



1991

Memories OF CHILDHOOD

September 1990
through December 1991
Featuring the winners
of the
International
Crib-Quilt Contest
Presented by

THE
AMERICA
COLLECTION



MUSEUM OF
AMERICAN
FOLK·ART

S

Salt Lake City, Utah
State Winner; Judge's Choice

162 mi.

FEBRUARY

WE HAD PAPER DOLLS...
AND OUR IMAGINATION
By Joyce Winterton Stewart
Rexburg, Idaho
State Winner

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S

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

39 5 39 5 1:53 16 21 1:32

EZ POB UCSD : 58
:55 DOWN

31 6:42
1/20 252 ✓ 100 6/2 224 ✓ 6:42
IT'S 252 ✓ 100 6/2 224 ✓

56 8 36 4:17 2:18 20 56 6:35

DOWNHILL MILE UCSD LOOP/ LONG
295 47 4:40 6:45

1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

8

MTN. BIKE
20 MILE VRSF

1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

43 6 6:43

EZ POB

50 6:48 5:27 5:27
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

45 6 12 1:28

UCSD TRACK:
5:38/5:37

5:27 5:27
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

42 6 18 2:10

EZ 9TH. ST.

37 6:33
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

1:11 10 24 3:21

ROAD 10
SOUTH/ 101

57 6:31
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

15 11 11:18

REST!

53
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

21 13 20 3:31

UCSD LOOP/ LONG
LAST 4 MI @ 6:00

46 6:45
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

10

REST!

38
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

11

MTN. BIKE
21 MILES/ COYTE
CANYON

1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

12

REST!

22
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

01:34 5 5:34

EZ POB

45 6:34
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

44 6 11 1:18

EZ POB

55 6:00
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

123 10 30 4:01

TPSBOEZ

473 6:53
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

3:08 12 50 7:51

SAN JACINTO
50 LONG

42 6:45
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

17

REST!

57
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

44 6 6:44

EZ POB

52 6:48
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

1:07 9 15 1:51

EZTPSB
BEACH DOWN!

6:51
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

30 5 20 2:28

EZ POB

47 6:44
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

1:01 8 20 3:38

UCSD TRACK:
8x400 @ 78/1mi

40 5:29
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

171 MLS.

\$1701

49
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

27 13 1:39

REST!

66
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

28 13 1:39

REST!

49
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

171 MLS.

\$1701

49
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

27 13 1:39

REST!

66
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

28 13 1:39

REST!

49
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

171 MLS.

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1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

27 13 1:39

REST!

66
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

28 13 1:39

REST!

49
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

171 MLS.

\$1701

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1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

27 13 1:39

REST!

66
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

28 13 1:39

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1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

171 MLS.

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1/20 252 ✓ 100 6/2 224 ✓ 6:45
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1/20 252 ✓ 100 6/2 224 ✓ 6:45
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28 13 1:39

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1/20 252 ✓ 100 6/2 224 ✓ 6:45
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REST!

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28 13 1:39

REST!

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171 MLS.

\$1701

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REST!

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REST!

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REST!

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171 MLS.

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REST!

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REST!

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27 13 1:39

REST!

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REST!

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REST!

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171 MLS.

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49
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

27 13 1:39

REST!

66
1/20 252 ✓ 100 6/2 224 ✓ 6:45
IT'S 252 ✓ 100 6/2 224 ✓

28 13 1:39

Woodward & Lothrop
✓
T. W. Woodward

WAITING FOR SPRING
By Sanae Hattori
Yokohama City, Japan
Country Winner

S

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

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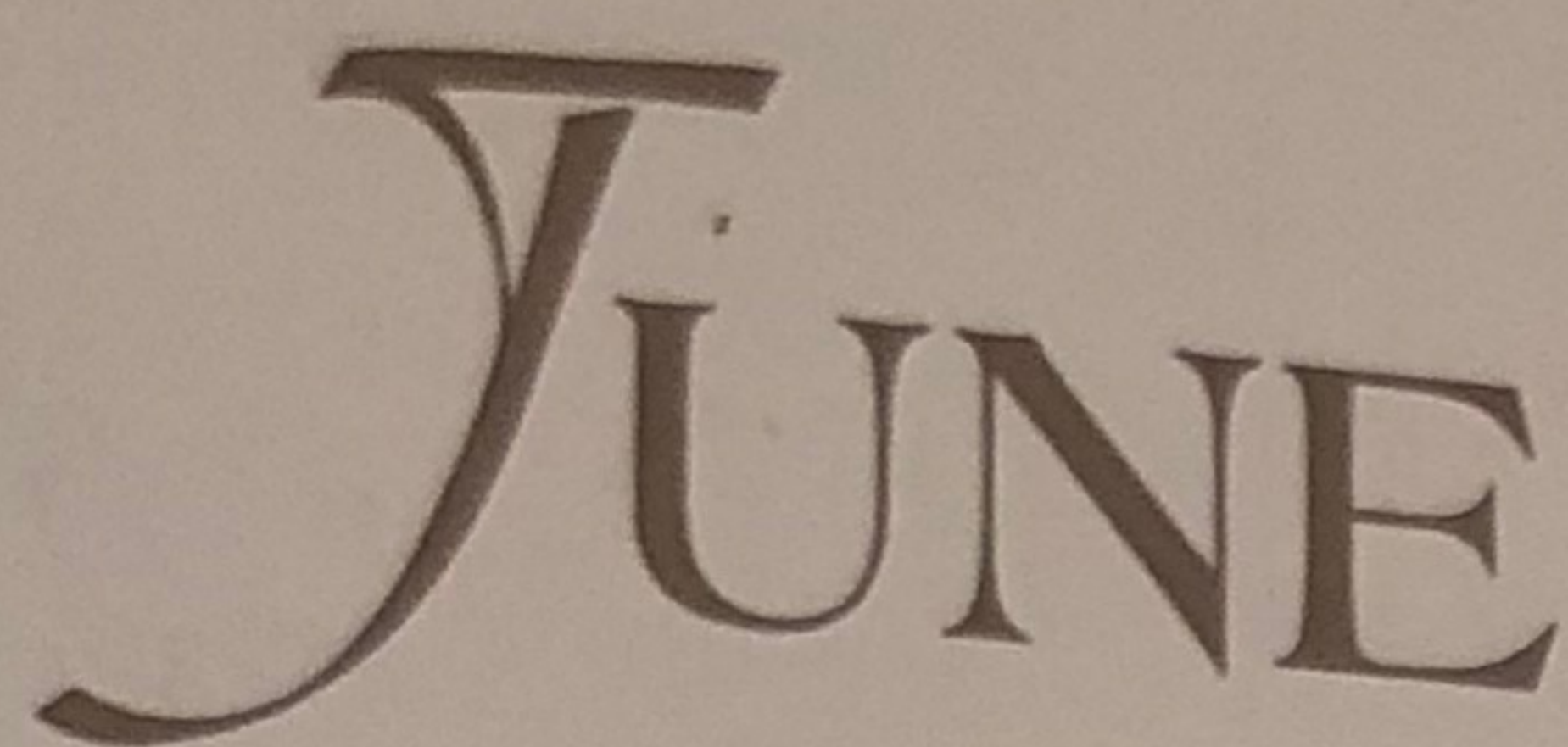
31
1
257

3:37
60 1217
180
37

DOWN HOLLYHOCK LANE
By Marva Dalebout
St. George, Utah
State Winner

1
115
36
151
50
200

APRIL	JUNE	GOOD DAY!! LITTLE TRAFFIC - 8:00 PACE WAS EZ?? - NO ANKLE STIFFNESS - RAN FROM 19M. WALK TO 30 AND BACK MID 11	81 104 8 1:04	2 106 17 2:10	153 7 24 3:03	123 6 12 36 4:38
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	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		EZ TORREY ANKLE FELT GOOD (51) 6:45 9/7 292 ✓ 155 II 301	TPSB ANKLE HOLDING!! (70) 6:44 9/7 301 ✓ 125 II 301	DEL MAR HILLS ZAPPA 464 (51) 6:39 9/7 301 ✓ 100 II 301	TORREY/OUTSIDE STEADY NO O'S #1 (51) 6:10 9/7 320 ✓ II 320
5 1 1 1 REST/DAY!! 100% T/I (16)	38 55 38 EZ POB (47) 325 ✓ 6:36 II 325	2:35 22 27 3:33 SUNRISE HWY 3HRS RUN NO PROBLEMS!! (97) 347 ✓ 100 II 347	1:38 32 4:11 EZ POB (33) 6:32 9/7 28 ✓ 100 II 28	1:03 8 40 5:14 EZ TPSB (33) 6:25 9/7 333 ✓ 100 II 333	1:30 5 45 5:1 EZ POB (53) 6:18 9/7 287 ✓ 100 II 287	1:37 15 50 6:28 HAIRCUT RUN!! EZ (40) 6:19 II 32 ✓ 50 II 32
12 1 1 REST! (51)	5 10 33 33 5:00 SANTIAGO PEAK/BH 6:46 3 FLATS FELT GOOD (KENT) FLYS	1:35 12 12 1:35 TORREY/OUTSIDE MIKE?? AT 60M OF HILL (98) 229 ✓ 50 II 229	1:03 38 2 2:38 EZ TPSB BEACH DOWN (42) 7:14 9/7 238 ✓ 50 II 238	1:40 18 52 6:40 PENN. CANYON LOST? CANYON VALLEY ROAD? (60)	1:17 10 30 3:55 370 (71) 6:52 2/18 248 ✓ 100 II 248	1:03 30 3:55 REST!! (52) 1576 654 2000
35 5 5 35 EZ POB (5) 62 (18) 253 ✓ 75 II 253	1:33 12 17 2:08 SUNRISE HWY/RUN FELT LOOZY!! (9) 7:18 2/18 265 ✓ II 265	2:13 18 35 4:21 UCSD TRACK 1mi @1 STEVE ROTH (9) 5:50 2/18 283 ✓ 75 II 283	1:38 5 40 4:59 EZ POB (5) 6:37 2/18 288 ✓ 75 II 288	1:10 19 50 6:15 HILL RUN TORREY (5) N/S (40) 7:09 2/18 298 ✓ 75 II 298	1:04 18 58 7:19 TPSB @ EZ (5) 6:49 N/S (47) 6:49 2/18 306 ✓ 75 II 306	1:38 10 8:57 TORREY/OUTSIDE 12:23 (5) (57) 6:38 2/18 318 ✓ 50 II 318
26 REST! (43)	3 15 35 35 3:45 CUYAMACA/JULIAN WOW!! (50) Memorial Day	3:15 25 60 7:00 CUYAMACA	1:40 6 1:46 EZ (5) 6:58 2/18 324 ✓ 75 II 324	1:15 10 16 2:01 TORREY @ EZ (5) 6:59 2/18 334 ✓ 75 II 334	1:10 10 26 3:17 TORREY 372 (00) 2/18 344 ✓ 75 II 344	BIKE = 112 MILES RUN = 212 MILES LIBB = 8X 8.8 AVE/24 DMS RUN 2376



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BLOW THE WIND SOUTHERLY
By Linda Negandhi
Iffley, Oxford, England
Country Winner; Workmanship
Award

[illegible]

JULY

S

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RED SUNGLASSES — 1958
By Lana Trott
Kokomo, Indiana
State Winner; Judge's Choice

RUN > 202
BIKE > 90

3:45 30 30 3:45
COYOTE CANYON (STEADY) 12
Canada Day

3:33 5 5 :33
POB (PM) 13
6:35
SS 107 ✓ 75

3:40 20 25 4:13
SAN JACINTO 11:00 PACE
'AWESOME'
SS 127 ✓ 25

3:38 5 30 4:51
POB 15
SS 132 ✓ 100 2/8 374 ✓ 100

3:37 5 35 5:26
POB 16
207 100

1:03 10 45 6:39
TORREY 17
ONE 6:52
SS 142 ✓ 75

3:35 5 5 :35
POB 18
207:30 75
SS 147 ✓ 75

4:15 30 30 4:15
NOBLE CANYON 19
(GOOD PACE)

3:36 5 10 1:11
POB (PM) 20
SS 152 ✓ 50

3:30 5 15 1:48
POB 21
SS 157 ✓ 50

3:41 5 20 2:22
POB 22
206:33 75
SS 162 ✓ 100

3:25 5 25 2:59
POB 23
6:17 100
SS 167 ✓ 100

1:03 10 35 4:04
TULLAH 24
6:32 PACE
SS 177 ✓ 75

14
REST!
25
1 1

15
REST!
26
1 1

3:10 27 27 5:01
SAN JACINTO 32:00 DIS
11:00 PACE
SS 201 ✓

17
27 5:01
REST!
SS 212 ✓ 100

1:08 8 35 6:03
EZ HR 29
6:31 75
SS 212 ✓ 100

5:16 8 43 6:59
8mi @ 7:00
SS 220 ✓ 50

5:31 15 1:52
SS 227 ✓ 50

21
REST!
1 1

3:54 30 30 3:54
NOBLE CANYON 20
12:14

1:26 10 1:26
CUYAHOGA 45:53 to top
8:30 PACE
SS 231 ✓

1:04 8 10 2:30
VEZ HR 245
7:14 100
SS 245 ✓

1:05 8 26 3:31
EZ HR 36
6:47 100
SS 253 ✓ 100

1:06 8 34 4:47
EZ HR 37
6:36 100
SS 261 ✓ 100

1:34 16 50 6:25
UCSD 13:25 on hill
OUTSIDE PACE 1:10
SS 271 ✓ 50

28
REST!
1 1

3:59 5 5 :35
EZ POB 6:40 100
SS 282 ✓ 100

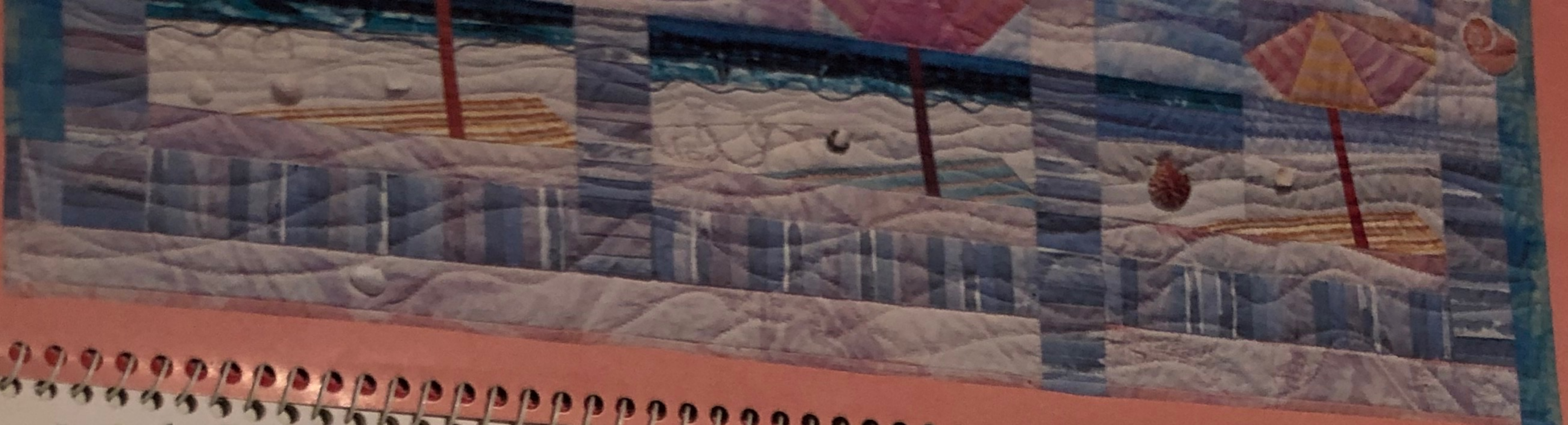
2:20 12 11 2:45
SAN JACINTO 11:00 PACE
SS 294 ✓

3:34 5 22 3:29
RAIN POB
12M: 6:00/6:08
SS 299 ✓

NOBLE CANYON
1:08 TO GATE
1:37 TO ROAD
2:11 TO Kpoint
1:43 BACK
3:54

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
30

AUGUST
S M T W T F S



4:17 to top
3:11 DOWN

AUGUST

5-37:38
10-39:12 1st 10
1:16:50
15-37:10
20-36:45 2nd 10
2:30:46 1:13:55
25-37:18 329 MILES ON SAGAS
30-36:12 30 DAYS > 8.5 DAY AVE.
3 ED 1:13:30 W

53:44 to 5 mi MARK

6:51
7:04
6:02
6:40
6:50
127:13

48:24 to R.R.
52:14 to 5 mi

I'M GOING UP THE BEACH
By Marguerite Malwitz
Brookfield, Connecticut
State Winter
TO MAMMOTH BKT Shop
40:58 UP
33:40 down
1:26:24

JULY
15 MLS RUN
15 DAZ RUN
11.6 AVE
28 29 30 31

SEPTEMBER
80 MLS BIKE
3 DAZ BIKE
26.6 AVE
29 30

3:00:06 up
2:35:48 DOWN
GOOD DAY 60's
SINGLET WHOLEWAY
KNEE/ANKLE HURTING
COMING DOWN! TOOK
IT EZ! NO PROBLEMS

16:00
14:00
PACE=15:00

42 →

4 REST!	5 REST!	5 36 22 22 536 MT. WHAREY (wow!) 15:00 SS 329	7 225:36 REST!	10 8306:37 EZ HR 7:53 384 LBS	15 8307:38 EZ HR 10 1/2 50 SS 20 LBS	17 12509:05 STEADY BEACH DOWN 42 50 50 50 50 SS 20 LBS
11 REST!	4:30 3030430 CAMPONE SAN CONVULSION TRAIL (PLEASE) HOT	13 REST! HAIRCUT! HOT	14 10101110 BEACH STEADY!! HOT	16 8182:13 EZ HR TIRED HOT	18 182:13 REST! TIRED!	1267 12303:39 48:24 TO TOP TURNER 7:00 PM SS 51 LBS
18 REST!	19 REST!	345 3030430 BIG BEAR STEADY RUN NO PROBLEM SS 86 50 8/40 7:29 AVE	21 303:45 REST!	22 535425 EZ BCH	23 5405:15 EZ BCH	124 10506:25 EZ BCH SS 101 LBS
25 REST!	728 222728 MT. WHAREY AGAIN SS 125	3230 2223:30 MAMMOTH BIKE MAMMOTA	128 10328:43 1:30 PACE MAMMOTA BIKE 28 mi MAMMOTA BIKE 3:00 SS 133	29 328:43 REST!	30 328:43 REST!	63 5319:18 EZ POB 20T:30 SS 138

SEPTEMBER

THE WORLD ACCORDING TO SIDNEY:
A CHILD'S CRAYON ETCHING
By Sidney Allee Miller
Galena, Illinois
State Winner; Creative Interpretation

S M T W T F

1	2	3	4	5	6	7
LAST DAY REST!	REST!	EZPOB	REST!	REST!	MIN BIKE	REST!
3:22	3:22	2:00	3:46	3:42	3:05	1:11
TIOGA PASS RUN	REST!	LONG PINE MOVIE ROAD	1ST DAY BACK EZPOB	EZPOB	EZPOB	STEADY ROAD TORREY
9/1	9/1	9/1	9/1	9/1	9/1	9/1
1	2	3	4	5	6	7
REST!	CUYAHOGA MTN BIKE	RSE/GC	BCH/ROAD	BCH/ROAD	BCH/ROAD	1:01:53 ROAD
9/1	9/1	9/1	9/1	9/1	9/1	9/1
2	3	4	5	6	7	8
REST!	REST!	160 RUN 86 BIKE	BCH/ROAD	D.M. HILLS	BEACH	ROAD
9/1	9/1	9/1	9/1	9/1	9/1	9/1
1	2	3	4	5	6	7
TRACKS	UCSD	160 RUN 86 BIKE				
9/1	9/1	9/1	9/1	9/1	9/1	9/1

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

A quilted book cover with a central panel depicting a stylized face with large eyes and a wide mouth, surrounded by geometric patterns. The cover is bound with a spiral binding on the left side.

S M T W T F S

NO RUNNING 10 WEEKS — YMCA MODEL

NOVEMBER

ROAD and Pool
MILES RUN...
1635 to DATE
NOV. 1

MY DOLLS
By Hanne Wellendorph
Vemmelev, Denmark
Third Place Grand Prize Winner

S	M	T	W	T	F	S
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	41:59 to MAMMOTH INN 36:54 BACK TO MOTE 6	42:01 up 36:45 BACK OB FASTEN	142 RUN 100 MT. BIKE 200	45:66 45:45 6 12:30 YMCA- POOL RUN	45:66 45:45 6 12:30 YMCA- POOL RUN
3 REST! #1 WORK	2:20 2:21 2:25 MTN. BIKE 9:40 AM YAMCA	45:66 45:45 YMCA- POOL RUN	30 4 10 1:15 YMCA- POOL RUN	30 4 14 1:45 YMCA- POOL RUN	30 4 18 2:15 YMCA- POOL RUN	9 18 2:15 REST!
10 REST! #1 WORK	1:18 10/10 1:18 MOTE 6 TO MAMMOTH INN 8:00	3:08 30/30 3:08 MTN. BIKE THE MULG RUN COURSE YES!	1:18 10/10 2:36 MOTE 6 TO MAMMOTH INN 8:00	14 REST!	30 4 24 3:06 YMCA- POOL RUN	30 4 28 3:36 YMCA- POOL RUN
17 REST! #1 WORK	1:42 13 13 1:42 TORREY PINES HILL / OUTSIDE 13:55 ON Hill 7:23	30 4 17 2:12 YMCA- POOL RUN	30 4 21 2:42 YMCA- POOL RUN	1:24 19 3:46 TPS BOEZ	30 4 34 4:16 YMCA- POOL RUN	30 4 43 5:22 YMCA- POOL RUN
24 #1 WORK REST	3:35 5 38 POBOEZ 6:52	3:35 29 3:37 NOBLE CANYON MTN BIKE (TOCH) 150 MTN BIKE MILES FOR 91	1:16 10 15 1:54 POB@EZ	1:15 10 25 3:09 TPS BOEZ	45 6 31 9:54 YMCA	45 6 37 4:29 YMCA
75 9 7 33 75	75 9 7 33 75	75 9 7 33 75	75 9 7 33 75	75 9 7 33 75	75 9 7 33 75	75 9 7 33 75

939 Mi. > MTH BIKE

143 LBS



DECEMBER

TOTALS: '91
RUN > 1,948
BIKE > 1,068

WHEN TOYS AND I WERE ONE
By Jane Blair
Conshohocken, Pennsylvania
Second Place Grand Prize Winner

S	M	T	W	T	F	S
36 5 5 :36 EZ POB 10/1 Spds 162 ✓ 6:43 75	36 1:01 8 13 1:37 TOUR OF DEL MAR @ JIM! RUNNING TOO FAST! 10/1 Spds 170 ✓ 6:06 25	38 7 20 2:30 EZ DEL MAR BEACH/ANKIE TENDER NT 10/1 M ✓ 75	45 6 26 3:15 YMCA 3X200 @ :30 8X100 @ :45 LIFE L6 ✓ 75 OKE R ✓ 30	30 4 30 3:45 YMCA 8X1:00 POOL LIFE L6 ✓ 75 OKE R ✓ 30	38 13 43 5:19 TORREY OUTSIDE 13:54 PH III 10/1 Spds 140 ✓ 6:55 75	7 43 5:19 REST! 10/1 Spds 140 ✓ 6:55 75
8 REST! 10/1 Spds 140 ✓ 6:55 75	37 5 5 :37 EZ POB SUB 7:00 10/1 Spds 195 ✓ 75	2:30 19 19 2:30 COYOTE CANYON WITH BIKE! 50	1 5 :37 REST! 10/1 Spds 140 ✓ 6:55 75	32 13 18 2:14 TORREY OUTSIDE > 13:11 5:55 10/1 Spds 208 ✓ 75	38 4 22 2:40 YMCA 8X1:00 HARD IN POOL LEVEL 6 RANDOM @ 90RPM LIFE L6 ✓ 75 OKE R ✓ 30	1:00 8 30 3:40 EZTPSB FELT GOOD! ANKIE IMPROVING! 10/1 Spds 216 ✓ 75
36 5 5 :36 EZ POB 10/1 Spds 217 ✓ 6:33 75	2:30 3 16 2:30 TORREY OUTSIDE BEACH (13:05) TPSB 10/1 Spds 233 ✓ 50	1 7 21 2:39 REST! 10/1 Spds 249 ✓ 25	2:00 8 6 31 4:39 BLACKS 10/1 Spds 249 ✓ 25	30 4 11 5:09 YMCA 8X1:00 HARD LIFE L6 ✓ 50 OKE R ✓ 30	28 4 9 6:08 TPSB EZ POB 10/1 Spds 251 ✓ 6:22 75	30 4 53 6:38 WINNERS EZ CIRCLE 10/1 Spds 261 ✓ 50
20 5 5 :30 EZ POB WITH BIKE 50 10/1 Spds 249 ✓ 6:33 75	32 5 30 3:25 CUYAMACA PEAK LOOP FROM SUMMIT 10/1 Spds 249 ✓ 6:33 75	1 16 1:56 UCSD OUTSIDE 13:13 BCH 10/1 Spds 249 ✓ 6:33 75	1:00 8 24 2:56 TPSB @ EZ 10/1 Spds 249 ✓ 6:33 75	26 4 2:56 REST! 10/1 Spds 249 ✓ 6:33 75	37 5 29 3:33 EZ POB 10/1 Spds 249 ✓ 6:33 75	28 29 3:33 REST! 10/1 Spds 249 ✓ 6:33 75
29 REST! 10/1 Spds 249 ✓ 6:33 75	2:01 16 6 2:01 BLACKS/BCH 10/1 Spds 249 ✓ 6:33 75	13 1 16 2:01 REST! 10/1 Spds 249 ✓ 6:33 75				

RUN: 171
BIKE: 94

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