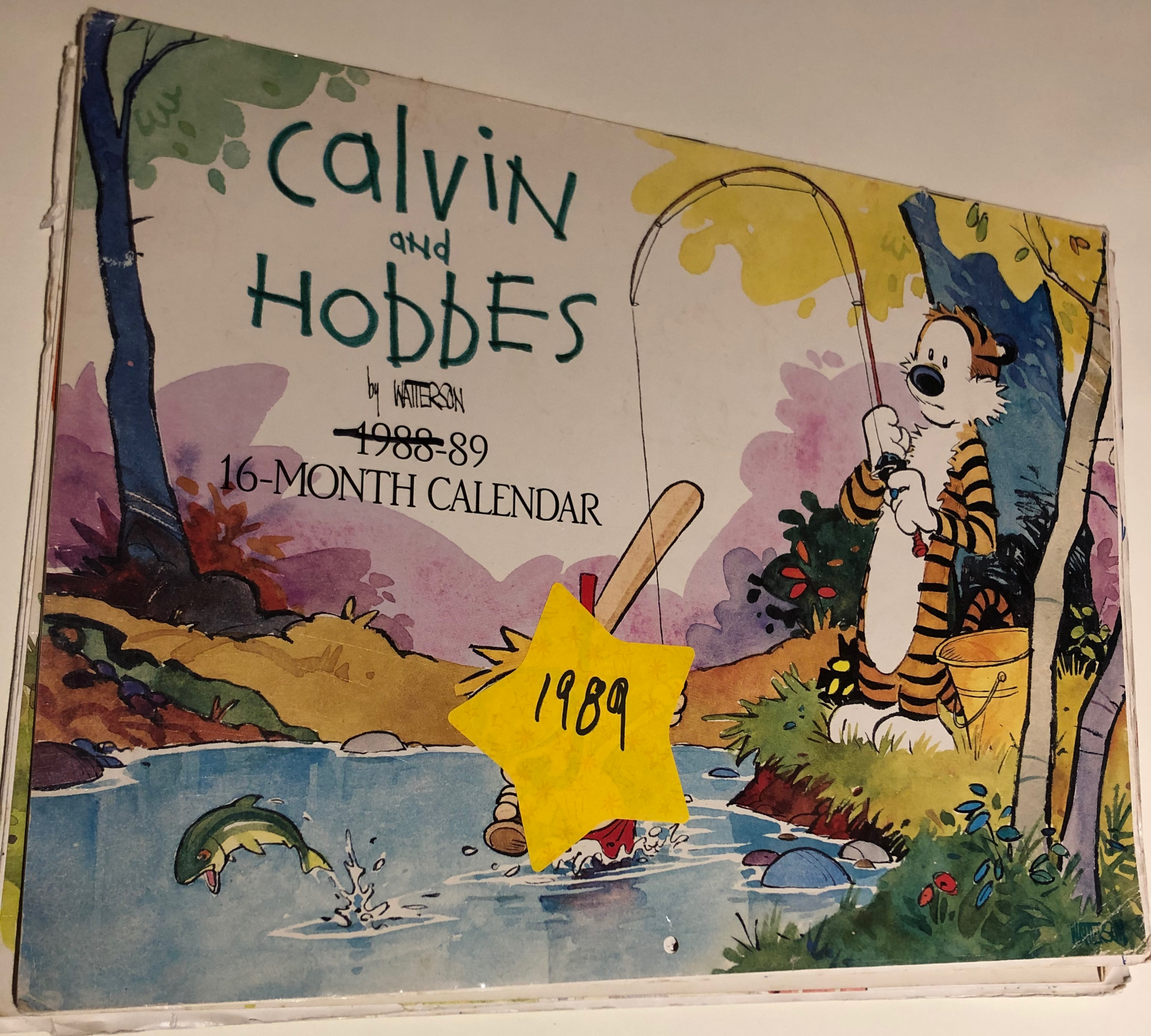
calvin and Hobbes

by WATTERSON

~~1988-89~~

16-MONTH CALENDAR

1989



OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
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	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	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	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	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	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	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	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	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	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	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	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	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	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	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

9.0
 $146 \overline{) 1329}$
 1314

2
 1329
 1181
 148

JULY MASTERS TRACK MEET
 10K TRACK - 35:54 - 3RD
 AUG MILE RUN 50K 6TH O/A 3RD 40-49
 SEPT DAM TUGG RUN 38.6mi 4:50 - 1ST 40-49 4TH O/A
 OCT SAN DIEGO 10mi 3RD O/A 2ND 40-49 61:23
 NOV LA GOSTA HILLCUMB 5K 19:51 4TH O/A
 DEC POWAY 5K 18:32 8TH O/A
 NO RACES!

JAN NO RACES
 FEB SAN DIEGO 1/2 - 1:15:57 * PR
 BLACK MTN (RUN TO TOP) 6mi - 38:38 2ND O/A
 MARCH CATALINA MARATHON - 3:27 - 13TH O/A
 APRIL CARLEBAD 5K - 16:30 1ST 40-49
 MAY CALIMAR 10mi 1:29:49 - 5TH O/A
 JUNE NO RACES



Calvin and Hobbes

1988-89

16-MONTH CALENDAR

JAN	279	30	1ST 6MO
FEB	194	22	run 1329
MARCH	175	22	D 2ND 6MO
APRIL	268	28	1329 MILES 9.0 DAY AVE
MAY	242	29	146 DAYS 23
JUNE	241	25	12/285 24 345 36 9
JULY	250	25	
AUG	161	20	
SEPT	187	19	1181 MILES RUN 8.5 DAY AVE
OCT	200	27	139 DAYS
NOV	211	26	
DEC	172	22	

MILES RUN IN '89 2510 285 DAYS RUN '89
 MILES PER DAY AVE IN '89
 $285 \overline{) 2510}$
 2280
 2300
 2280
 20
 208

139 1181 139 1112 680 956

2nd 6mo 139 DAYS 8.5 1181 10 112



JANUARY 1989

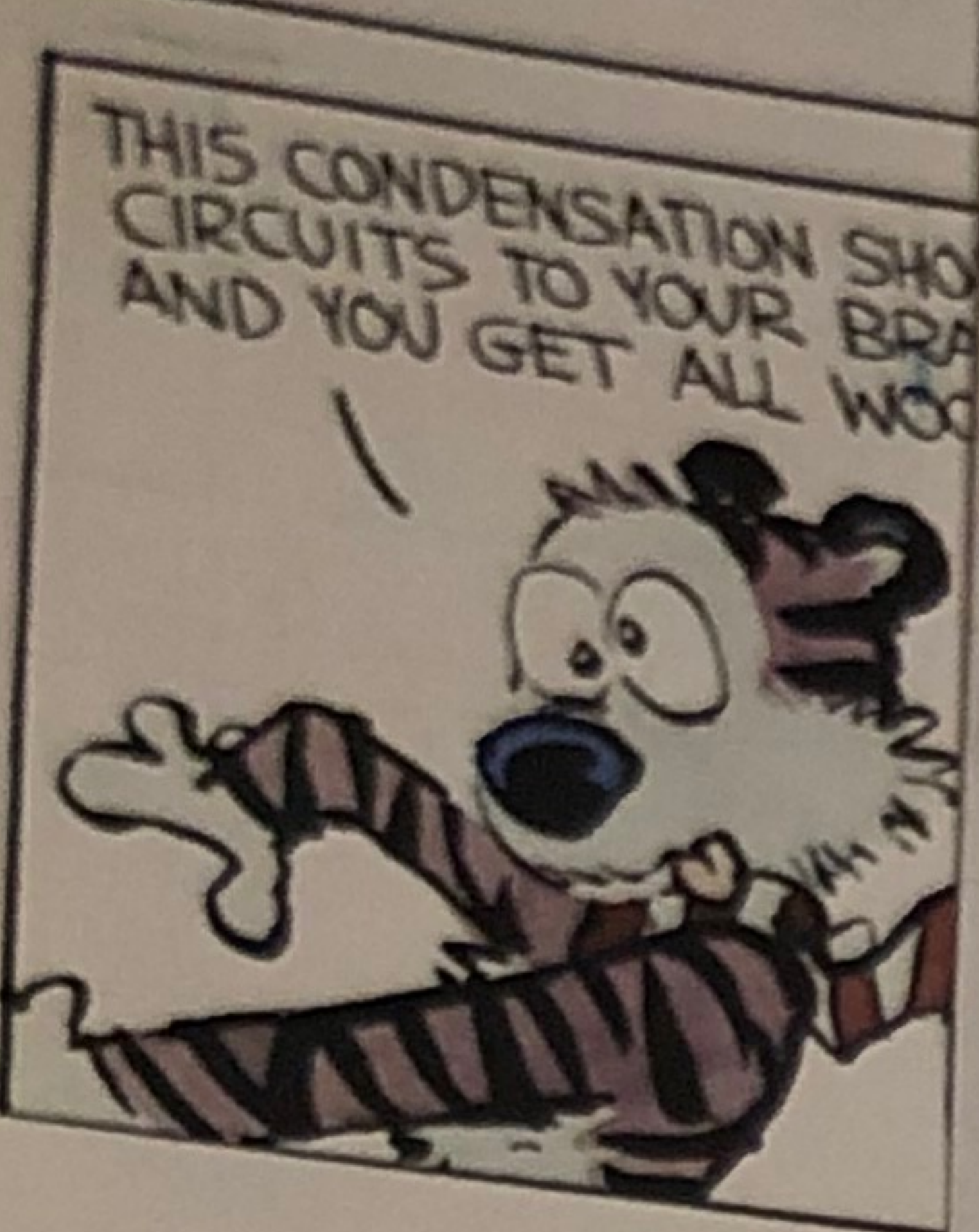
SUNDAY				MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
2:43	22	2:43	22	2:47	6	330	28	1:34	12	5:04	40	4:41	6	5:45	46	4:46	6	6:31	52	4:37	5	7:08	57	4:20	4	7:38	61
RANCHO SANTA FE DICK (GOOD RUN!)				MAILRUN VIA WIS @ EZ				STAIR STARE MAC 200 STAIRS				MAILRUN PLUS				MAILRUN PLUS				MAILRUN @ EZ				EZ HR SOUTH HAIRCUT! 8:30 WIS RESORT			
8/12	373		✓	RED	220	LBS	✓	8/12	385		✓	RED	226	LBS	✓	RED	232		✓	RED	237		✓	RED	241	LBS	✓
LYTES	New Year's Day							LYTES				LYTES				LYTES				LYTES			LYTES				
1:39	14	1:39	14	1:49	6	2:28	20	2:38	20	5:06	40	3:38	5	5:44	45	3:38	5	6:17	50	4:40	6	6:57	56	4:42	5	7:39	61
TOUR DE TORREY ERNST! (THE MAN)				MAILRUN PLUS @ EZ				RANCHO X 60				MAILRUN @ STENDY KNEE??				MAILRUN FORM MILE →				MAILRUN @ EZ BRAH?							
RED	255		✓	RED	261	LBS	✓	RED	281		✓	RED	286		✓	RED	286		✓	RED	291		✓	RED	291		✓
TURN				TURN				TURN				TURN				TURN				TURN			TURN				
2:20	20	2:20	20	2:49	6	3:09	25	3:37	5	3:46	37	1:06	9	4:52	40			4:52	40	3:03	17	7:55	57	3:35	5	8:30	62
RANCHO SANTA FE DICK & MAC!				MAILRUN WIS * 25 DAYS STRAIGHT NO MISS RUN DAYS				MAILRUN @ EZ				MAIL RUN - NO RUN!				ANGLES NATL FOREST! WAT. WILSON MAC				MAIL RUN							
1/5	LYTES	20		1/5	LYTES	20		1/5	LYTES	31		1/5	LYTES	40		1/5	LYTES	57		1/5	LYTES	57		1/5	LYTES	82	
1:36	14	1:36	14	1:35	5	2:11	19	1:33	5	2:44	24	1:42	6	3:26	30	1:12	10	4:08	40	1:37	5	6:10	45	1:49	15	7:04	68
TOUR DE TORREY ERNST! and DICK! OUCH!				MAIL RUN @ EZ				MAIL RUN @ EZ				WIS X				EZ 10				MAIL RUN @ EZ				TOUR DE TORREY MAC			
RED	310		✓	RED	315		✓	RED	315		✓	RED	325		✓	RED	325		✓	RED	330		✓	RED	330		✓
TURN				TURN				TURN				TURN				TURN				TURN			TURN				
1:40	5	1:40	5	1:49	7	1:29	12	2:48	18	2:12	18	279 mi 4 mo. 30 DAYS RUN LBS X 21				61 61 60 35 279				DECEMBER 1988 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 1989 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			
MAIL RUN WIS @ EZ				WIS X INSTRIDE				CUYAMACA PEAK MAC TOO MUCH FUN!																			
GT	317		✓	GT	324		✓	GT	318		✓																
II'S				II'S				II'S																			



WELL... SAY THE OBJECT OF

FIRST, YOUR HEART FALLS

ALL THE MOISTURE MAKES
YOUR CHEAT PROFUSELY.



THIS CONDENSATION SHOWS
CIRCUITS TO YOUR BRAIN
AND YOU GET ALL WOOD

#10 WRIGHTWOOD MTR. CHALLENGE 13.1 :
OCT. 9: 1:53:54
* 43:20 to 46P
OF ACCIDENT FROM START
4TH 9/4 200 TOTAL
2ND 40-46
1ST 50-54

#11 OCT. 23: TRAM ROAD CHALLENGE 3.7 :
32:59 @ 3.7
① 8:10 ② 8:48 ③ 9:03 ④ 6:57
15TH 0/4 400+
2ND 50+
1ST 6-TUTTLE 32:42
JUAN CABEZA
(55) 2ND 1:51+
TOTAL MILES
RACED 199 76.0

#12 NOV. 6: JULIAN 10K
39:137
5:52 6:34 6:13
7:17 6:34 6:16
5TH 9/4 200+
1ST 40+

~~MASTERS ON~~
~~DNR~~
HOLIDAY BOWL 5K
DEC. 29 17:59 = 5:32, 5:55, 5:55
1ST 50+ 86.1 MILES RACED

HECK, THAT HAPPENED
TO ME ONCE, BUT
I FIGURED IT
WAS COOTIES!!



ES61-SLE-09L-1

34.3
6.4

FEBRUARY 1989

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
JANUARY 1989 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 1989 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	8 231280 184 16 1231100 138	42 5 42 5 MAIL RUN MAC 5:33 1/5 LYES BT	42 5 NORUN! REST 1 MAIL RUN! GTTT FELT GOOD ON ROAD 6:15	43 6 1:25 11 MAIL RUN! GTTT FELT GOOD ON ROAD 6:15	11 1:25 11 NORUN!	11 1:25 11
15 1:35 15 1:35 SAN DIEGO TO HALF MARATHON 1:15-57 25 O/A 5TH 40-49 1:14:20 5:25 REN SUES 150	6 5:3 21 2:28 INSTRIDE LOOP...	9 1:10 30 3:38 DMS RUN IN JULIAN TO WYNOLA AND BACK 28/15-20mph 7:02 GT III 39	5 37 35 4:15 DMS RUN MAIL RUN!! SOFT SAND DOWN 6:22 1/5 LYES 92	6 43 46 5:41 NODMS TODAY RAINING!! NO RUN 6:26	6 43 46 5:41 NODMS TODAY RAINING!! NO RUN 6:26	5 1:39 40 4:54 HAIRCUT RUN 1/5 LYES 97	40 454 5 57 784
14 1:43 14 1:43 BLK MOUNTAIN 2ND O/A 38:38 1ST 38:22	6 40 20 2:23 HAIRCUT AGAIN!! RAIN RUN	8 1:05 28 3:28 SUNSET RUN LOTS OF SAND 6:39 Valentine's Day	12 1:30 40 4:58 FLAT ROCK 12mi @ 13:50 6:54	6 43 46 5:41 30:00+ IN DEEP SAND 1mi @ 6:26	12 1:24 52 7:05 TOUR DE TORREY MAC NO MERCY! PERRY GROVE 5:33	5 1:39 40 4:54 EZ APP MAIL RUN/SAND 6:46	7 784 18 60 756
1:55 17 1:55 17 R.S.F. @ DICK, MAC, IS, MIKE, JEFF	1:55 17 1:55 17 MTH. BIKE ON P.C.T. FUN, FUN, FUN!! TITING VALLEY ROAD TO PIONEER MOUNTAIN (CAL) PARK	3:06 20 5:01 37 36 5 5:37 42 GUYAMA PEEK GREAT DAY	5 5:37 42 MAIL/SAND MAC 5:40	1:01 8 6:28 50 1:18 10 7:00 60 TORREY @ KIRST 5:39	1:18 10 7:00 60 TOWER 1 SAND RUN 5:39	1:56 60 MTH. BIKE ARE YOU TOUGH ENOUGH TOOK 2 FLATS - VERY TIRE!! 25mi.	5 26 332 3 14
5 2:29 29 5 6 43 1:12 11 15 2:20 3:32 26 ① 6:26 ② 5:53 ③ 6:33 ④ 5:47 5:47	5 6 43 1:12 11 15 2:20 3:32 26 HARD SAND LOW TIDE	11 15 2:20 3:32 26 STONEWALL PEEK NICE DAY!!	2:12 - 2:18 MTH. BIKE 1:10 DAY AVE 8.1mi DAY AVE 8.7 MPH	9.0 DAY AVE. 194 mi 22 DAY 4X LBS	11 40 57 60 26 194 MOUNTAIN BIKE: 47mi		
GEL LYES 1/5 162 LBS AM	1/5 LYES 168	GT III 93					



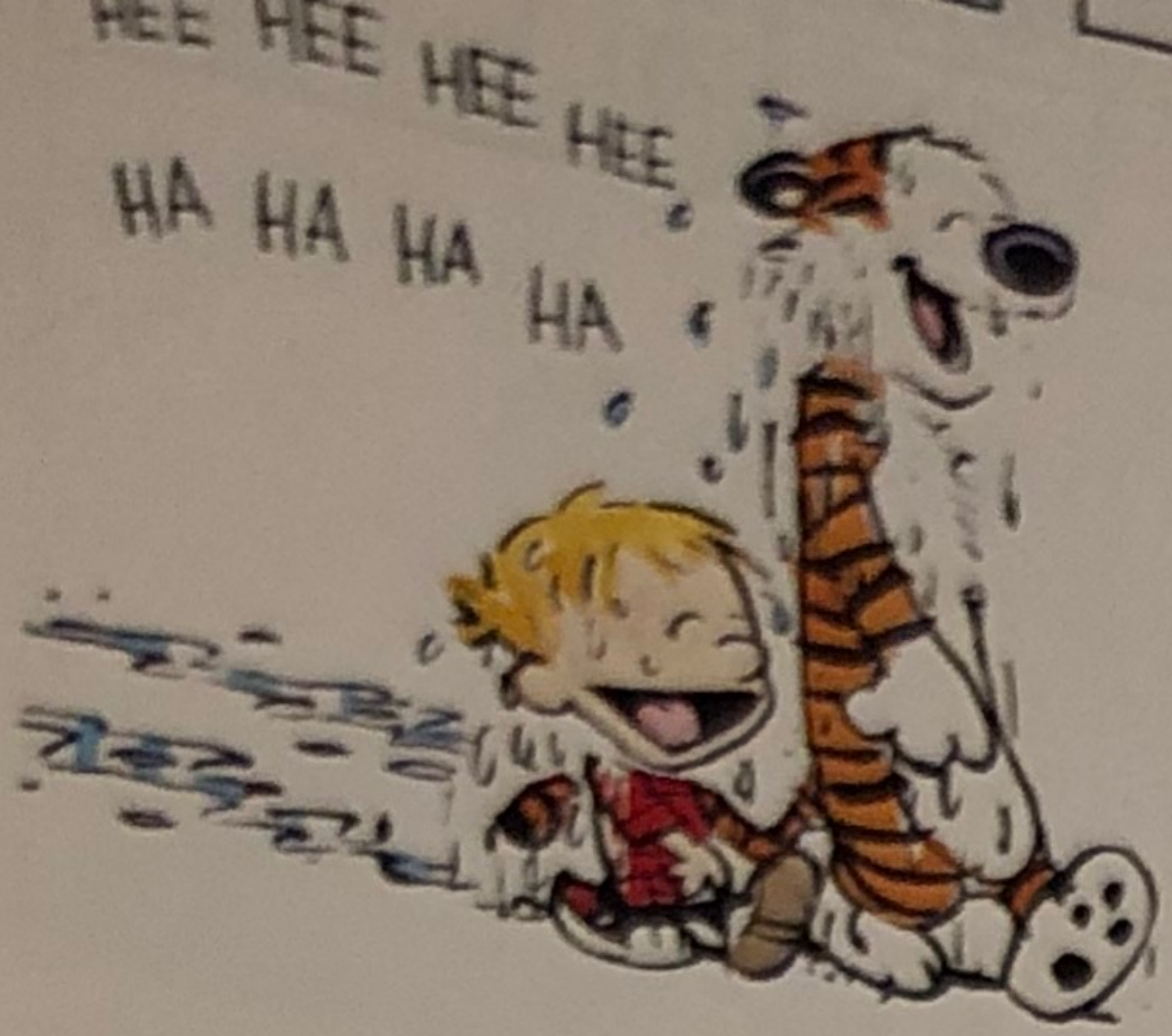
194
195
196
197
198
199
+2000
+2001



MARCH 1989

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY 1989 S M T W T F S 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	APRIL 1989 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	2 25 17 48 70 15 175	5 31 31 5 SANDRUN EZ	5 36 1:13 10 SAND/ROAD	5 38 1:51 15 SAND/ROAD	10 1:20 3:11 25 EZ 10 TOWER 1
• • • • 5	3:45 20 3:45 20	3:00 12 3:05 12	• • 3:00 12	• • 3:00 12	• • 3:00 12	• • 3:00 12
NO RUN! LAMARATHON 2:13 > BOLOAN	WATH. BIKE RIS.F. UFUN	CUYAMACA PEEK @ RICHARD	NO RUN!	NORUN!	MAILRUN EZ	NORUN!
• • • • •	• • • • •	• • • • •	• • • • •	• • • • •	• • • • •	• • • • •
3:37 21 3:37 12	• • 3:37 27	• • 3:37 27	• • 3:37 27	• • 3:37 27	• • 3:37 27	• • 3:37 27
(13TH QA) 1st 40-49 CATALINA 26.2 OVER HEATED / HEAD COLD 3:27:48 (NOT RUN!) 6:28	NORUN! LOST RIGHT BIGTIE NAIL ONLY DAWABE 2 IN THE RUNNING 3/14	NO RUN! STRETCH	UP 77 (NEXT WEEK) BEACH RUN TRENAIL LEFT OUT	BEACH @ EZ FOOT STRONG CLOUDY	B.S.U. BEATS PITTSBURGH 2 DOUG NORTH TO 101 AND GRADVIEW	BSU LOSES TO ILLINOIS BY 12 NO RUN REST ALL DAY
• • • • •	• • • • •	• • • • •	• • • • •	• • • • •	• • • • •	• • • • •
2:17 18 2:17 18	• • 2:59 24	• • 3:44 30	• • 5:31 48	• • 6:35 56	• • 7:00 60	• • 8:17 70
R.S.F. @ DOUG MEDIUM TO HARD KCHYON > 5:56	DELMAR @ IS	MAIL RUN (BEACH) @ EZ	3 PEEKS IN ONE RUN CUYAMACA PEEK AROUND MIDDLE PEEK UP GROHEWILL	EZ HR 12:59 LAST 2 mile! 6:11	BEACH (M) (HARD)	RAIN / WIND FROM THE SOUTH 15-20 mph 5/10 TOWER 1 5:53
• • • • •	• • • • •	• • • • •	• • • • •	• • • • •	• • • • •	• • • • •
251 Sunday	SAUS 170	GT II'S 330	GT III 119	Y/5 LYES 259 10	Y/5 LYES 253 5	175 MILES
• • • • •	• • 5 36 25	• • 5 1:14 20	• • 5 1:52 25	• • 1:52 35	• • 1:52 35	22 DAZE RUN 8.0 MILE RUN PER DAY 163 mile per mo.
NORUN, REST!!	ALL BEACH	BEACH DOWN ROAD MILE > BEACH BACK 6:06	BEACH DOWN ROAD BACK 6:21	NORUN!	NORUN!	
• • • • •	• • • • •	• • • • •	• • • • •	• • • • •	• • • • •	
• • • • •	Y/5 LYES 258	GT II 335	Y/5 LYES 269	• • • • •	• • • • •	
Easter	• • • • •	• • • • •	• • • • •	• • • • •	• • • • •	

[illegible]



SUNDAY

MAY 1989

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

JULY 1989

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 31

TUESDAY

241 mi total

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JUNE 1989

MULE RUN 50 IC
DAM TOOTH RUN 38.6
TRACK 10 IC

AUG. 26 SAT.
SEPT 24 SUN.
JULY 20 THURS

GLIDER PORT
LAST 4 mi @ 6:30
6:01

POBRUN
ETC. ETC

SUNRISE HWY
18.0 to 29.5 (5000-6000)
AND BACK

HAIRCUT RUN
EZ
(HAIRCUT) 6:39

EZ POB

POB EZ
7:10/6:42

R.S.F. > 200
5000

POB EZ

FORM MILE > 6:29

JULIAN
5 mi on JHS TRACK
LAST MI @ 5:50

NORUN!
NO VFM!!

NORUN!

ROAD RUN >
6:55, 6:45, 6:45,
5:40, 6:18, 6:49
(6:42 AVE)

EZ HR.
SHOULDER STILL SORE??

EZ

GT II 472

GT II 5

GT II

GT II

GT II 95

GT II 13

GT II 17

2:00 16 16

1:00 8 24

1:35 5 29

6:28 31 60

47 6 66

1:00 8 74

1:00 6 80

BLACKS AND
DICK (ALL BEACH)
(W) DICK

HAPPY BIRTHDAY!
(43 GOING ON 23)

P.O.B. @ EZ
6:51/6:56

SAN JACINTO
LOWEST RUN ON MTH
JERRY MITCHELL
HAPPY B-DAY

POB @ EZ

BEACH DOWN
ROAD BACK

5 @ 6:31 = 32.8
1 mi warm down

GT II 33

GT II 103

GT II 477

GT II 64

GT II 109

GT II 117

GT II 123

1:59 17 17

1:59 17

1:59 17

8 1:01 25

8 1:07 33

8 1:03 41

R.S.F. > EZ
(W) DICK LITTLE TIGER

MTN. BIKE
NOBLE CALLON

NORUN!
BEAT-UP AFTER
7 mi in 3 days

EZ
BEACH DOWN
TRACES/ROAD
BACK

EZ
SHOWER STIFF!!

EZ 1 mi @
5:00 OCEAN
SWIM

8

4/2 II's 81

4/2 II's

4/2 II's

4/2 II's 131

4/2 II's 89

4/2 II's 139



JULY 1989

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JUNE 1989

AUGUST 1989

S M T W T F S
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

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

2:00 17 200 12
R.S.F. @ DOUG
and DICK
STEADY TO HARD

EZ

GT II 106
OCEAN
SWIM
BOUY
10:39

2/25
LYTES

156

5 :38 :58 5

8

1:01

1:39

13

8

54

2:33

21

4

POB @ EZ

POB @ EZ

8 @ 6:43
SOUTH

6:07

GT II 144

GT II 152

GT II 160

GT II 164

GT II 168

GT II 172

GT II 176

GT II 180

16

17

:38 5 :38 15

:38 15

:38 15

52

8

1:30

2:13

:47

6

2:17

2:19

NO RUNNING!

NO RUNNING!

EZ POB

NO RUNNING!

NO RUNNING!

SDSU NATIONAL MASTERS
TRACK MEET 10,000

EZ

EZ

FLAT ROCK

FLAT ROCK

FLAT ROCK

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AUGUST 1989

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JULY 1989

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

SEPTEMBER 1989

S	M	T	W	T	F	S
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

8 | 11:01 | 8 | 11:05

EZ

ROAD MILE → 6:05

2/25 269

13

NO RUN/REST!!

OCEAN SWIM 10:00

20

NO RUN/REST!!

POB

12 | 3:02

127

MT. WHITNEY @ ERHAT

TRAIL CAMP AND BACK

12,000'

268

6 | 1:47 | 14 | 1:54

EZ

2/25 275

14

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

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NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

6 | 1:49 | 6 | 1:49

EZ

2/25 253

14

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

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NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

EZ

SHOULDER NOT GOOD!!

2/25 261

14

RAIN STORM

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

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NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

NO RUN/REST

EZ

BIG TOE NAIL GONE!!!

GT II 222

0:46

6

2:10

120

37

5

1:55

13

33

5

228

18

35

5

303

23

POB @ EZ

POB

6:33

6:27

6:07

6:28

13

18

23

23

23

23

23

23

23

23

23

10 mi @ 1:09:50

ROAD RUN

6:57/6:34/6:56

6:44/6:20

2/25 280

18

35

5

303

23

POB

POB

6:33

6:27

6:07

6:28

13

18

23

23

23

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GLIDER PORT

GPH SUB 5:00

79 mi @ 7:12

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POB

POB

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REALLY?? WE'RE HAVING MONKEY HEADS? WE ARE NOT... ARE THOSE REALLY MONKEY HEADS?



I'VE NEVER HAD MONKEY HEADS BEFORE!
I WONDER WHAT THEY'RE LIKE.

WOW! MONKEY HEADS!



MM... KINDA SQUISHY OOH LOOK, IS THAT A NOSE? WHAT'S THIS? BRAINS? I DIDN'T THINK THEY'D BE SO RUBBERY...

WHAT? I THOUGHT THESE WERE STUFFED PEPPERS. HONEY, WHAT THE HECK IS THIS?? WHATEVER IT IS, I'M NOT EATING IT!



SEPTEMBER 1989

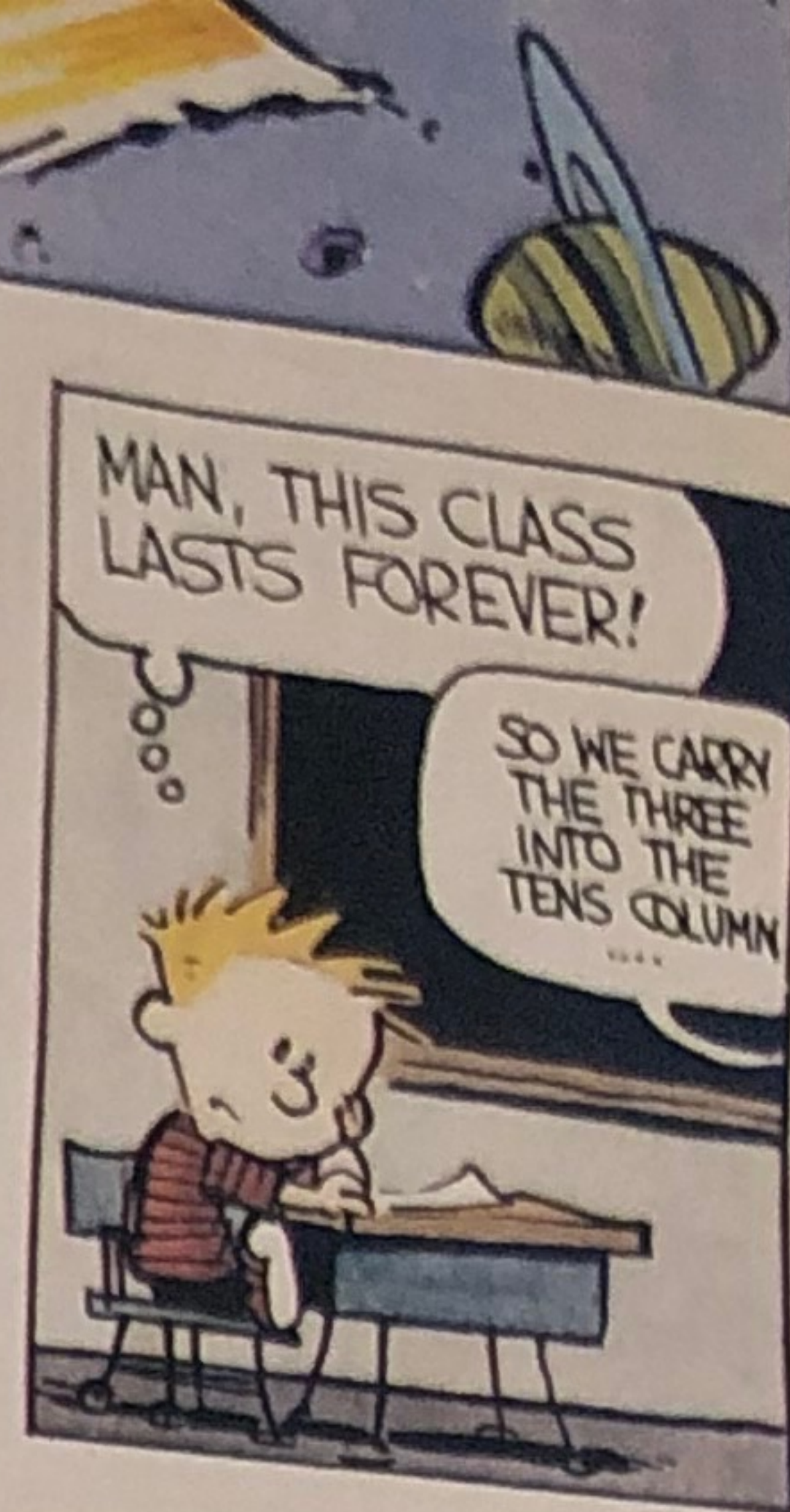
AUGUST 1989							SEPTEMBER 1989						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2400 214 9/1927 18	37 36 12 369 40 9/369	63 279 194 175 268 172 241 250 161 187 1927	020 D 1927 200 2127	SEPTEMBER RUN > 187 BIKE > 75	41 5 41 5 P.O.B. (WORK 8 HRS.) COMPLETE DAY WITHOUT DOLO BID!! 5/25 295 LYTES	213 19 2154 24 L.J. FARMS ROAD DOWN BEACH ROAD/TRACKS BACK DICK - STRONG 7:09
50 6 50 6 EZ - LEGS HEAVY... NO FORM MILE! 5/25 301 LYTES	1:02 8 1:52 14 EZ - LEGS, ETC. BETTER - SHOULDER ACHING AT WORK 5/25 309 LYTES	1:06 8 2:58 22 EZ > SHOULDER BETTER LEGS LITTLE TIRED... 5/25 317 LYTES	2:58 22 MTN. BIKE 21 miles MT. LAGUNA STORE DOWN PCT TO CIBBITTS FLAT FEED CANYON MORRIS CANYON ROAD BC BIKE 21 LYTES	1:02 8 4:00 30 EZ POULTABLE EFFECT!! 5/25 325 LYTES	4:00 30 NO RUN! REST!! EZ TORREY PINES 5/25 325 LYTES	1:11 10 5:11 40 EZ TORREY PINES 5/25 325 LYTES
NO RUN!! REST? 10	MTN. BIKE 26 miles MT. LAGUNA TO CIBBITTS FLAT and BACK UNIMPROVED DIRT @ KENT BIKE 26 LYTES	EZ/HARD mi 5 up hill > 6:23 mi 7 flat > 6:06 5/25 333 LYTES	EZ/POB ROAD/TRACKS BACK 5/25 338 LYTES	POB/SAND DOWN ROAD BACK! 5/25 343 LYTES	POB/TORREY 5/25 353 LYTES	1 mi WARM-UP 80° Humidity 10 SOUTH TO TOP OF (NOW STOP) TORREY PINES 1 mi warm down 6:11 5/25 106 LYTES
NO RUN/REST... 2ND DAY OF HEAVY DMSO TREATMENT 17	NORUN/REST... SHOULDER HAVING A TYPICAL 18	POB. HEAVY RAIN! 5/25 358 LYTES	LAST DAY OF WORK! 7 1/2 HRS... POB ROAD 5/25 363 LYTES	POB. EZ 5/25 368 LYTES	REST... 5/25 368 LYTES	REST... 5/25 368 LYTES
4:50 39 4:50 39 DAM TOUGH RUN 38.6! 14TH O/A 1ST 40-49 6:34 8/23 145 LYTES	4:50 39 MAMMOTH MTN. BIKE BIKE 8	4:50 39 DMS!! REST. OUCH!!	4:50 39 MTN. BIKE 10 mi. NORTH SHORE BIKE 10	1:25 6 6:15 45 MTN. BIKE 10 KT 22 WACK-UP RUN-DOE BIKE 10 LYTES	1:59 8 7:14 53 STRETCHING CANSING SHOULDER TO BE SURE!! RAIN/40° ROAD/RAIN 5/25 376 LYTES	3:38 15 2:52 68 MT. TALLAC WALK-UP - 2:13 RUN-DOWN 1:25 9:16 21



OCTOBER 1989

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
• • • • 1	2:01 13 2:01 13	1:36 5 2:37 18	1:24 4 3:01 24	1:06 8 4:07 30	• • • • 4:07 30	1:12 10 5:19 40
MARY LOU AND ED WEDDING NO EXERCISE!	CAMP RICHARDSON TO 210 MARK ON TAILAC TRAIL AROUND FAIRY LEAF/BACK	School @ 5:30 PM POB @ EZ	1 st DAY OF WORK. POB @ EZ	TORREY PINES BEACH	NO RUN!! REST.	LA COSTA HILLCLIMB 4TH/10A 1954 1ST 40-49
• • • • •	8/23 158 • • •	8/23 163 • • •	8/23 167 • • •	8/23 384 • • •	• • • • •	SAVES 9 • • •
0:48 6 0:48 6	1:36 13 2:24 19	0:37 5 3:01 24	0:51 6 3:52 30	0:40 5 4:32 35	• • • • •	1:05 10 6:14 40
EZ/BEACH	FLAT ROCK @ EZ SHOULDER FOR SOME REASON IS GETTING BETTER.	POB @ EZ. JAMES N. DUE HUGG BX 1,069 LBS YOUNG BEACH	VEZ TRACKS/BEACH DR. PROSIN: DEGRADING DISC IN NECK!	NECK BETTER! P.O.B./BANK	POB → EZ	TORREY 10 MILE 1006:27/1:04:36
8/23 173 • • •	8/23 186 • • •	5/25 389 • • •	8/23 192 • • •	8/23 197 • • •	5/25 394 • • •	5:49 • • •
0:39 5 0:39 15	0:38 5 1:17 16	1:15 10 2:32 20	0:48 6 3:07 26	1:49 4 3:36 30	• • • • •	LD RACERS 10 • • •
POB @ EZ	POB @ EZ	BEACH TO STONESTEPS 101 BACK TO SEASIDE W/ST MI @ → 6:10	POB @ EZ	SOFT SAND	NO RUN/REST	SAN DIEGO 10 MILE 3RD 01A 2ND 40-49
GT II 202 • • •	GT II 207 • • •	GT II 217 • • •	5/25 400 • • •	GT II 221 • • •	• • • • •	SAV CAN 19 • • •
0:39 5 0:39 22	1:49 6 1:29 23	2:16 18 3:45 29	1:42 5 4:22 34	0:37 5 4:59 39	0:32 5 5:31 47	0:47 6 6:18 50
POB/SOFT SAND	EZ RUN/MTN. BIKE 4M	LJ FARMS 1:11 TOP OF L5 HILL 7:16	DR. PROSIN > 10:30 AM EZ POB	EZ POB	6:27/6:06 6:09	POB 6:31/6:11
GT II 226 • • •	• • • 10 MILES	GT II 244 • • •	5/25 405 • • •	GT II 249 • • •	LD 4 • • •	10/27 6 • • •
• • • • 29	0:45 5 0:45 30	1:30 10 2:15 31	200 mi RUN	SHOULDER NOT IMPROVING?? NOT GETTING WORSE??	SEPTEMBER 1989 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	NOVEMBER 1989 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
REST!	PALOMAR: 2-4 SOFT SAND 7:35:00	MALE REPEATS TUES. RUN 6:00 TO 4:00 JOG 4 mi warm down	• • • • •	• • • • •	• • • • •	• • • • •
• • • • •	10/27 11 • • •	LD RICE 14 • • •	• • • • •	• • • • •	• • • • •	• • • • •



NOVEMBER 1989

7.3 25 182 175 77														NOVEMBER 1989																																																																																																	
SUNDAY														MONDAY														TUESDAY														WEDNESDAY														THURSDAY														FRIDAY														SATURDAY																											
OCTOBER 1989														DECEMBER 1989														* DAY-OFF FLOATS																												START CHIROPRACTOR - DR. MILLER ... OUCH !!																																																							
S M T W T F S														S M T W T F S														TRACK														E2 POB														HAIKUT / POB														POB @ EZ														2:21 19 4:38 36																											
1 2 3 4 5 6 7														3 4 5 6 7 8 9														SUB 5:30 PACE INTERVALS														SOFT SAND														@ EZ / SAND														DR. MILLER														LJ FARMS HILL 5:12																											
8 9 10 11 12 13 14														10 11 12 13 14 15 16																												SHOULDER ??																												SAND !!														2HRS @																											
15 16 17 18 19 20 21														17 18 19 20 21 22 23																												10/27 LYES 16														10/27 LYES 22														10/27 LYES 28														10/27 LYES 19																											
22 23 24 25 26 27 28														24 25 26 27 28 29 30																																																																						7:04 21																											
29 30 31																																																																																																															
:38 5 :38 5														:38 5														1:30 10 2:08 15														:53 6 3:01 28														1:50 6 3:51 27														:39 5 4:30 13														2:34 21 7:04 15																											
0:40 > POB @ EZ														OFF														1 TRACK WORKOUT														-0:40 > POB @ EZ														1:00 > TORREY @ EZ														0:40 > POB @ EZ														SAN JUAN TRAIL 7																											
POB @ EZ														REST / NO RUN!														8x440														POB / STAIRS / SAND														POB @ EZ														POB SAND														50 MILE RUN																											
10/27 LYES 24														6:38 DR. MILLER 3														75, 78, 78, 77, 74														DR. MILLER 4														6:42														DR. MILLER 5														LJ FARMS HILL 5:28																											
0:37 5 0:37 12																												LD RACERS 24														10/27 LYES 30														10/27 LYES 36														10/27 LYES 24														10/27 LYES 45																											
POB @ EZ														MTN. BIKE TO LA COSTA 20 MILES TOTAL														TORREY @ EZ														POB @ EZ														NO RUN !!														NO RUN!														POWAY 5K																											
10/27 LYES 41																												10/27 LYES 46														10/27 LYES 51																																										X-COUNTRY 18:32																											
1:21 13 1:21 13														1:40 5 2:08 28														1:34 13 3:35 31														3:35 23														1:11 10 4:46 27														1:31 5 5:23 46														3:05 25 8:28 27																											
BEACH TO TORREY INSIDE TO TOP TRAIL DOWN BEACH BACK 1:21 / HARD														POB / SOFT SAND														TORREY @ EZ														NO RUN!														TORREY AMP BACK @ SUB 7														POB														LAJOLLA COVE																											
10/27 LYES 64 100														10/27 LYES 69 100														10/27 LYES 82 100																												10/27 LYES 92 100														10/27 LYES 97 100														10/27 LYES 122																											
5 :37 5 2:37														:40 6 1:17 27														1:40 5 1:57 16														1:00 6 2:57 22														1:36 5 3:33 28																												211 MILES																											
POB @ EZ														POB @ MAC														POB @ EZ (SAND)														TRACK WORKOUT														DR. MILLER @ 10:15																																																							
LST 2mi @ 7:30 6:57														5:38														6x400 @ 7:3														1x800 @ 2:28														6:32 6:27																																																							
10/27 LYES 50 100														10/27 LYES 56 100														10/27 LYES 127 100														LD RACERS 34														GEL LYES 132 100																																																							



DECEMBER 1989

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOVEMBER 1989 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 1990 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					
:42 5 :42 5	:38 5 120 10	• • 1:20 10	5 COUNTIES, 2 STATES!! "YES!" 190	172 mi.	• • • 1	1:03 8 1:03 8
DEEP SAND TO POB AND BACK!	DEEP SAND DWN. ROAD (6:46) BCK. 6:46	NO RUN!! LT COVE	NO RUN!! W COVE	EZ POB 15:00 SOFT/DEEP SAND 6:30	REST/NO RUN! EZ HR. TORREY PINES STATE BEACH GT II 6:45	• • • 1 1:03 8 1:03 8
GEL LYTES 10/27 132	GT II 10/27 69	• • • •	• • • •	• • • •	• • • •	• • • •
1:05 9 1:05 9	2:00 16 3:05 11	:47 6 3:52 31	• • • •	0:41 5 2:01 15	• • • •	• • • •
TOOK WRONG TURN!!! VERY FRUSTRATING! 5mi @ 30:30	BLACKS AND BACK LOW TIDE 15mi @ 7:02 FEET STRONG!	SAND > 18:00 POB @ EZ	NO RUN!! 8:45 > MASSAGE GREAT LEG WORK	TRACK: TORREY PINES HIGH 4x1000 @ 3:09 AVE 1x1000 @ 76 MAC!!	NO RUN/REST! FOR MARATHON MASSAGE AT 8:45	KINNEY NATL. 17:50 (X-COUNTRY) 14:49
GEL LYTES 10/27 141	GT II 10/27 93 100	10/27 147 100	• • • •	LD EXERCISE 40 50	10/27 101 100	10/27 152 100
2:11 17 2:11 17	:39 5 2:50 12	1:16 11 4:06 32	:42 5 4:48 38	:54 7 5:12 45	:35 5 5:11 52	• • • •
LONG > 2 HRS. + GLIDER PORT HILL 4:08 6:44	P.O.B. @ EZ	TUES. RUN (HARD) SUB 6	SOFT SAND POB/EZ	POB @ EZ 6:17	POB @ EZ 6:02	NO RUN REST!!
10/27 LYTES 169 50	10/27 II's 106 100	10/27 LYTES 180	10/27 II's 111 100	10/27 II's 118 100	10/27 LYTES 185 100	• • • •
LONG > 2 HRS. + GLIDER PORT HILL 4:08 6:44	:39 5 3:53 30	:47 6 4:40 36	:30 5 5:10 41	• • • •	0:35 5 5:42 46	• • • •
POB @ EZ	POB @ EZ	POB @ EZ	ROAD TO POB 6:43, 6:20, 6:10, 6:22	MTN. BIKE: 15 NOBLE CANYON MILES TO ALBAH ROAD TO STORE	POB @ EZ 6:37	REST!!
10/27 LYTES 190 50	10/27 LYTES 196 100	10/27 LYTES 201 100	• • • •	• • • •	10/27 II's 148 50	• • • •