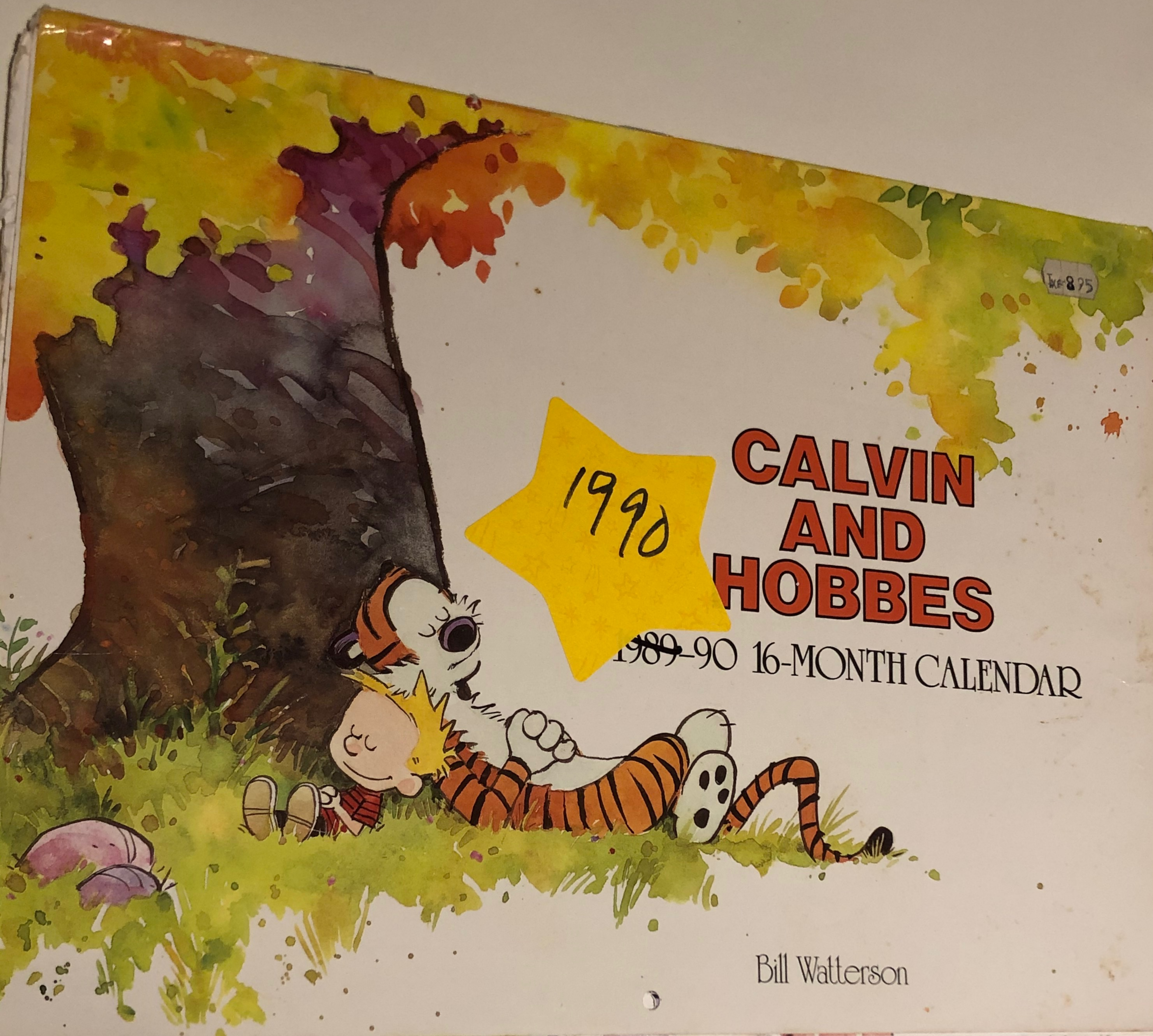


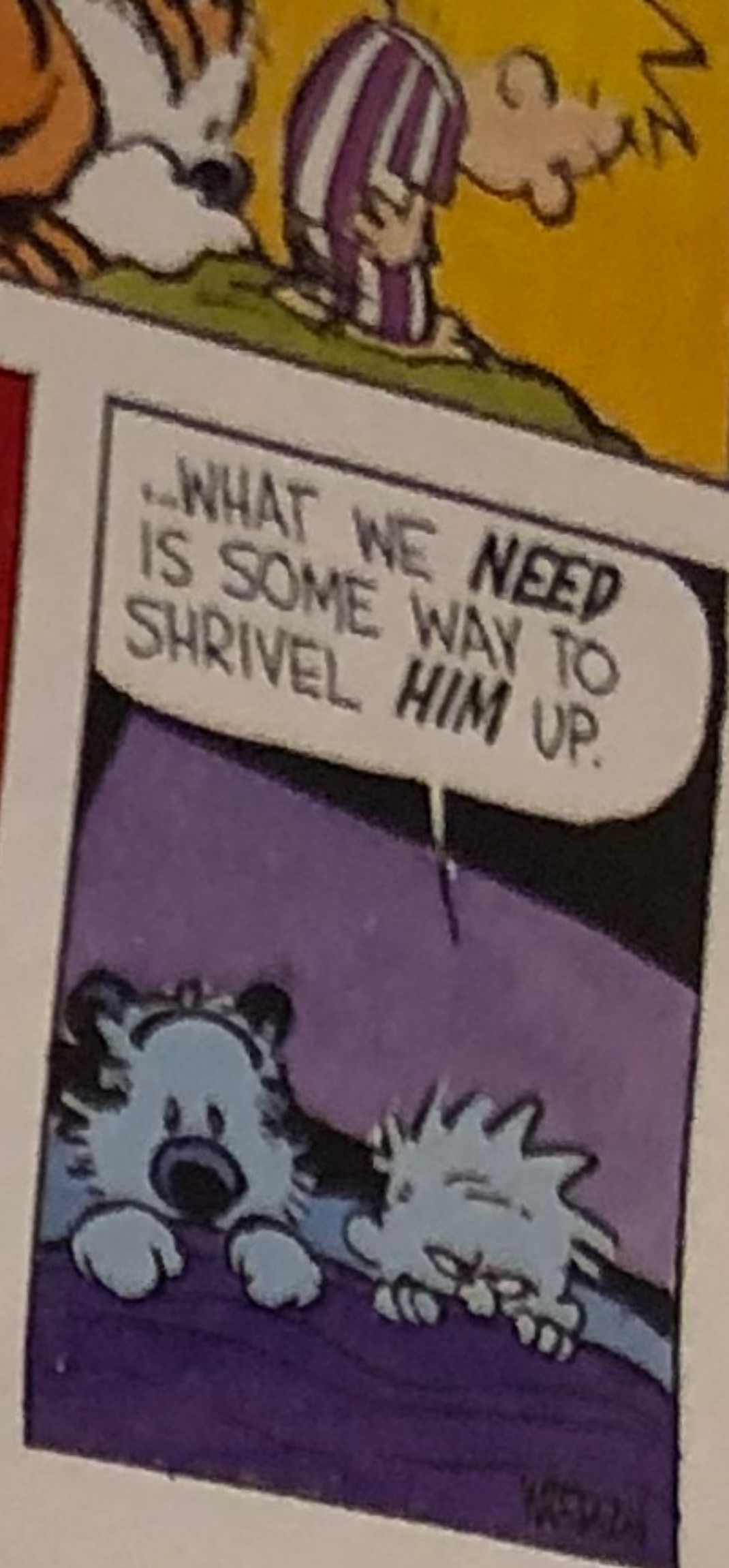
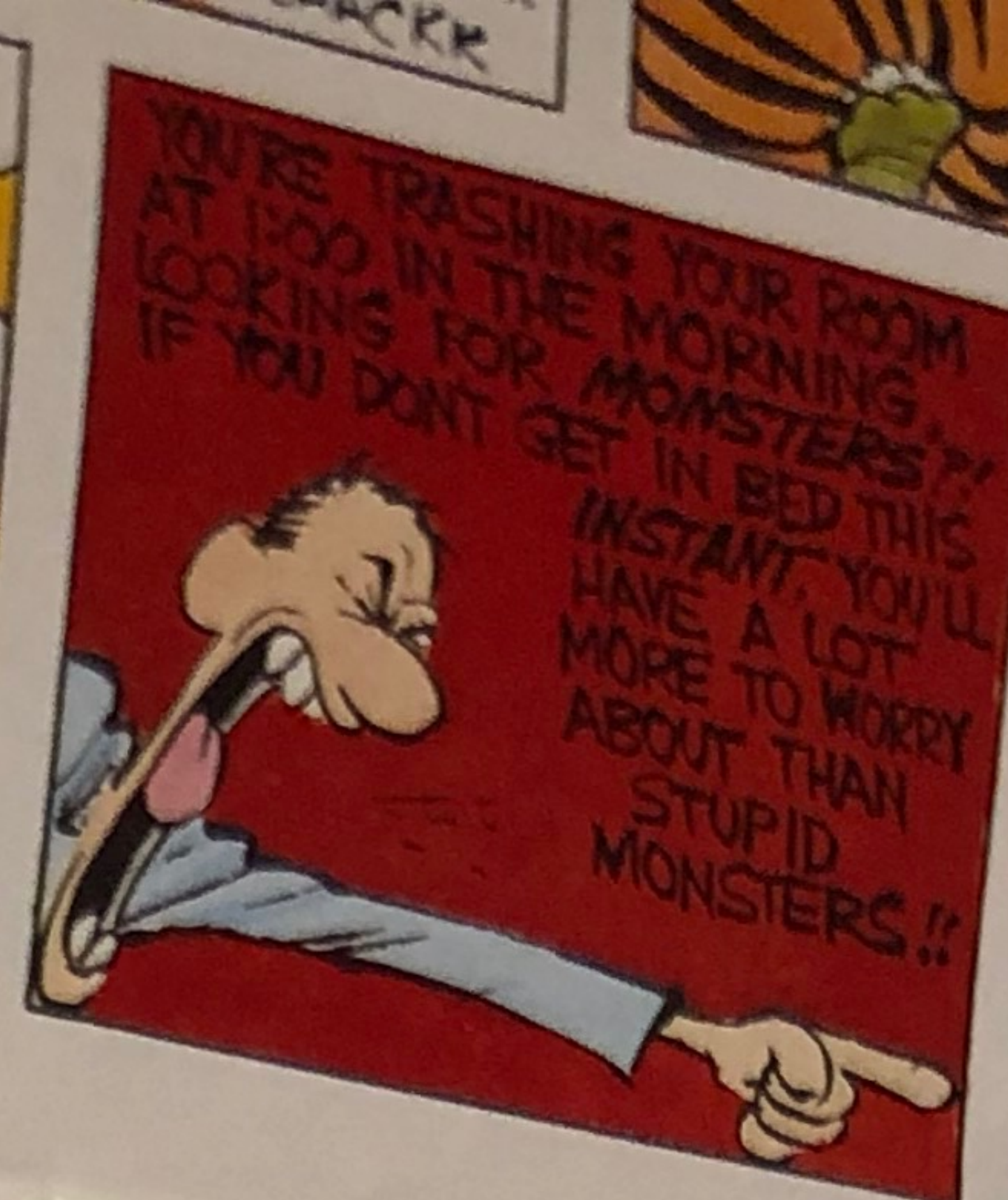


1990

CALVIN AND HOBBES

~~1989~~-90 16-MONTH CALENDAR

Bill Watterson



10/27 II's 148

JANUARY 1990

JAN 242/29

FEB 234/21

MARCH 184/19

APRIL 213/22

MAY 190/19

JUNE 230/24

JULY 167/18

AUGUST 163/22

SEPT. 20/231

OCT. 191/22

NOV. 171/20

DEC 131/16

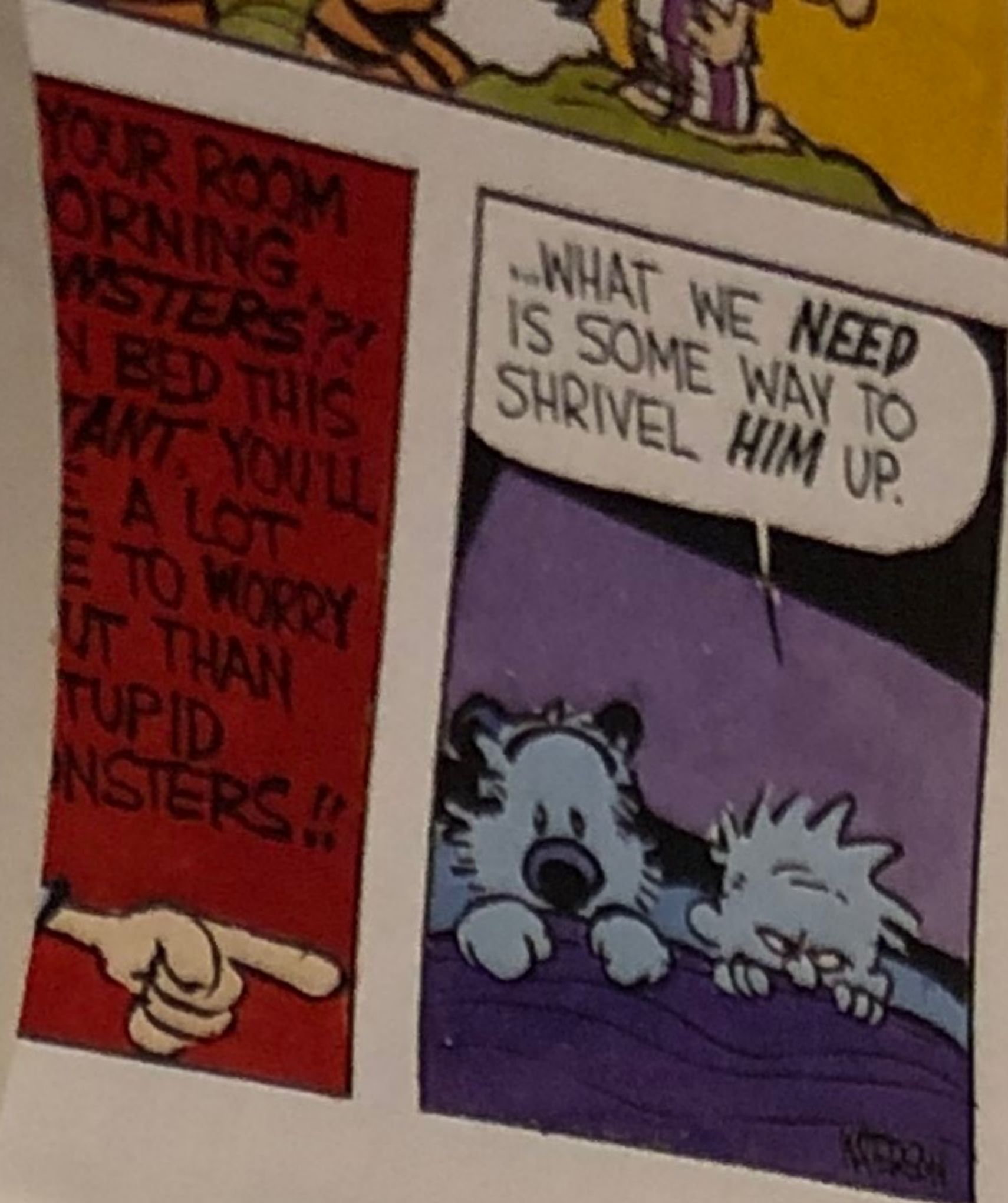
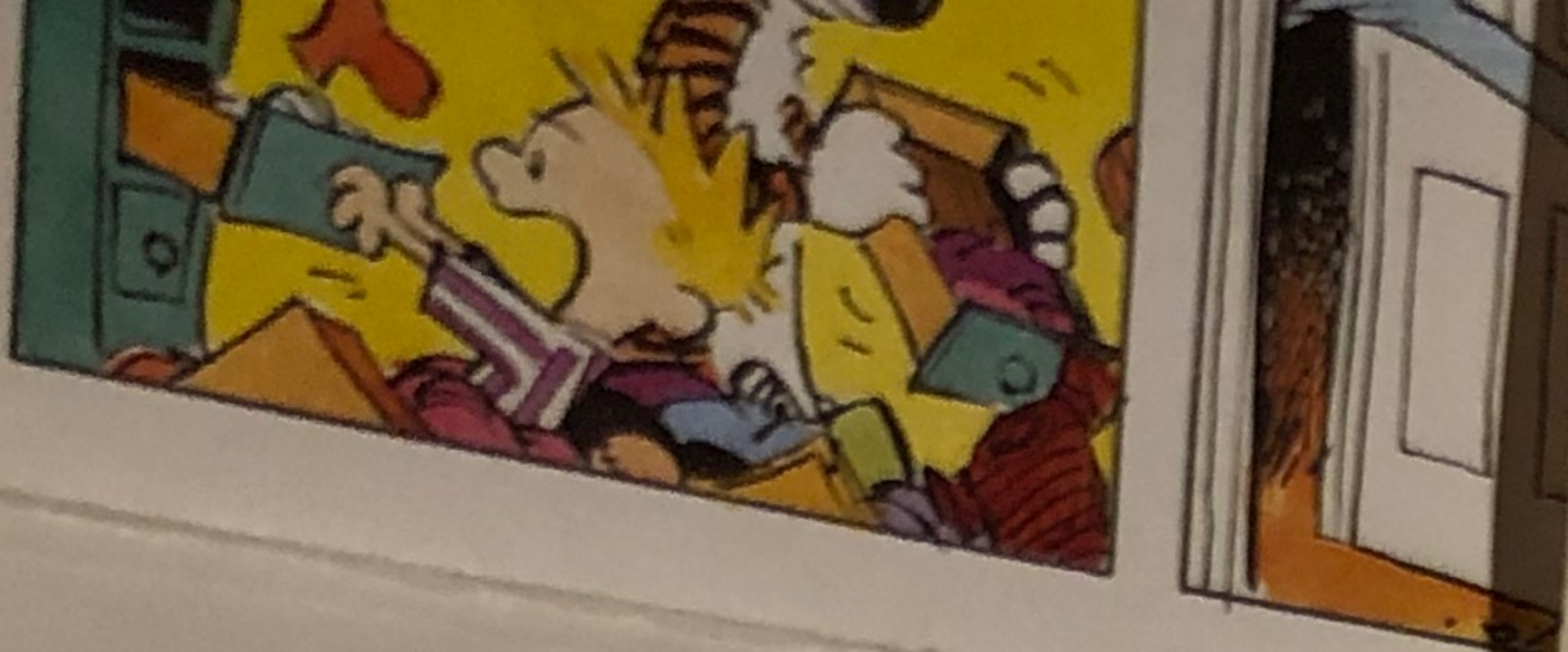
* 113 DAYS
NO RUN

252 / DAYS RUN
2344 / MILES RUN
9.3 MI. AVE/DAY

SUNDAY	MONDAY	TUESDAY
VI FEEL'N FIT 5K and 1 MILE MISSION BAY 17:04-5K 5:22-MILE	:40 6 :40 6 5K 5:12-5:40-5:38 :32 17:04 1 MI 5:23 LD 46 RACES New Year's Day	1:03 8 RAIN/W TPSB @ 10/27 LYTES 20
:49 6 :49 6 POB + 10:00 SOFT SAND 10/27 LYTES 229 100	49 8 NO RUN!! 25 MILE MTN BIKE RIDE 5:45 COYOTE CANYON	1:36 13 FLAT R 10/27 LYTES 242
1:00 8 1:00 18 TPSB @ EZ ... ROAD BACK 7:02-6:02-6:38-6:06 10/27 II's 184 100	1:00 18 NO RUN! SAN JUAN MTN BIKE TRAIL 25 MILES Martin Luther King, Jr.'s Birthday	M 16 TUES. R ST. JOEL/MAC MACE MONTANA 10/27 LYTES 275
1:05 8 1:05 28 EZ+TPSB 10/27 II's 210 100	:47 6 1:52 24 SCHOOL STARTS (7-10pm EMT) DOWN HILL MILE 4:32 10/27 LYTES 289 160	1:13 11 3:05 25 TUE. RUN JOEL AND CO. EX 4:00/2:00 TPE 10/27 LYTES 300 25
:45 6 :45 28 EZ POB + 6:53 10/27 II's 235 100	1:15 10 2:00 28 EZ TOSD LOOP DEL MAR 10/27 II's 239 100	10 3:08 30 12:30 > DENTIST TUES. RUN!! 10/30 LYTES 10

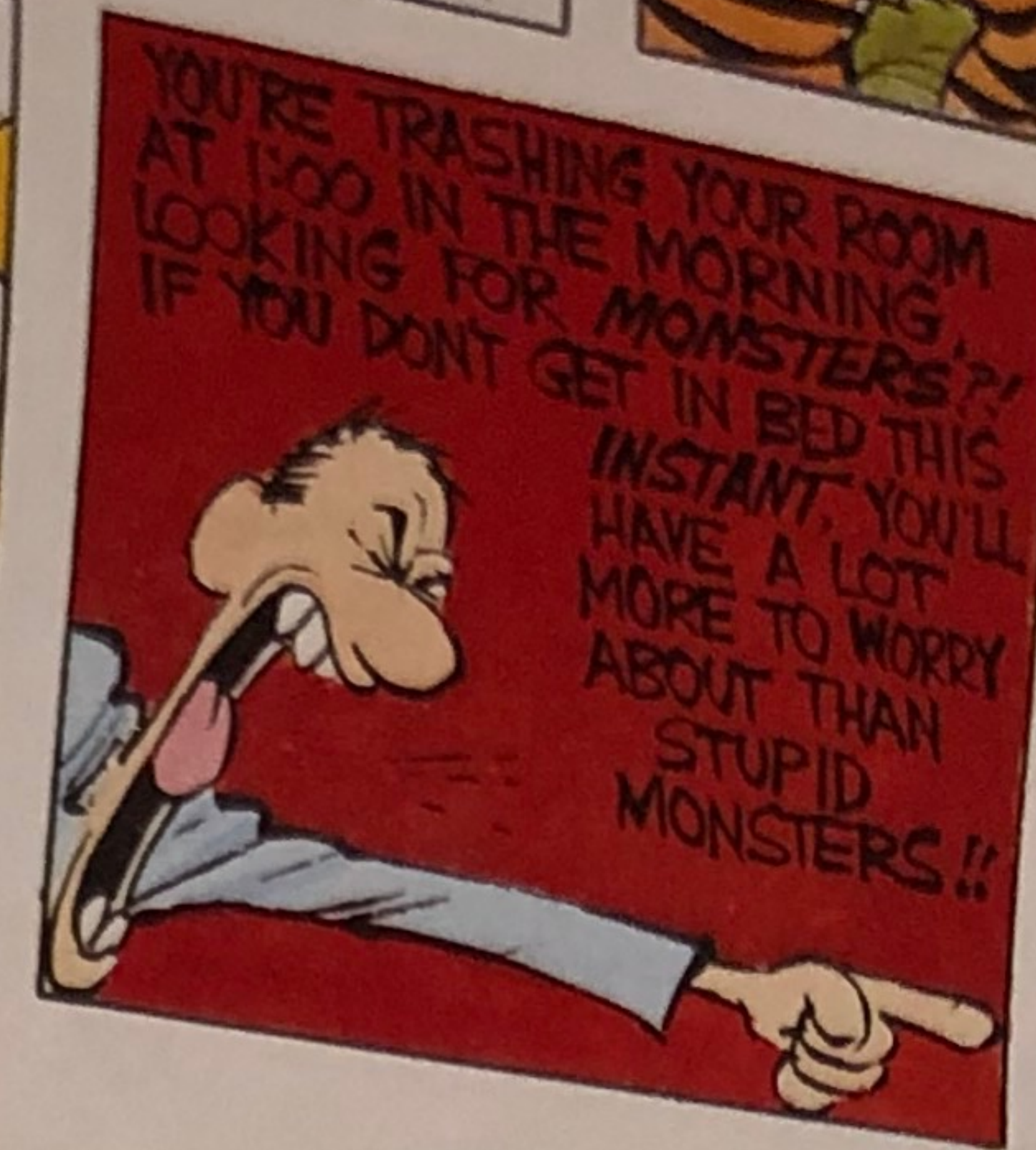
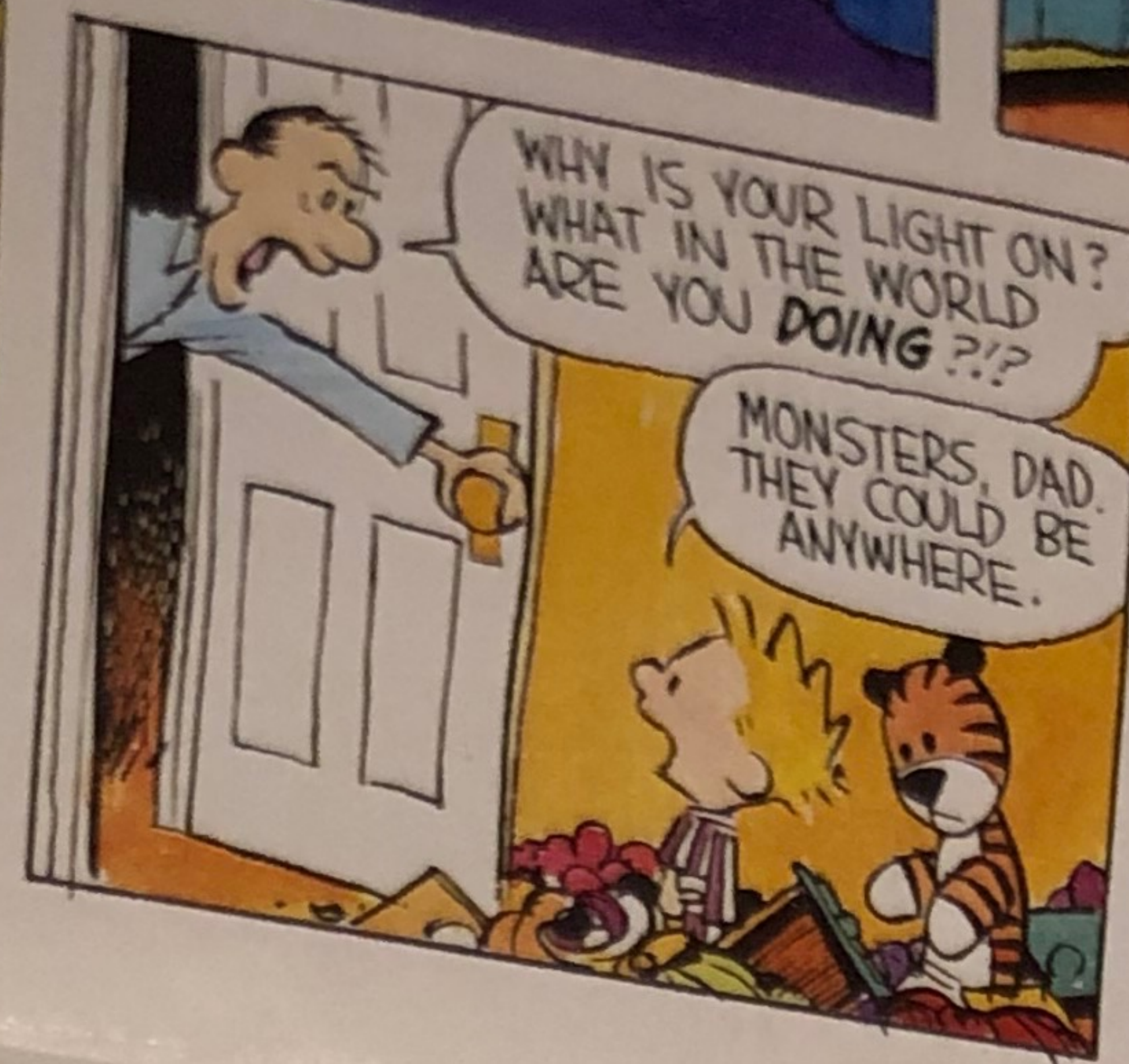
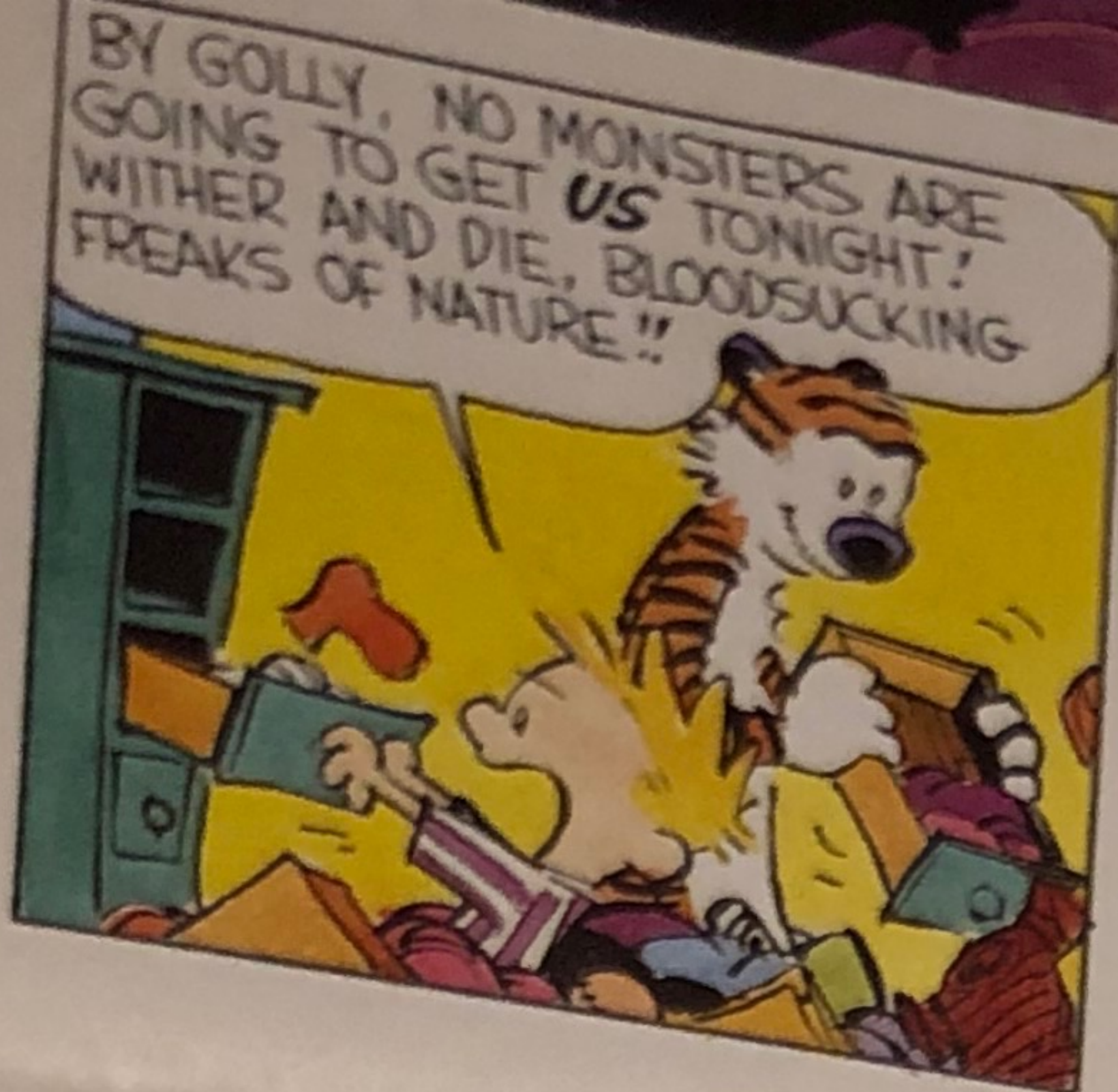
WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:36 5 3:41 34 Richard 7pm GOLDEN BOWL 10/27 II's 215 100	:58 8 4:39 25 (7-10pm FS1) EZ HR 10/27 II's 223 100	:45 6 3:58 32 3X BEACH STAIRS 150, EACH LEG 2 AT A TIME - POB 6:23 10/27 LYTES 223 100	2:17 18 6:45 50 BLACKS > BEACH 7:20 10/27 II's 170
:45 6 3:53 32 EZ POB 6:56 10/27 II's 245 100	MILES > 242 29 DAYS RUN 8.3 DAY AVE.	1:03 8 5:14 14 TPSB @ EZ 6:52 10/27 LYTES 250 100	1:03 8 5:14 14 TPSB @ EZ RAIN!! 6:38 10/27 LYTES 259 100
		:49 6 5:40 14 POB @ EZ (COLD) STRONGER TODAY 6:44 10/27 II's 196 100	:42 6 6:22 20 500 STAIRS 4X MILE -> 6:31 10/27 II's 202 100
		:45 6 5:24 24 EZ 7:02 10/27 II's 229 100	1:49 16 7:13 60 ROAD RUN 1:49:02 > 6:49 6:11 10/27 LYTES 316

DECEMBER 1989	FEBRUARY 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	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



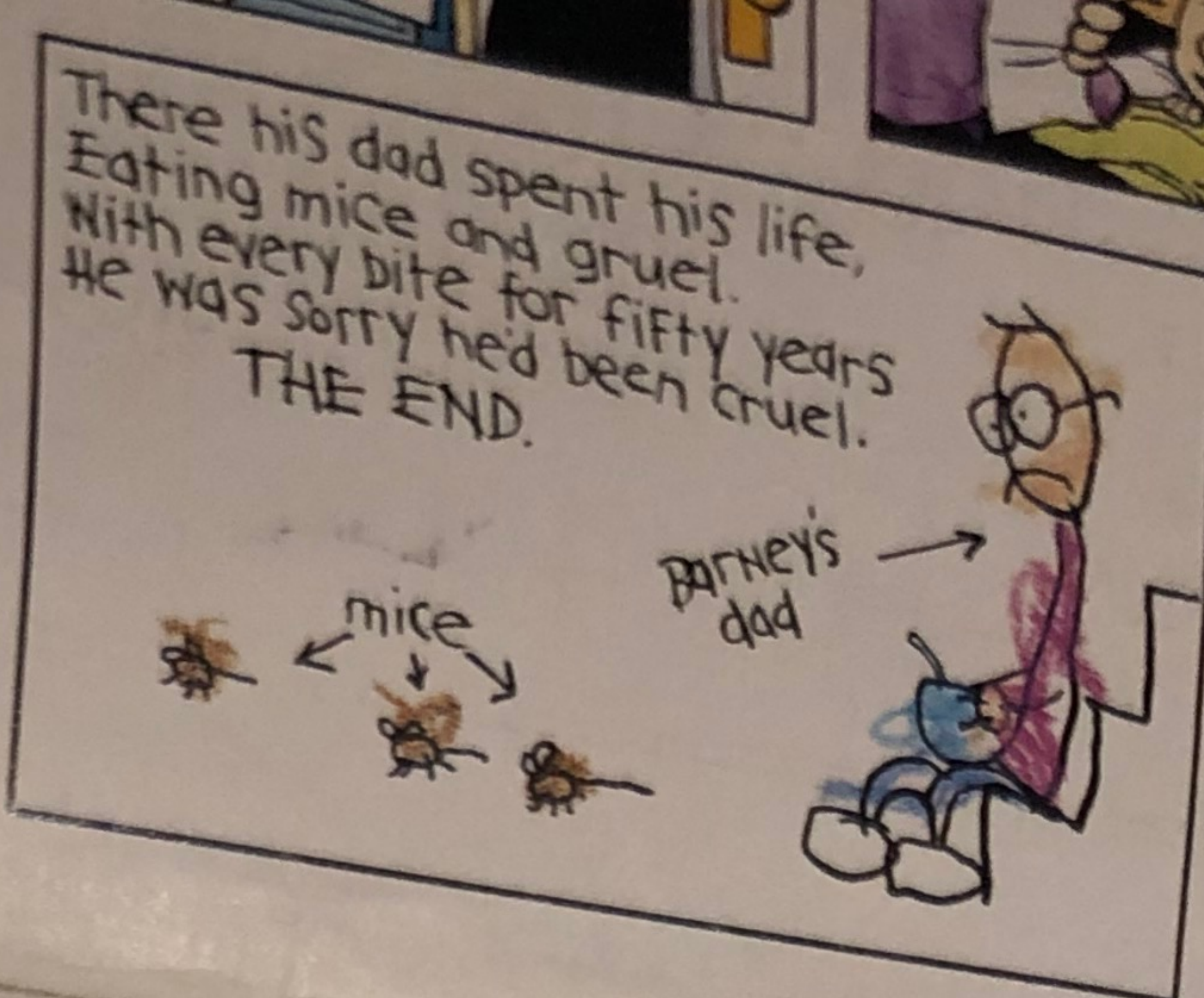
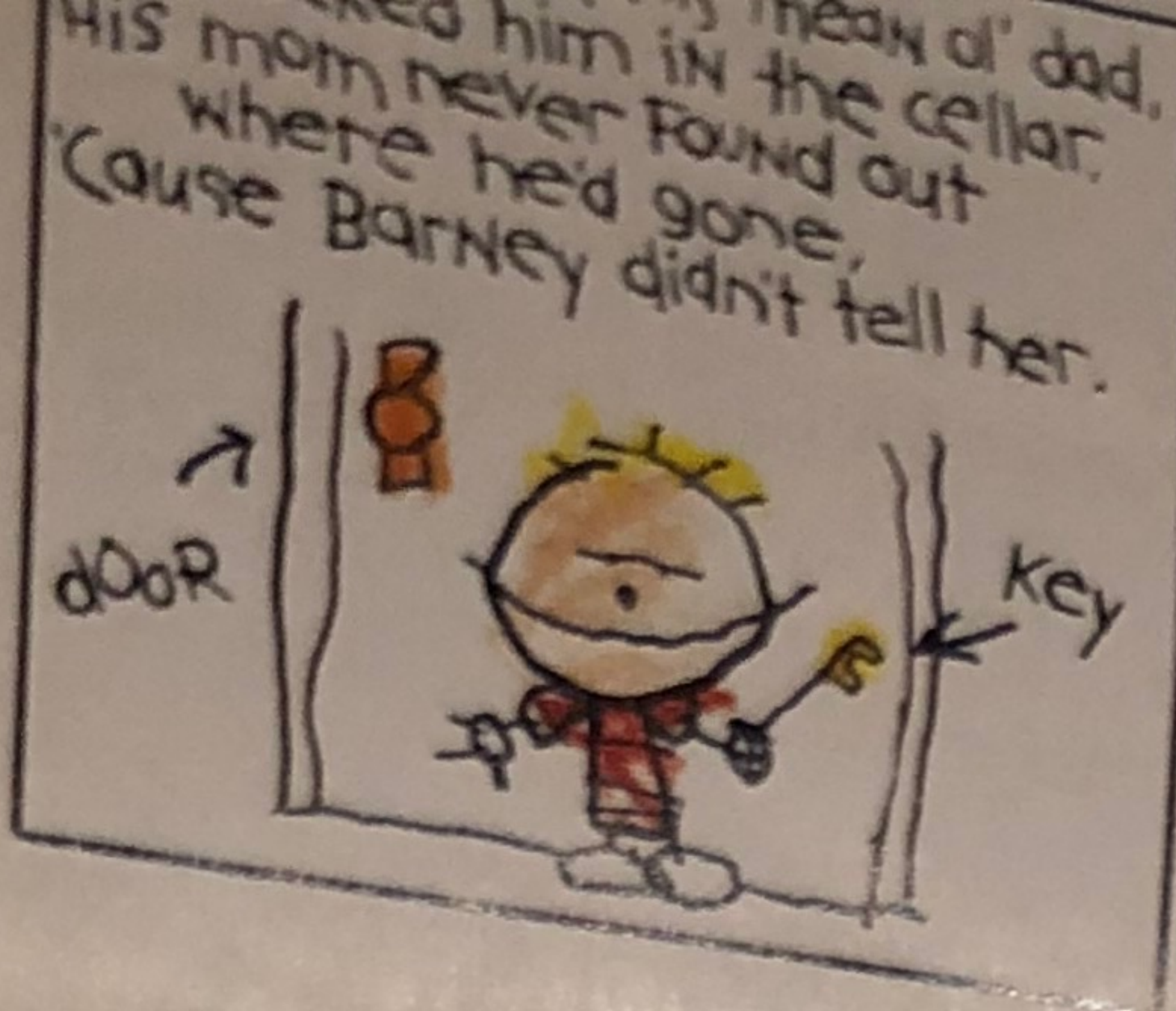
10/27 II's 148

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
VI FEEL'N FIT 5K and 1 mile MISSION BAY 17:04-5K 5:22-MILE	:40 6 :40 6 5K 5:12-5:40-5:38 :32 17:04 1 MI 5:23 LD 46 ACES NEW New Year's Day	1:03 8 1:43 14 RAIN/WIND TPSB @ 7:00 6:51 10/27 LYTES 209 50	:32 4 2:15 18 P.O.B. 6:30 10/27 II's 152 100	:58 8 3:13 24 TPSB > BEACH DOWN ROAD BACK... 6:50-6:02-6:17 6:58 10/27 LYTES 217 100	:45 6 3:58 32 3X BEACH STAIRS 150. EACH LEG 2 AT ATIME-POB 6:23 10/27 LYTES 223 100	2:17 18 6:15 50 BLACKS > BEACH 7:20 10/27 II's 170																																																																																				
:49 6 :49 6 POB + 10:00 SOFT SAND 6:38 10/27 LYTES 229 100	49 8 NO RUN!! 25 MILE MTN BIKE RIDE COYOTE CANYON ✓	1:36 13 2:25 19 FLAT ROCK STEADY 10/27 LYTES 242 100	:46 6 3:11 125 P.O.B @ EZ 7:04 10/27 II's 176 100	1:15 8 4:26 153 6X800 @ 2:32 AVE TORRES/PINES CHIL MACON VIBO!! LD ACES 54 10/27 LYTES 250 100	1:03 8 5:19 114 TPSB @ EZ 6:52 10/27 LYTES 259 100	1:03 8 5:19 150 TPSB @ EZ RAIN!! 6:38 10/27 LYTES 259 100																																																																																				
1:00 8 1:00 18 TPSB @ EZ... ROAD BACK 7:02-6:02-6:38-6:06 10/27 II's 184 100	1:00 18 NO RUN! SAN JUAN MTN BIKE TRAIL 25 MILES Martin Luther King, Jr.'s Birthday ✓	1:16 16 2:53 124 TUES. RUN!! ST. JOEL/MAC/ETC. MARE MONTAIGNE 10/27 LYTES 275	:47 6 3:40 130 EZ HAIRCUT BEACHED!! 10/27 II's 190 100	1:06 8 4:46 168 EZ @ MAC TO TPSB (COLO) BEACHED!! 10/27 LYTES 283 100	:49 6 5:40 104 POB @ EZ (COLO) STRONBER TODAY 6:44 10/27 II's 196 100	:42 6 6:22 250 5000 STAIRS 4X MILE → 6:31 10/27 II's 202 100																																																																																				
1:05 8 1:05 18 EZ + TPSB 6:46 10/27 II's 210 100	:47 6 1:52 14 SCHOOL STARTS (7-10PM EMT) DOWN HILL MILE 4:32 10/27 LYTES 289 100	1:13 11 3:05 225 TUE. RUN JOEL AND CO. EX 4:00/2:00 JFF 10/27 LYTES 300 25	:36 5 3:41 340 Richard 7pm GOLDEN BOWL 6:46 10/27 II's 215 100	:58 8 4:39 258 (7-10PM FS1) EZ HR 6:46 10/27 II's 223 100	:45 6 5:24 244 EZ 7:02 10/27 II's 229 100	1:49 16 7:13 267 ROAD RUN 1:49:02 > 6:49 6:11 10/27 LYTES 316																																																																																				
:49 6 :49 28 EZ POB + 6:53 10/27 II's 235 100	1:15 10 2:00 280 EZ TPSD LOOP DELMAR 10/27 II's 239 100	12:30 > DENTIST TUES. RUN!! 10/30 LYTES 10	:45 6 3:53 32 EZ POB 6:56 10/27 II's 245 100	MILES > 242 29 DAYS RUN 8.3 DAY AVE.	DECEMBER 1989 <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td></td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr></table>	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	FEBRUARY 1990 <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td></td><td></td><td></td></tr></table>	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			
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FEBRUARY 1990

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																										
		234 miles	JANUARY 1990 <table> <tr><td>8</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	8	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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* * * * *	1:53 16 1:53 16	2:21 20 4:14 36	4:14 36	4:43 6 4:43 6	4:45 6 1:28 12	2:00 16 3:28 28																																										
PCT > FRED S. 50 > 7:19 SNOW STORM!	AM 1:10 NORTH 4 @ 6:50 PM :43 EZ SOUTH 10/27 50 ✓ IL's 273	TUES. RUN! AM STEADY 1:20 @ MAC 10/27 38 50 ✓ IL's 281	NO RUN! REST!! WORK 1 HR.	SICK & SUPER UPSET STOMACH!!	TPSB @ MAC SUB 7 @ 10 5:32	UPSET STOMACH EZ > BLACKS																																										
2:04 18 2:04 18	4:45 6 2:49 24	4:45 6 3:34 30	4:43 6 4:19 36	4:19 36	4:48 6 5:07 42	1:02 8 6:09 50																																										
BLK MTN. KEVIN 39:47 MURPH. 1ST PLACE 4th	EZ	MTN. BIKE > PCT. AM 12 MILES PM EZ POB 6:58	EZ POB 15-25 mph wind! 7:08	NO RUN/REST SCHOOL!	HAIKUT RUN BANK 6:37	30 mph HEAD WIND RAIN PM WORK HELL!! 6:44																																										
LD RACE 72	10/27 295 100 ✓ IL's 15	1/30 32 LIES	10/27 301 100 ✓ IL's 20		2/16 6 75 ✓ IL's 20	2/16 14 75 ✓ IL's 15																																										
5:57 8 5:57 8	2:31 20 3:28 28	5:54 2:26 20 4:48	1:01 6:55 8 56	6:55 56	1:01 8 7:56 64	2:18 21 10:14 85																																										
4 ROAD 50 @ 6:55 2 EZ TRACKS 2 ROAD NO @ 6:50	LONG > SOUTH BLACKS/L FARMS ROAD/OUTSIDE T.F. HILL STEADY	AM 1:35 13 FLAT ROCK PM :51 7 EZ POB 7:00	HR. DOWN/HR. BACK SOUTH NEGATIVE SQUAT	NO RUN/REST!! SCHOOL	LAST 4 mi @ SUB 7:00	TRAILER RANCH TO O'SIDE PIER AND BACK @ DOUG 12 mi @ SUB 6																																										
2/16 22 100 ✓ IL's 15	2/16 42 100 ✓ IL's 20 President's Day	1/30 45 75 ✓ 2/16 49 15	2/16 57 100 ✓ IL's 20	75 ✓	2/16 65 100 ✓ IL's 20	1/30 66 ✓ LIES																																										
1:04 8 1:04 8	0:00 0 1:04 8	1:11 11 2:15 19	5:57 8 3:12 27																																													
EZ TPSB	NO RUN!! SCHOOL 8 HR.	AM TUES. RUN SUB 6 PM 21 MILE MTN. BIKE PCT.	LEGS A LITTLE HEAVY BUT OK!! SUB 7																																													
2/16 73 100 ✓ IL's 25		1/30 78 LIES	2/16 81 100 ✓ IL's 25 Wednesday																																													



24:10
33:10
57:28
8:51

APRIL 1990

300
5
30
60
1800 MINS.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

:36 5 :36 5	1:34 13 :52 7 3:02 25	3:02 25	:35 5 3:37 30	1:10 10 4:37 40	:51 7 5:28 47	0:00 5:28 47
EZPOB!	AM EZ TORREY 6:57 AM EZ POB 6:53	NO RUN! MTN. BIKE > PCT 16 MILES	BEACH FARTHER MAC 1 MIN @ 5:00 X 5 1 MIN ON 1 MIN OFF	EZPOB! ROAD → 6:34	ROAD: 2 @ 13:06 1 @ 6:06	NO RUN/REST!
2/16 196 50 ✓ IT'S ✓	2/16 209 75 ✓ IT'S 159 15 ✓	✓	2/16 244 75 ✓ IT'S 15 ✓	2/16 224 75 ✓ IT'S 15 ✓	2/16 168 75 ✓ IT'S 15 ✓	✓
:35 5 :35 8	1:06 8 1:41 13	1:41 13	1:41 13	:45 6 2:26 19	2:26 19	4:00 31 6:26 54
EZPOB ROAD → 6:20	CUYAMACA LOOP. LAST 7 MI → 57:28	NO RUN/REST!	NO RUN/REST!	EZPOB THE MAC ATTACK 5:45	NO RUN/REST!	CUYAMACA 50K WITH O/A 15:41-50 KEVIN 3:36 * 4:00:21 EARL 4:09 * 4:00:21
2/16 229 50 ✓ IT'S 229 ✓	2/16 176 50 ✓ IT'S 176 ✓	50 ✓ Passover	50 ✓	2/16 235 ✓ IT'S ✓	✓	2/16 207 ✓ IT'S ✓
:31 5 :31 15	:41 5 1:16 10	1:16 10	:35 5 1:51 15	1:02 8 2:53 23	:37 5 0:30 28	1:49 15 5:19 43
EZPOB > LEGS NOT TOO BAD? 6:47	EZPOB > BEACH BACK	REST/NORUN!	EZPOB >	EZ HR..... TORREY PINES STATE BEACH 6:19	EZPOB	TOUR DE TORREY 5 MI @ SUB 6:30
2/16 240 50 ✓ IT'S 240 ✓	2/16 245 50 ✓ IT'S 245 ✓	50 ✓ 15 ✓	2/16 212 50 ✓ IT'S 15 ✓	2/16 253 75 ✓ IT'S 75 ✓	2/16 258 75 ✓ IT'S 75 ✓	2/16 273 75 ✓ IT'S 75 ✓
22	:37 5 :37 23	1:17 11 1:54 16	:58 8 2:52 24	:32 12 4:24 36	:37 5 5:01 41	5:01 48
NO RUN! MTN. BIKE 3 1/2 MARATHON 26 MILES!!	EZPOB	TUES. RUN JOEL / TONY	EZTPSB	UPHILL MILE: 6:50 MAC(TPSB) 6:02	EZPOB	NO RUN/REST!
2/16 280 15 ✓ IT'S 280 ✓	2/16 280 15 ✓ IT'S 280 ✓	2/16 280 15 ✓ IT'S 280 ✓	2/16 286 15 ✓ IT'S 286 ✓	2/16 298 15 ✓ IT'S 298 ✓	2/16 304 15 ✓ IT'S 304 ✓	✓
3:00 24 3:00 24	1:01 8 4:01 32	MARCH 1990	MAY 1990	213 MILES RUN 42 MILES MTN. BIKE 22 DAYS RUN 9.6 DAY AVE. 1575 MINS. RUN 26 HRS. 25 MIN.		
PALOMAR RUN TO THE TOP 6TH O/A 1:28:51 50 FARTHER THIS YEAR!	EZ HR (PM) HAND SORE!! BEACH	8 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 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			
96	312					

30 STARTERS
* FELL COMING BACK DOWN!! @X#1: FUCV !!



MAY 1990

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
190 MILES RUN 19 DAZE RUN 10.0 AVE	APRIL 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	159 16 159 16 EZ 2 HRS. BLACKS AND BACK BEACH 1/30 LYES 239 50 10 4:30 24 4:30 248	43 6 22 EZ BANK BEACH 2/16 318 50 15 11:15 15	59 8 30 BZ HR BEACH 2/16 326 75 15 3:30 5 5:06 29	47 6 36 EZ POB+ SALC ONLY? 1/5 15 5:56 29	138 12 0 48 TORREY UHM>7:35 4M 6:21 1/30 LYES 251 75 15
NO RUN! REST!!	NO RUN REST!!	SAN JACINTO BILL CARLSON TOP VIA ROUND VALLEY 1/30 LYES 275 4:40 5 4:40 5	NORUN/ REST!	EZ POB 6:47 2/16 331 15 50 1:16 10	NORUN/REST!	EZ POB+ 6:18 2/16 337 15 50
NORUN REST!!/STRETCH	EZ BEACH	NORUN/REST STRETCH!	EZ POB 7:13 2/16 347 0:45 5 1:22 20	NORUN/REST STRETCH	NORUN/REST STRETCH	WEST COAST 50 MILE 40 MILE 5:15 35@7:28 7:00 1/30 LYES 315 25:30 30
NO RUN/REST!	NORUN/REST!	EZ POB NOT THAT BAD! 7:07 2/16 352 15 50 1:08 10 1:08 20	EZ POB+ 6:48 2/16 357 10 50 1:01 8 2:08 20	EZ HR>TPSB 6:23 1/30 LYES 323 15 50 1:06 9 3:15 21	EZ POB 50 7:56 1/30 LYES 328 15 50 25 24 27 6 3:47 30	EZ POB+ GEL X PRESS. 6:48 5/26 6 15 75 4:21:17
NO RUN/REST!	NO RUN/REST! RAIN!!	TUES. RUN. NO POWER!!	EZ HR 6:52 5/26 14 50 15	EZ 6:48 5/26 23	JUNE 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	SHES NO GOOD ON SIDEWALK!! HEAD COLO/WEAK 7:28 FOR 35 MILES BITE HEADED/WOOLY SPINS AND SAW STAR LIKE SPOTS- WALK/RAN LAST 5M QUIT!!
	Memorial Day					



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
230 MI. RUN		LAKE TAHOE		PREP		MTN BIKE		RUN >		MTN. BIKE > 70 MILES			
24 DAYS RUN		SAN JACINTO		AUGUST		MAY 1990		JULY 1990		45 6 45 6		50 7 135 13	
9.6 AVE. DAY		JUNE 26		TRACK WORKOUTS		8 M T W T F S		8 M T W T F S		EZ POB+		EZ POB+	
68 RUN MI.		JULY 10		JUNE 19		6 7 8 9 10 11 12		1 2 3 4 5 6 7					
MTN. BIKE		JULY 28		JULY 3		13 14 15 16 17 18 19		8 9 10 11 12 13 14					
		AUG. 21		AUG 7		20 21 22 23 24 25 26		15 16 17 18 19 20 21					
1:28 13 1:28 13		1:28 13		1:06 9 2:34 23		27 28 29 30 31		22 23 24 25 26 27 28		29 30 31		6:22	
TORREY!		MTN. BIKE		EZ TPSS		0:00 0 2:34 22		1:02 9 3:30 31		51 8 4:33 38		1:28 13 6:01 52	
4 @ 6:45		COYOTE CANYON		(BEACH)		NO RUN		TPSS AT STEADY		EZ HR		FLAT ROCK EZ	
6:09		30 MILES		6/2 16		SUNBURN		30 @ 6:37		2 @ 6:45		MAGIC BUNNETS GUYS	
42				6/2 16		15		6/2 25 15		6/2 33 15		BAC BLEW OFF ALL	
1:00 8 1:00 8		1:00 8 1:00 8		1:00 8 1:00 8		58 8 2:46 23		1:31 13 4:17 34		1:46 15 6:03 50		BUT I GUY LMO	
RAIN STORM		EZ (NOWATCH)		SUNRISE HILL		FELT GREAT - EZ DOWN		TORREY (YES!!)		TORREY!! YES!		BOTTOM OF TORREY	
MTN. BIKE (AIRWALK)				STIFF / SORE FROM FALL		TPSS TRACK BACK		VHM - 7:35		DHMS 557		7:13, 6:06	
TORREY! 12M. 12M. 12M.		6/2 63		6/2 69		LAST 2MI @ 6:13 - 6:15		PM - 6:29		6:33		6:36, 7:00	
10		10		10		5/26 98 15 15		5/26 92 15 15		5/26 107 15 15		5/26 117 15 15	
10		10		10		5/26 98 15 15		5/26 92 15 15		5/26 107 15 15		5/26 117 15 15	
1:44 6 1:44 17		1:44 6 1:44 18		1:15 10 1:49 18		1:46 6 2:35 22		1:58 8 3:33 30		36 5 4:09 35		35 5 4:14 40	
EZ POB+ SAYS		NO RUN!		4X800 @ 2:35		HOT! OVERHEATED!		BETTER TODAY!		EZ POB		EZ POB	
FM > 6:27		MTN. BIKE		4X400 @ 1:77		WALK 3MI!!		TRACK WORKOUT 60MI		6:45		BEACH	
5/26 123 15		5/26 123 15		5/26 123 15		5/26 129 10 10		5/26 137 10 10		5/26 142 10 10		5/26 147 10 10	
0:35 5 0:35 24		0:35 5 0:35 25		7:12 31 7:41 26		0:40 5 4:16 27		1:59 8 8:26 28		9:26 40 11:58 16		6:51 11:24	
EZ POB		NO RUN / REST		SAN JACINTO		BEACHED!		EZ HR		MTN. BIKE		BLACKS	
6:38				TOUGH DAY!		BLISTERED / SORE!!		50 6:42		UPM > 6:51		ON / BK 6:49	
5/26 152 15		5/26 152 15		5/26 152 15		5/26 152 15		5/26 152 15		5/26 152 15		5/26 152 15	

(HOTTEST DAY OF YEAR) SHOES TO BLOW / BLISTERING



* MTN. BIKE

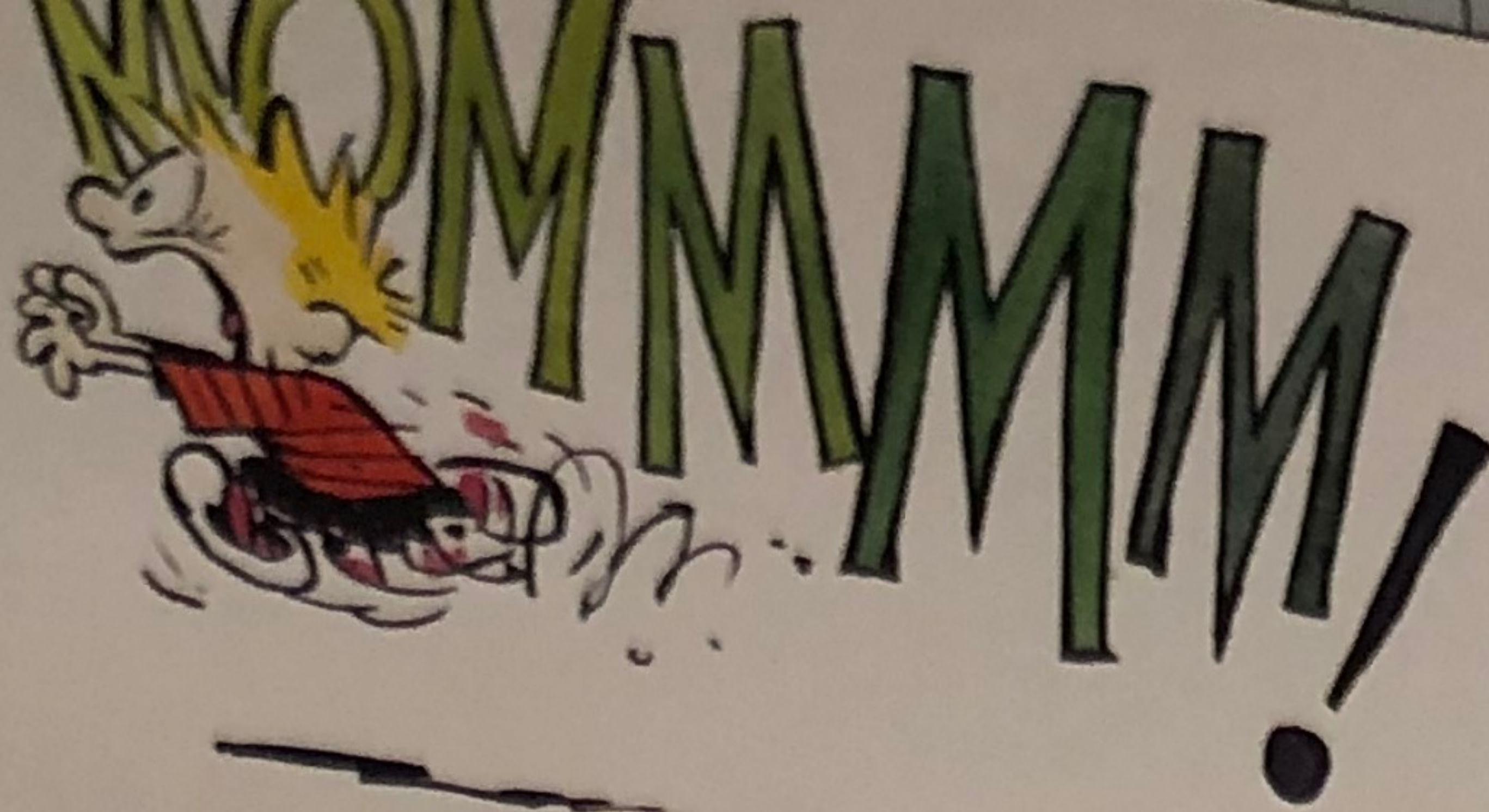
WEIGHT WORK

JULY 1990

130 MILES RUN
100 MILES MTN BIKE
9 X LBS

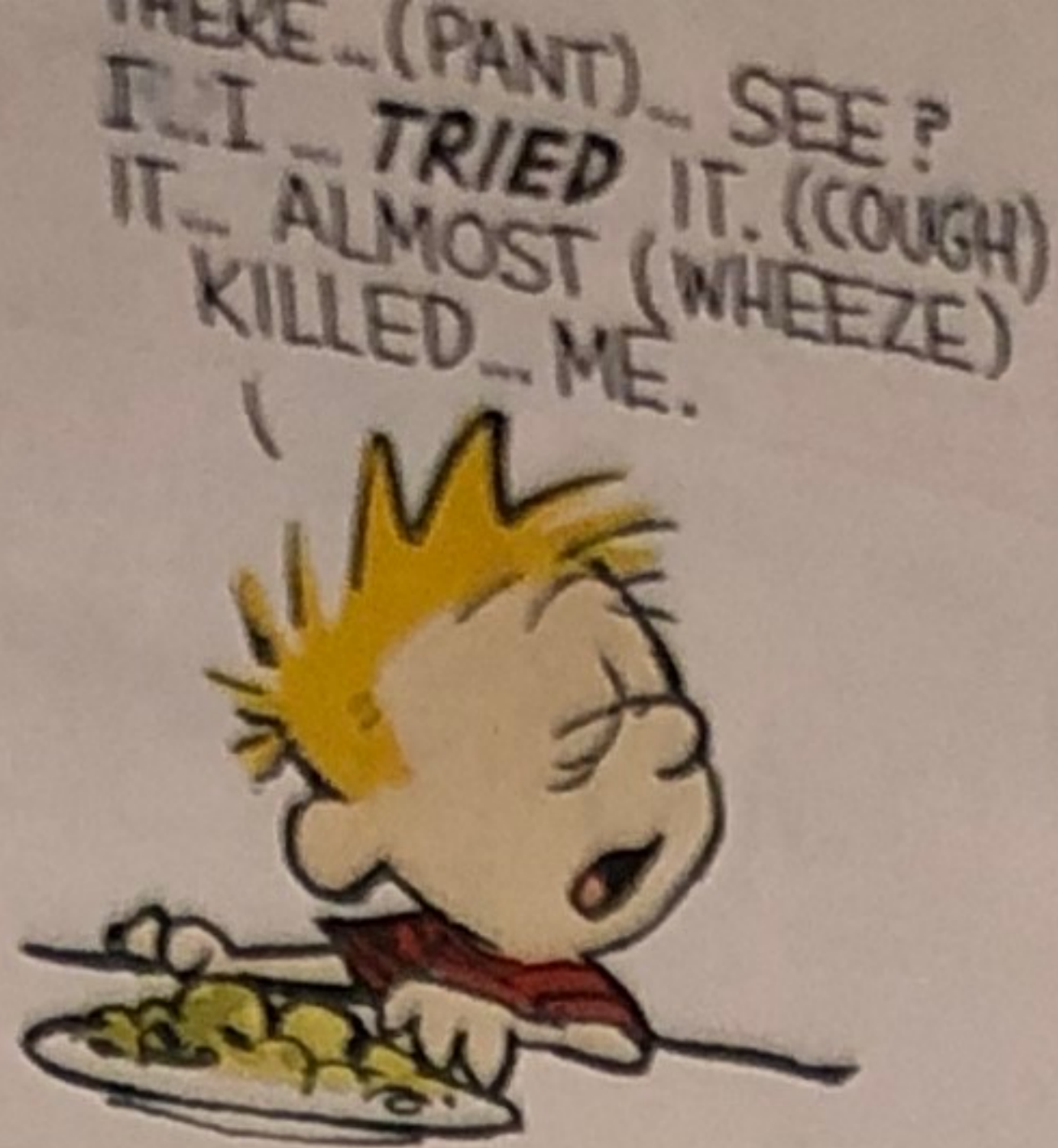
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0:34 5 5 0:34 EZPOB 50 6:47 Canada Day ✓	5 0:34 MTN. BIKE// NOBLE CANYON 30 MILES ✓	:45 6 1:19 EZ POB 50 6:54 ✓	46 6 17 2:05 EZ BEACH/TRACKS 50 BEACH ✓	1:02 8 25 3:07 EZ HR SOUTH 50 6:07 ✓	1:00 8 33 4:06 TPSB/TRACKS ROAD BACK 6:59 6:04 50 6:36 6:03 ✓	1:03 9 42 5:10 UCSD TRACK 12X400 @ 1:17 AVE GOOD WORK!! ✓
8 NO RUN! 23 MLS. MTN. BIKE TO OAKS BAD TERRAIN ✓	9 MTN BIKE > SAN JUAN TRAIL KEN, J.P. KEAT 25 MILES ✓	10 TO RUN REST!! ✓	3:36 28 28 3:34 BEACH TO MARINE ROOM - UP SOLEDAD, DOWN TO BACK BEACH COVE! YES!! 50 7:25 7/11 XPRES 28 ✓	1:06 9 37 4:12 EZ > TPSB 50 7/11 X'S 37 15 ✓	1:02 9 46 5:48 EZ HR 50 6:40 7/11 X'S 46 15 ✓	1:50 15 61 7:38 TPSB/BROKEN STEP TRAIL/DOWN BACK BEACH STRONG!! 7/11 X'S 61 ✓
15 REST!! ✓	16 MTN. BIKE > HOTSPRINGS MTN. 20 MLS. ✓	17 REST!! ✓	:37 5:37 5:18 POB & EZ 50 6:52 7/11 XP 66 10 ✓	:41 6 11 1:18 HAIRCUT RUN! 50 7:00 7/11 XP 72 10 ✓	:36 5 16 1:54 EZ POB 50 6:06 7/11 X'S 36 10 ✓	:36 5 21 2:30 EZ POB 50 6:36 7/11 X'S 77 10 ✓
22 REST!! ✓	36 5 5:38 EZPOB 6:37 7/11 XP 82 ✓	5:34 REST! ✓	:40 6 11 1:26 EZPOB 6:19 7/11 XP 88 ✓	26 REST!! ✓	27 REST!! ✓	5:53 32 43 7:28 2ND 8/4 TOUCH 6:56 12 KEAT HADEN SAN JACINTO 50K 1:24 TRUITZ 20 P 3:24 PAUL JUNCTION 7:28 GT2 32 ✓
29 REST! AND EAT!! ✓	30 MTN. BIKE 14 MLS. 7:15 ✓	31 MTN BIKE 16 MLS. 6:45 ✓	JUNE 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		AUGUST 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	
			RUN > 167 MLS. BIKE > 128 MLS. LBS > 9X			

WANDA
EZ
WANDA
LONG
WANDA
EZ
WANDA
RACE



AUGUST 1990

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	163 MI RUN 12 X LBS 50 MI MTN BIKE	JULY 1990 8 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	40 5 5 :40 EZ POB/SOFT SAND!! w/... 7/1 93 ✓ 50/10 X's 93 ✓ 50/10	37 5 10 1:17 EZ POB SOFT SAND DUN ROAD → 6:43 7/1 98 ✓ 50/10 X's 98 ✓ 50/10	38 5 15 1:35 EZ POB TRACKS/SAND ROAD → 6:16 7/1 103 ✓ 50/10 X's 103 ✓ 50/10	47 6 21 2:42 EZ POB + 7/1 109 ✓ 50/10 X's 109 ✓ 50/10
5 REST/NO RUN!!	6 MTN BIKE / 35 MILES SANTIAGO PEAK TOUGH!! 4 HR STOP 2 HRS DOWN	1:02 8 8 1:02 LA GOON HOT!! 7/1 117 ✓ 50/10 X's 117 ✓ 50/10	1:00 8 16 2:08 EZ HR. 7/1 125 ✓ 75/10 X's 125 ✓ 75/10	0:57 8 24 2:59 STEADY/STRONG THRU-OUT!! 7/1 133 ✓ 50/10 X's 133 ✓ 50/10	0:36 5 29 3:35 ROAD 6:57/ 5:57 - 1 mi + DEEPSAND → 6:30 7/1 70 ✓ 15/10 X's 70 ✓ 15/10	1:19 11 40 4:54 TRACKS ON VHM 7:24 LM 6:35 7/1 43 ✓ 50/10 X's 43 ✓ 50/10
12 REST!	13 REST!	1:30 10 10 1:30 UCSD TRACE 12 XUCOSTS (RAIN) LO RCRS 135 ✓ 10/10 7/1 135 ✓ 10/10	1:47 15 25 3:17 TOUR DE TORREY MAC! HARD D.H.M. 4:55 7/1 148 ✓ 10/75 X's 148 ✓ 10/75	37 5 20 3:54 EZ POB 7/1 37 ✓ 10/50 X's 37 ✓ 10/50	39 5 35 4:33 EZ POB BEACH 7/1 42 ✓ 10/75 X's 42 ✓ 10/75	40 5 40 5:18 HAIRCUT! RUN EZ 7/1 47 ✓ 10/50 X's 47 ✓ 10/50
19 NO RUN/REST!	20 LEAVE 4 LONE PINE PM @ EZ GOLF P.M.	7:08 25 29 7:38 3:52 to top / 3:16 down MT. WHITNEY UNTIL THE TOP 7/1 70 ✓ 10/10 X's 70 ✓ 10/10	31 4 33 8:29 RETURN FROM AM MTN. BIKE MAMMOTH MTN BIKE PARK! 15 mi 7/1 156 ✓ 10/10 X's 156 ✓ 10/10	33 8 29 8:29 TIRED! NO RUN! RE GROUP MORNING! 7/1 37 ✓ 10/50 X's 37 ✓ 10/50	36 5 38 8:45 MORE BEACH! EZ POB CIRCUIT 6:36 7/1 161 ✓ 10/150 X's 161 ✓ 10/150	32 4 42 9:17 EZ CIRCUIT LBS/SAND! STARTS PM → 6:39 7/1 74 ✓ 10/33 X's 74 ✓ 10/33
26 REST! STRETCH/ EAT GOOD	27 MAC/MYRD/JT ALL AROUND D.M. 5:30 7/1 171 ✓ 6:32 X's 171 ✓ 6:32	1:13 10 10 1:13 REST!	38 5 15 1:25 EZ POB 7/1 79 ✓ 50/10 X's 79 ✓ 50/10	15 13 51 1:36 REST! 7:15 DENTIST #?1# 7/1 84 ✓ 50/10 X's 84 ✓ 50/10	38 5 20 2:27 EZ POB 7:06 7/1 84 ✓ 50/10 X's 84 ✓ 50/10	SEPTEMBER 1990 8 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



LAST DAY: 2ND

1st DAY BACK: 19th

SEPTEMBER 1990

NOBODY SAID IT WAS GONNA BE EZ.

SUNDAY

RAN WITH R. PETER FOR 30 MI — HAD TO STARTED TO WALK — INSIDE MUSCLE RIGHT LEG JUST LAST 20 MILES ACHE COULD NOT RUN — SHOES GOOD! WALKED LAST 20 MILES IN 6 HRS. — WEIGHT TRAINING! GOOD EXPERIENCE!

NOBODY SAID IT WAS GOING TO BE EZ.

MONDAY

REST!

Labor Day

TUESDAY

NORUN

REST!

MAMMOTH E2: 30

WEDNESDAY

GOLF - 9 HOLES TAHOE VALLEY GC

THURSDAY

AUGUST 1990

TAHOE CITY RUN WITH M. L.

FRIDAY

OCTOBER 1990

LAKE TAHOE 72 MILE RUN

MAMMOTH MOTEL 6 TO SKI LIFTS

SATURDAY

REST!

TWO WEEKS IN CALF

NORUN! REGROUP

E2 POB

OUTSIDE TORREY

FORM MILE > 6:59

PEELING STRONG!

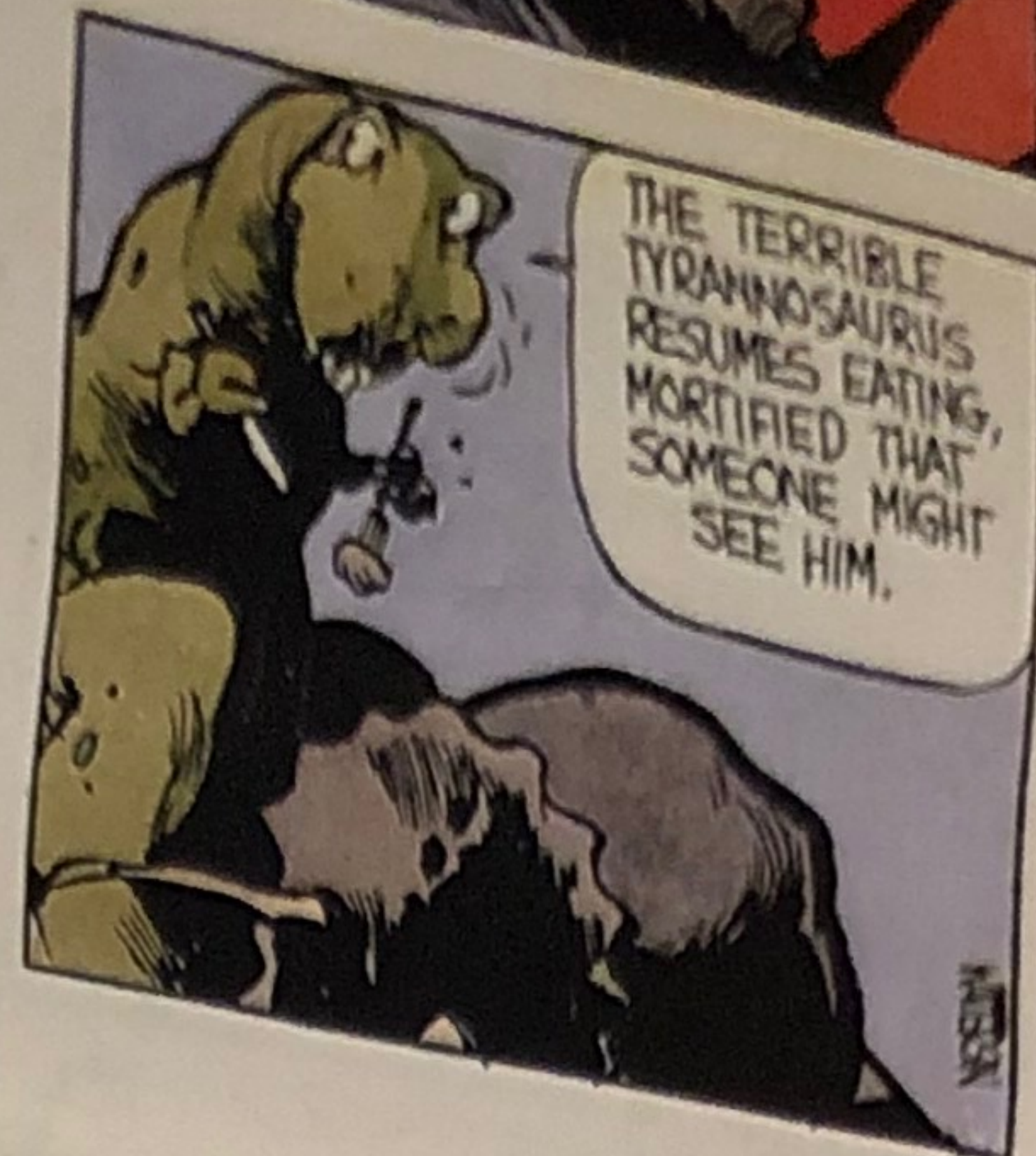
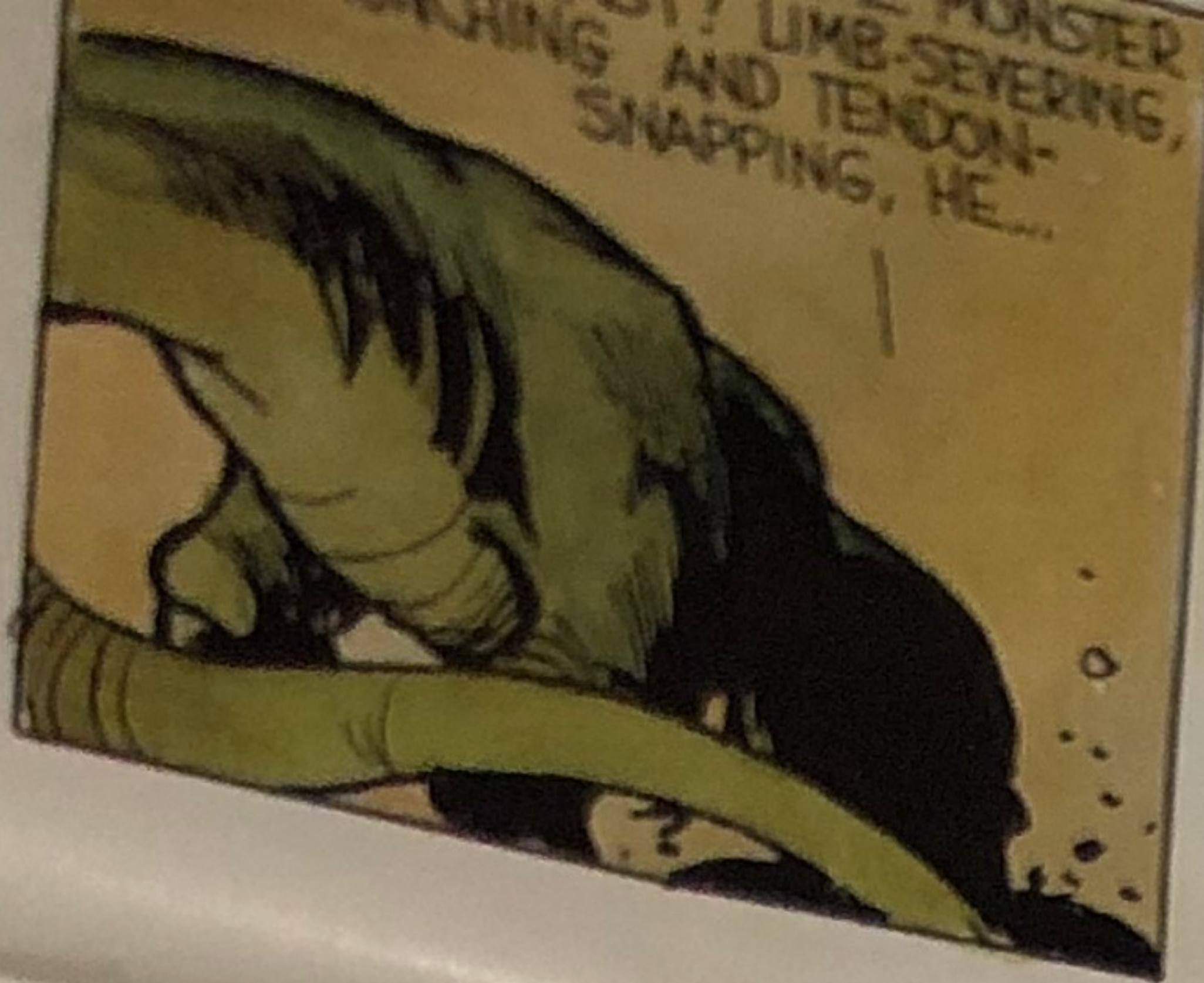
Yota K. VIT

23 MILES RUN > 124 MINS = 33 HRS. 23 MINS.



LBS > MON / WED / OCTOBER 1990

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPTEMBER 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	1:56 16 16 1:56 OUTSIDE TORREY 1/2 @ 4:12 - UCSD 1:01 OSIDE BACK (FRANK??) 6:56 EZ POB	1:40 5 21 2:36 21:30 SAND EZ POB 6:51 10X LBS	1:14 10 31 3:50 BASE OF TORREY FELT BETTER AS I WENT! 6:37 114	46 6 31 4:36 DELMAR / J'S STARTED SQUATS. 6:43 10X LBS	1:02 8 45 4:38 EZ HR LITTLE TIRED? 7:06 128 219 50	1:18 10 55 6:56 SAND / STILL HEAVY LEGS 6:50
NO RUN / REST!! SQUATS / SAND / STAIRS KNEE WORK - LEGS HEAVY!	20:00 / SAND EZ 6:44 1/2 @ 4:12 - UCSD 1:01 OSIDE BACK (FRANK??) 6:56 EZ POB	NO RUN / REST!! 6:51 10X LBS	EZ POB 6:16 10X LBS	NO RUN / REST!! 6:43 10X LBS	NO RUN / REST!! 6:43 10X LBS	LA COSTA SK 8:00 20:40 10TH 1:40 9A 5:38 UP 143 6:23
47 66 47 4 EZ POB 6:46 9/7 103 50 5X LBS	1:08 9 15 1:55 TPSB NO EZ 6:55 5X LBS	1:15 15 1:55 MTN. BIKE HOT SPRINGS MTN. 29 MILES LOST VALLEY 6:55 5X LBS	1:47 6 21 2:47 DELMAR EZ FELT BETTER ONCE I GOT STARTED 6:36 109 50	0:51 6 27 3:18 SO. SAND / 16:00 6:57 10X LBS	1:05 9 36 4:28 SO. EZ 6:46 124 50	1:45 14 50 6:23 TORREY / SCOURSIDE 7:11 138 50 EX LBS
NO RUN / REST!! 6:50 21	MTN. BIKE 4:23 35.5 MT. SPRINGS MTN. 42.5 MPH DOWNHILL 6:50 22	EZ HR. NOT TOO BAD, LITTLE STUFF. 6:50 147 50 10X LBS	EZ HR NO PROBLEMS 7:06 156 50	EZ HR > FELT BETTER NO EFFECTS FROM BIKE 6:50 100 10X LBS	HAIRCUT RUN EZ RIGHT ANGLE SO. 6:35 123 50	TORREY OUTSIDE 13:11 6:39 170 50 10X LBS
NO RUN / REST!! TOTAL REST!! 6:35 28	MTN. BIKE 3:28 28 MILES 4:28 6:35 29	VERY TIRED TODAY! REACHED! 6:35 144 50	BETTER! EZ HR. 6:35 188 100 10X LBS	NOVEMBER 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	191 MILES 1440 MINUTES 24 HRS. 2X STAIRS 9X LBS RUN	92 MILES 2X FIRE ROAD 1X SINGLE TRAIL BIKE



NOVEMBER 1990

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RUN/171 MILES BIKE/84 MILES SINOCE TALK	LA COSTA 5 IC WEEK 1 - 29 mi WEEK 2 - 36 mi WEEK 3 - 28 mi WEEK 4 - 40 mi WEEK 5 - 29 mi 162 MI. 32.4 AVE	WEEK 1 14 WEEK 2 14 WEEK 3 16 WEEK 4 17 WEEK 5 16 15.2 AVE	OCTOBER 1990 8 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			
1 1 1 1 4	1 1 1 1 5	1 0 5 9 9 1 0 5	1 0 4 9 1 8 2 0 9	1 0 5 9 9 1 0 5	1 0 4 9 1 8 2 0 9	2 0 0 1 6 3 4 4 0 9
NO RUN/REST!! NYC MARATHON on T.V.	MTN. BIKE WARNER DEAR BEYOND LOS CALLES RD FULLY 40 MILES	EZ HR NO PROBLEMS	EZ HR 20 mph SOUTH HEADWIND	EZ HR TRACKS/BEACH	EZ HR BEACH	EZ 2 HR VCS D 1/2 HR BREAK SOUTH
1 1 1 1 11	1 1 1 1 12	1 0 0 8 8 1 0 1 3	1 0 0 8 1 6 2 1 4	1 0 1 8 2 4 3 1 5	1 0 1 8 2 4 3 1 5	2 0 1 1 7 5 1 0 1 3
NO RUN/REST!! Veteran's Day Remembrance Day (Canada)	MTN. BIKE 4.45 NOBLE CANYON 29 MILES	EZ/BEACH 30:00 DOWN 30:00 BACK NS	EZ/BEACH 45:00 L.S. TWO MILES N.S. 6:45-6:37	EZ/WINNERS CIRCLE HR	EZ/BEACH TRACKS/ETC	VCS D/BEACH BROKEN HILLS TRAIL DOWN OUTSIDE GOOD!! STEADY!!
1 0 0 8 8 1 0 0 1 8	0 0 0 0 8 1 4 1 9	1 0 0 8 1 6 2 0 0	1 1 1 1 2 2 1	1 1 1 1 2 2 2	1 0 3 8 3 2 4 0 5	2 0 1 1 7 5 1 0 1 3
EZ HR TRACKS	NO RUN/REST!	EZ HR/BEACH TRACKS	NORUN/REST LEFT HAMSTRING SORE?	NORUN/REST! HAM STRING BETTER!	EZ/BEACH TRACKS/ETC	NO RUN/REST! MTN BIKE 100 MILES ROAD
1 1 1 1 148	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1
2 1 0 1 1 1 5 2 0 1 9	1 4 6 6 2 1 2 5 6	1 2 1 2 2 7 6	1 3 8 5 2 6 3 3 0 8	1 3 1 4 3 0 4 2 3	1 2 1 3 3 3 3 0 6	1 1 1 1 1
A.F.N. 1/2 MARATHON TOOK IT EZ TOUGH STUFF!!	EZ HR/BEACH LEGS HEAVY	NO RUN/REST! LEGS SORE! ANKLE??	LEGS BETTER! SORT OF ANKLE??	FELT LIKE A RUNNER today! BEACH 2 mi ROAD 1 mi TRACKS 1 mi	HAIRCUT RUN EZ OUCH!	NO RUN/REST!
1 1 1 1 163	1 1 1 1 19	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1

DECEMBER 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				



45
III III > SPUNKY
CANYON 40mi

DAY MONDAY TUESDAY

22.13 mi. 12.1 mi.

13.6 mi. 13.6 mi.

DECEMBER 1990

[illegible]