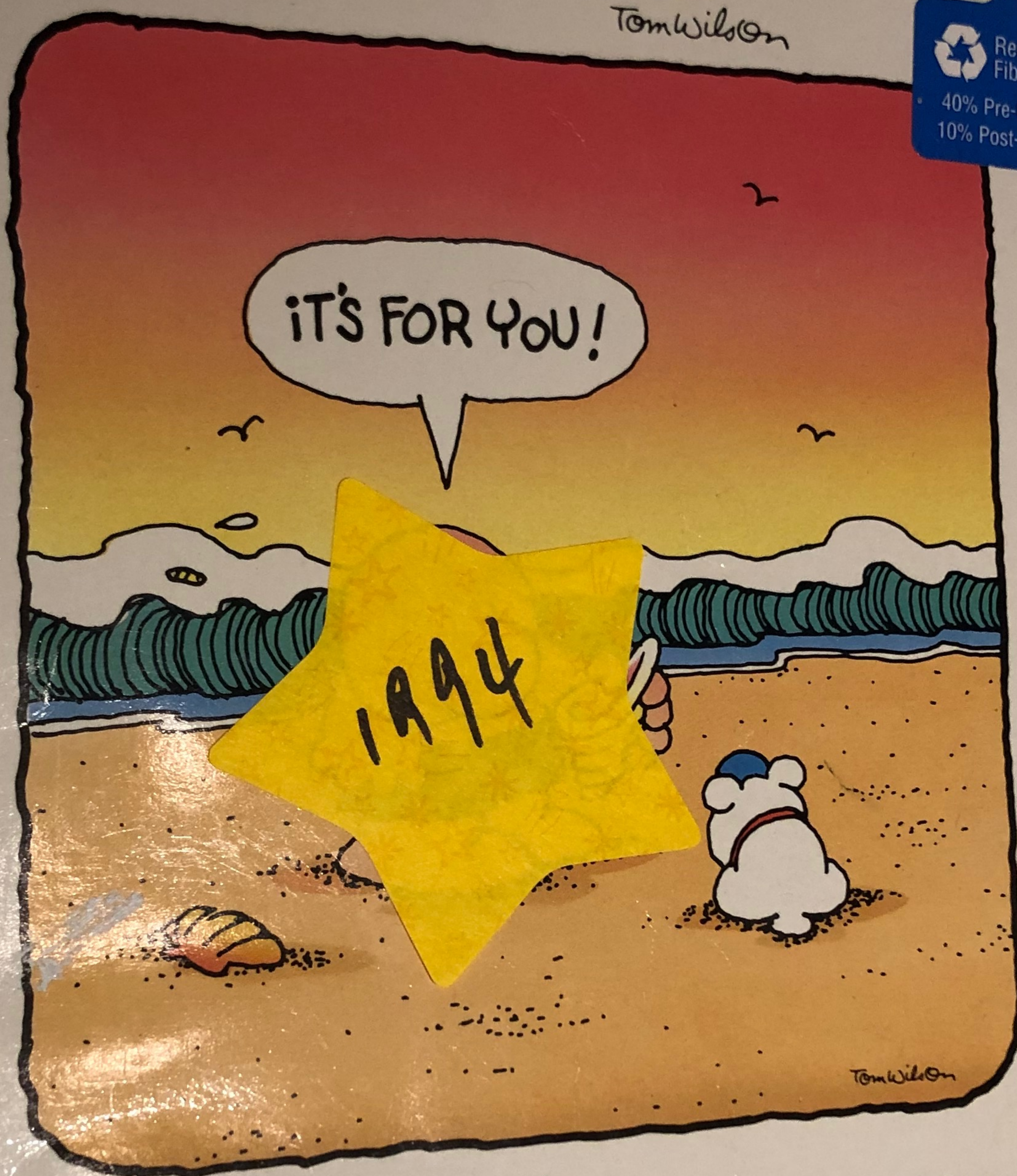


# ZIGGY®

Tom Wilson



A 12-MONTH CALENDAR FOR 1994  
FROM AMERICAN GREETINGS



# JANUARY

| MON                                                                                                                                                              | Tue                                                                                                                                                     | Wed                                                          | THU                                                                                                                                                     | FRI                                                                             | SAT                                         | SUN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>DECEMBER 1993</p> <p>M T W T F S S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p> | <p>FEBRUARY 1994</p> <p>M T W T F S S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28</p> | <p>180 MILES RUN</p> <p>18 DAYS RUN</p> <p>10.0 DAY AVE.</p> | <p>(30)</p> <p>12 @ 6:27</p> <p>ROAD @ BOB</p> <p>(INSIDE OF TORREY)</p> <p>6:46 DOWN</p> <p>6:08 BACK</p> <p>5:41 DOWN HILL</p> <p>Mi # 7 (INSIDE)</p> | <p>HAIRCUT!</p> <p>(31)</p> <p>REST!</p> <p>(LEGS HURT)</p> <p>CALVES TIGHT</p> | <p>1</p> <p>REST!</p> <p>New Year's Day</p> | <p>2</p> <p>2:26:46 = 7:20</p> <p>2:1:7:11</p> <p>2:2:7:11 2:4:1:17</p> <p>2:4:1:17</p> <p>22 24 22 2:41</p> <p>1:8:02 8:7:24 13:7:19</p> <p>2:7:07 9:7:32 14:6:51</p> <p>3:7:44 10:7:29 15:6:25</p> <p>4:7:15 11:5:24 16:6:44</p> <p>5:6:59 12:5:32 17:8:00</p> <p>6:8:08 13:5:18 18:7:03</p> <p>7:7:59 14:7:10 19:7:08</p> <p>24 24 20 6:42</p> <p>7:08</p> <p>5:34 5:43</p> <p>5:32</p> <p>10 32 1:30 5:20</p> <p>4 x 1000 @ 81</p> <p>83 84 77 80</p> <p>TC2 24 20 6:42</p> <p>7:08</p> <p>GOOD EFFORT</p> <p>20 6 1000 + push</p> |
| 3                                                                                                                                                                | 4                                                                                                                                                       | 5                                                            | 6                                                                                                                                                       | 7                                                                               | 8                                           | 9                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| REST!                                                                                                                                                            | EZ HR. NORTH @ BOB                                                                                                                                      | STEADY HR. SOUTH ON 101 LAS VEGAS ENTRY IN....               | 2 HR. NON-STOP TORREY (OUTSIDE) TO SHERATON @ BOB                                                                                                       | REST!                                                                           | REST!                                       | 4 x 1000 @ 81                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 10                                                                                                                                                               | 11                                                                                                                                                      | 12                                                           | 13                                                                                                                                                      | 14                                                                              | 15                                          | 16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| REST!                                                                                                                                                            | TC2 MOVING 258 Nxt DOOR!!                                                                                                                               | TC2 266 6:58 PACE                                            | TC2 282 6:54 AVE.                                                                                                                                       | Eastern Orthodox Christmas                                                      | 15                                          | 16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 17                                                                                                                                                               | 18                                                                                                                                                      | 19                                                           | 20                                                                                                                                                      | 21                                                                              | 22                                          | 23                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 6.6 EARTHQUAKE IN L.A. @ 4:30am                                                                                                                                  | VERY EZ @ BOB SOUTH                                                                                                                                     | STEADY HR. @ 6:58 AVE                                        | 12:29 WARM-UP 1:6:57 2:6:55 3:6:41 4:6:54 5:7:03 6:7:27 7:6:50 8:6:55 9:7:17 10:6:21 11:6:54 12:6:56                                                    | EZ POB                                                                          | 15                                          | 16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 17                                                                                                                                                               | 18                                                                                                                                                      | 19                                                           | 20                                                                                                                                                      | 21                                                                              | 22                                          | 23                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| REST!                                                                                                                                                            | TC2 294                                                                                                                                                 | TC2 302                                                      | TC2 317 11:53 WARM DOWN 6:53 AVE                                                                                                                        | TC2 322                                                                         | 15                                          | 16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 24                                                                                                                                                               | 25                                                                                                                                                      | 26                                                           | 27                                                                                                                                                      | 28                                                                              | 29                                          | 30                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 6.6 EARTHQUAKE IN L.A. @ 4:30am                                                                                                                                  | POB LOOP @ EZ                                                                                                                                           | POB LOOP @ TORREY 6:53                                       | POB LOOP @ EZ                                                                                                                                           | POB LOOP @ 6:54                                                                 | 15                                          | 16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 24                                                                                                                                                               | 25                                                                                                                                                      | 26                                                           | 27                                                                                                                                                      | 28                                                                              | 29                                          | 30                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| REST!                                                                                                                                                            | TC3 30                                                                                                                                                  | 6:06:53 TC3 36                                               | TC3 42 GROIN TWINGE!                                                                                                                                    | TC3 50 GROIN BETTER!                                                            | 15                                          | 16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 24                                                                                                                                                               | 25                                                                                                                                                      | 26                                                           | 27                                                                                                                                                      | 28                                                                              | 29                                          | 30                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| REST!                                                                                                                                                            | TC3 70.5                                                                                                                                                | REST!                                                        | EZ POB LOOP 6 @ 7:10                                                                                                                                    | REST!                                                                           | 15                                          | 16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

31

1:45 6:5 1:45 6:5

5:20 POB LOOP



# FEBRUARY

45-49

1. 2:41  
2. 2:44  
3. 2:45  
4. 2:51  
5. 2:52

| MON                                                                                             | TUE                                        | WED                                                               | THU                                         | FRI                                                            | SAT                                                                                                                       | SUN                                                                     |
|-------------------------------------------------------------------------------------------------|--------------------------------------------|-------------------------------------------------------------------|---------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| 182 MI. RUN<br>22 DAYS RUN<br>8.2 AVE.<br>FOR YEAR!!!<br>362 MI. RUN<br>40 DAYS RUN<br>9.0 AVE. | 1 <del>1:1</del><br>REST!                  | 2 <del>1:3</del> 196.5<br>EZ PoB Loop<br>6@7:08<br>4:25 WARM DOWN | 3 <del>1:1</del><br>REST!                   | 4 <del>1:1</del><br>REST!                                      | 5 <del>1:3</del> 124<br>LAS VEGAS MARATHON!<br>90TH OVERALL<br>2:52:21 = 634 AVE.<br>217 FINISHERS 45-49<br>5TH AGE GROUP | 6 <del>1:1</del><br>WALK with<br>MR Kelly<br>AROUND PARK!<br>20'00 PACE |
| 7 <del>1:3</del> 127<br>WALK<br>14:00 PACE                                                      | 8 <del>1:3</del> 130<br>WALK<br>14:00 PACE | 9 <del>1:3</del> 136<br>WALK<br>14:00 PACE                        | 10 <del>1:3</del> 139<br>PoB Loop<br>6@7:37 | 11 <del>1:3</del> 147<br>WALK @ JTH<br>2x LOOP<br>PoB FMO 7:15 | 12 <del>1:3</del> 147<br>PoB Loop<br>EZ                                                                                   | 13 <del>1:3</del> 159<br>6@6:50<br>6000!!                               |
| 13 <del>1:4</del> 142<br>REST!                                                                  | 14 <del>1:4</del> 142<br>REST!             | 15 <del>1:4</del> 142<br>EZ PoB                                   | 16 <del>1:4</del> 142<br>EZ PoB             | 17 <del>1:4</del> 142<br>EZ PoB                                | 18 <del>1:4</del> 142<br>EZ PoB                                                                                           | 19 <del>1:4</del> 142<br>EZ PoB                                         |
| 20 <del>1:4</del> 142<br>REST!                                                                  | 21 <del>1:4</del> 142<br>REST!             | 22 <del>1:4</del> 142<br>EZ PoB                                   | 23 <del>1:4</del> 142<br>EZ PoB             | 24 <del>1:4</del> 142<br>EZ PoB                                | 25 <del>1:4</del> 142<br>EZ PoB                                                                                           | 26 <del>1:4</del> 142<br>EZ PoB                                         |
| 27 <del>1:4</del> 142<br>REST!                                                                  | 28 <del>1:4</del> 142<br>REST!             | 29 <del>1:4</del> 142<br>EZ PoB                                   | 30 <del>1:4</del> 142<br>EZ PoB             | 31 <del>1:4</del> 142<br>EZ PoB                                | 32 <del>1:4</del> 142<br>EZ PoB                                                                                           | 33 <del>1:4</del> 142<br>EZ PoB                                         |
| 34 <del>1:4</del> 142<br>REST!                                                                  | 35 <del>1:4</del> 142<br>REST!             | 36 <del>1:4</del> 142<br>EZ PoB                                   | 37 <del>1:4</del> 142<br>EZ PoB             | 38 <del>1:4</del> 142<br>EZ PoB                                | 39 <del>1:4</del> 142<br>EZ PoB                                                                                           | 40 <del>1:4</del> 142<br>EZ PoB                                         |
| 41 <del>1:4</del> 142<br>REST!                                                                  | 42 <del>1:4</del> 142<br>REST!             | 43 <del>1:4</del> 142<br>EZ PoB                                   | 44 <del>1:4</del> 142<br>EZ PoB             | 45 <del>1:4</del> 142<br>EZ PoB                                | 46 <del>1:4</del> 142<br>EZ PoB                                                                                           | 47 <del>1:4</del> 142<br>EZ PoB                                         |
| 48 <del>1:4</del> 142<br>REST!                                                                  | 49 <del>1:4</del> 142<br>REST!             | 50 <del>1:4</del> 142<br>EZ PoB                                   | 51 <del>1:4</del> 142<br>EZ PoB             | 52 <del>1:4</del> 142<br>EZ PoB                                | 53 <del>1:4</del> 142<br>EZ PoB                                                                                           | 54 <del>1:4</del> 142<br>EZ PoB                                         |
| 55 <del>1:4</del> 142<br>REST!                                                                  | 56 <del>1:4</del> 142<br>REST!             | 57 <del>1:4</del> 142<br>EZ PoB                                   | 58 <del>1:4</del> 142<br>EZ PoB             | 59 <del>1:4</del> 142<br>EZ PoB                                | 60 <del>1:4</del> 142<br>EZ PoB                                                                                           | 61 <del>1:4</del> 142<br>EZ PoB                                         |
| 62 <del>1:4</del> 142<br>REST!                                                                  | 63 <del>1:4</del> 142<br>REST!             | 64 <del>1:4</del> 142<br>EZ PoB                                   | 65 <del>1:4</del> 142<br>EZ PoB             | 66 <del>1:4</del> 142<br>EZ PoB                                | 67 <del>1:4</del> 142<br>EZ PoB                                                                                           | 68 <del>1:4</del> 142<br>EZ PoB                                         |
| 69 <del>1:4</del> 142<br>REST!                                                                  | 70 <del>1:4</del> 142<br>REST!             | 71 <del>1:4</del> 142<br>EZ PoB                                   | 72 <del>1:4</del> 142<br>EZ PoB             | 73 <del>1:4</del> 142<br>EZ PoB                                | 74 <del>1:4</del> 142<br>EZ PoB                                                                                           | 75 <del>1:4</del> 142<br>EZ PoB                                         |
| 76 <del>1:4</del> 142<br>REST!                                                                  | 77 <del>1:4</del> 142<br>REST!             | 78 <del>1:4</del> 142<br>EZ PoB                                   | 79 <del>1:4</del> 142<br>EZ PoB             | 80 <del>1:4</del> 142<br>EZ PoB                                | 81 <del>1:4</del> 142<br>EZ PoB                                                                                           | 82 <del>1:4</del> 142<br>EZ PoB                                         |
| 83 <del>1:4</del> 142<br>REST!                                                                  | 84 <del>1:4</del> 142<br>REST!             | 85 <del>1:4</del> 142<br>EZ PoB                                   | 86 <del>1:4</del> 142<br>EZ PoB             | 87 <del>1:4</del> 142<br>EZ PoB                                | 88 <del>1:4</del> 142<br>EZ PoB                                                                                           | 89 <del>1:4</del> 142<br>EZ PoB                                         |
| 90 <del>1:4</del> 142<br>REST!                                                                  | 91 <del>1:4</del> 142<br>REST!             | 92 <del>1:4</del> 142<br>EZ PoB                                   | 93 <del>1:4</del> 142<br>EZ PoB             | 94 <del>1:4</del> 142<br>EZ PoB                                | 95 <del>1:4</del> 142<br>EZ PoB                                                                                           | 96 <del>1:4</del> 142<br>EZ PoB                                         |
| 97 <del>1:4</del> 142<br>REST!                                                                  | 98 <del>1:4</del> 142<br>REST!             | 99 <del>1:4</del> 142<br>EZ PoB                                   | 100 <del>1:4</del> 142<br>EZ PoB            | 101 <del>1:4</del> 142<br>EZ PoB                               | 102 <del>1:4</del> 142<br>EZ PoB                                                                                          | 103 <del>1:4</del> 142<br>EZ PoB                                        |
| 104 <del>1:4</del> 142<br>REST!                                                                 | 105 <del>1:4</del> 142<br>REST!            | 106 <del>1:4</del> 142<br>EZ PoB                                  | 107 <del>1:4</del> 142<br>EZ PoB            | 108 <del>1:4</del> 142<br>EZ PoB                               | 109 <del>1:4</del> 142<br>EZ PoB                                                                                          | 110 <del>1:4</del> 142<br>EZ PoB                                        |
| 111 <del>1:4</del> 142<br>REST!                                                                 | 112 <del>1:4</del> 142<br>REST!            | 113 <del>1:4</del> 142<br>EZ PoB                                  | 114 <del>1:4</del> 142<br>EZ PoB            | 115 <del>1:4</del> 142<br>EZ PoB                               | 116 <del>1:4</del> 142<br>EZ PoB                                                                                          | 117 <del>1:4</del> 142<br>EZ PoB                                        |
| 118 <del>1:4</del> 142<br>REST!                                                                 | 119 <del>1:4</del> 142<br>REST!            | 120 <del>1:4</del> 142<br>EZ PoB                                  | 121 <del>1:4</del> 142<br>EZ PoB            | 122 <del>1:4</del> 142<br>EZ PoB                               | 123 <del>1:4</del> 142<br>EZ PoB                                                                                          | 124 <del>1:4</del> 142<br>EZ PoB                                        |
| 125 <del>1:4</del> 142<br>REST!                                                                 | 126 <del>1:4</del> 142<br>REST!            | 127 <del>1:4</del> 142<br>EZ PoB                                  | 128 <del>1:4</del> 142<br>EZ PoB            | 129 <del>1:4</del> 142<br>EZ PoB                               | 130 <del>1:4</del> 142<br>EZ PoB                                                                                          | 131 <del>1:4</del> 142<br>EZ PoB                                        |
| 132 <del>1:4</del> 142<br>REST!                                                                 | 133 <del>1:4</del> 142<br>REST!            | 134 <del>1:4</del> 142<br>EZ PoB                                  | 135 <del>1:4</del> 142<br>EZ PoB            | 136 <del>1:4</del> 142<br>EZ PoB                               | 137 <del>1:4</del> 142<br>EZ PoB                                                                                          | 138 <del>1:4</del> 142<br>EZ PoB                                        |
| 139 <del>1:4</del> 142<br>REST!                                                                 | 140 <del>1:4</del> 142<br>REST!            | 141 <del>1:4</del> 142<br>EZ PoB                                  | 142 <del>1:4</del> 142<br>EZ PoB            | 143 <del>1:4</del> 142<br>EZ PoB                               | 144 <del>1:4</del> 142<br>EZ PoB                                                                                          | 145 <del>1:4</del> 142<br>EZ PoB                                        |
| 146 <del>1:4</del> 142<br>REST!                                                                 | 147 <del>1:4</del> 142<br>REST!            | 148 <del>1:4</del> 142<br>EZ PoB                                  | 149 <del>1:4</del> 142<br>EZ PoB            | 150 <del>1:4</del> 142<br>EZ PoB                               | 151 <del>1:4</del> 142<br>EZ PoB                                                                                          | 152 <del>1:4</del> 142<br>EZ PoB                                        |
| 153 <del>1:4</del> 142<br>REST!                                                                 | 154 <del>1:4</del> 142<br>REST!            | 155 <del>1:4</del> 142<br>EZ PoB                                  | 156 <del>1:4</del> 142<br>EZ PoB            | 157 <del>1:4</del> 142<br>EZ PoB                               | 158 <del>1:4</del> 142<br>EZ PoB                                                                                          | 159 <del>1:4</del> 142<br>EZ PoB                                        |
| 160 <del>1:4</del> 142<br>REST!                                                                 | 161 <del>1:4</del> 142<br>REST!            | 162 <del>1:4</del> 142<br>EZ PoB                                  | 163 <del>1:4</del> 142<br>EZ PoB            | 164 <del>1:4</del> 142<br>EZ PoB                               | 165 <del>1:4</del> 142<br>EZ PoB                                                                                          | 166 <del>1:4</del> 142<br>EZ PoB                                        |
| 167 <del>1:4</del> 142<br>REST!                                                                 | 168 <del>1:4</del> 142<br>REST!            | 169 <del>1:4</del> 142<br>EZ PoB                                  | 170 <del>1:4</del> 142<br>EZ PoB            | 171 <del>1:4</del> 142<br>EZ PoB                               | 172 <del>1:4</del> 142<br>EZ PoB                                                                                          | 173 <del>1:4</del> 142<br>EZ PoB                                        |
| 174 <del>1:4</del> 142<br>REST!                                                                 | 175 <del>1:4</del> 142<br>REST!            | 176 <del>1:4</del> 142<br>EZ PoB                                  | 177 <del>1:4</del> 142<br>EZ PoB            | 178 <del>1:4</del> 142<br>EZ PoB                               | 179 <del>1:4</del> 142<br>EZ PoB                                                                                          | 180 <del>1:4</del> 142<br>EZ PoB                                        |
| 181 <del>1:4</del> 142<br>REST!                                                                 | 182 <del>1:4</del> 142<br>REST!            | 183 <del>1:4</del> 142<br>EZ PoB                                  | 184 <del>1:4</del> 142<br>EZ PoB            | 185 <del>1:4</del> 142<br>EZ PoB                               | 186 <del>1:4</del> 142<br>EZ PoB                                                                                          | 187 <del>1:4</del> 142<br>EZ PoB                                        |
| 188 <del>1:4</del> 142<br>REST!                                                                 | 189 <del>1:4</del> 142<br>REST!            | 190 <del>1:4</del> 142<br>EZ PoB                                  | 191 <del>1:4</del> 142<br>EZ PoB            | 192 <del>1:4</del> 142<br>EZ PoB                               | 193 <del>1:4</del> 142<br>EZ PoB                                                                                          | 194 <del>1:4</del> 142<br>EZ PoB                                        |
| 195 <del>1:4</del> 142<br>REST!                                                                 | 196 <del>1:4</del> 142<br>REST!            | 197 <del>1:4</del> 142<br>EZ PoB                                  | 198 <del>1:4</del> 142<br>EZ PoB            | 199 <del>1:4</del> 142<br>EZ PoB                               | 200 <del>1:4</del> 142<br>EZ PoB                                                                                          | 201 <del>1:4</del> 142<br>EZ PoB                                        |
| 202 <del>1:4</del> 142<br>REST!                                                                 | 203 <del>1:4</del> 142<br>REST!            | 204 <del>1:4</del> 142<br>EZ PoB                                  | 205 <del>1:4</del> 142<br>EZ PoB            | 206 <del>1:4</del> 142<br>EZ PoB                               | 207 <del>1:4</del> 142<br>EZ PoB                                                                                          | 208 <del>1:4</del> 142<br>EZ PoB                                        |
| 209 <del>1:4</del> 142<br>REST!                                                                 | 210 <del>1:4</del> 142<br>REST!            | 211 <del>1:4</del> 142<br>EZ PoB                                  | 212 <del>1:4</del> 142<br>EZ PoB            | 213 <del>1:4</del> 142<br>EZ PoB                               | 214 <del>1:4</del> 142<br>EZ PoB                                                                                          | 215 <del>1:4</del> 142<br>EZ PoB                                        |
| 216 <del>1:4</del> 142<br>REST!                                                                 | 217 <del>1:4</del> 142<br>REST!            | 218 <del>1:4</del> 142<br>EZ PoB                                  | 219 <del>1:4</del> 142<br>EZ PoB            | 220 <del>1:4</del> 142<br>EZ PoB                               | 221 <del>1:4</del> 142<br>EZ PoB                                                                                          | 222 <del>1:4</del> 142<br>EZ PoB                                        |
| 223 <del>1:4</del> 142<br>REST!                                                                 | 224 <del>1:4</del> 142<br>REST!            | 225 <del>1:4</del> 142<br>EZ PoB                                  | 226 <del>1:4</del> 142<br>EZ PoB            | 227 <del>1:4</del> 142<br>EZ PoB                               | 228 <del>1:4</del> 142<br>EZ PoB                                                                                          | 229 <del>1:4</del> 142<br>EZ PoB                                        |
| 230 <del>1:4</del> 142<br>REST!                                                                 | 231 <del>1:4</del> 142<br>REST!            | 232 <del>1:4</del> 142<br>EZ PoB                                  | 233 <del>1:4</del> 142<br>EZ PoB            | 234 <del>1:4</del> 142<br>EZ PoB                               | 235 <del>1:4</del> 142<br>EZ PoB                                                                                          | 236 <del>1:4</del> 142<br>EZ PoB                                        |
| 237 <del>1:4</del> 142<br>REST!                                                                 | 238 <del>1:4</del> 142<br>REST!            | 239 <del>1:4</del> 142<br>EZ PoB                                  | 240 <del>1:4</del> 142<br>EZ PoB            | 241 <del>1:4</del> 142<br>EZ PoB                               | 242 <del>1:4</del> 142<br>EZ PoB                                                                                          | 243 <del>1:4</del> 142<br>EZ PoB                                        |
| 244 <del>1:4</del> 142<br>REST!                                                                 | 245 <del>1:4</del> 142<br>REST!            | 246 <del>1:4</del> 142<br>EZ PoB                                  | 247 <del>1:4</del> 142<br>EZ PoB            | 248 <del>1:4</del> 142<br>EZ PoB                               | 249 <del>1:4</del> 142<br>EZ PoB                                                                                          | 250 <del>1:4</del> 142<br>EZ PoB                                        |
| 251 <del>1:4</del> 142<br>REST!                                                                 | 252 <del>1:4</del> 142<br>REST!            | 253 <del>1:4</del> 142<br>EZ PoB                                  | 254 <del>1:4</del> 142<br>EZ PoB            | 255 <del>1:4</del> 142<br>EZ PoB                               | 256 <del>1:4</del> 142<br>EZ PoB                                                                                          | 257 <del>1:4</del> 142<br>EZ PoB                                        |
| 258 <del>1:4</del> 142<br>REST!                                                                 | 259 <del>1:4</del> 142<br>REST!            | 260 <del>1:4</del> 142<br>EZ PoB                                  | 261 <del>1:4</del> 142<br>EZ PoB            | 262 <del>1:4</del> 142<br>EZ PoB                               | 263 <del>1:4</del> 142<br>EZ PoB                                                                                          | 264 <del>1:4</del> 142<br>EZ PoB                                        |
| 265 <del>1:4</del> 142<br>REST!                                                                 | 266 <del>1:4</del> 142<br>REST!            | 267 <del>1:4</del> 142<br>EZ PoB                                  | 268 <del>1:4</del> 142<br>EZ PoB            | 269 <del>1:4</del> 142<br>EZ PoB                               | 270 <del>1:4</del> 142<br>EZ PoB                                                                                          | 271 <del>1:4</del> 142<br>EZ PoB                                        |
| 272 <del>1:4</del> 142<br>REST!                                                                 | 273 <del>1:4</del> 142<br>REST!            | 274 <del>1:4</del> 142<br>EZ PoB                                  | 275 <del>1:4</del> 142<br>EZ PoB            | 276 <del>1:4</del> 142<br>EZ PoB                               | 277 <del>1:4</del> 142<br>EZ PoB                                                                                          | 278 <del>1:4</del> 142<br>EZ PoB                                        |
| 279 <del>1:4</del> 142<br>REST!                                                                 | 280 <del>1:4</del> 142<br>REST!            | 281 <del>1:4</del> 142<br>EZ PoB                                  | 282 <del>1:4</del> 142<br>EZ PoB            | 283 <del>1:4</del> 142<br>EZ PoB                               | 284 <del>1:4</del> 142<br>EZ PoB                                                                                          | 285 <del>1:4</del> 142<br>EZ PoB                                        |
| 286 <del>1:4</del> 142<br>REST!                                                                 | 287 <del>1:4</del> 142<br>REST!            | 288 <del>1:4</del> 142<br>EZ PoB                                  | 289 <del>1:4</del> 142<br>EZ PoB            | 290 <del>1:4</del> 142<br>EZ PoB                               | 291 <del>1:4</del> 142<br>EZ PoB                                                                                          | 292 <del>1:4</del> 142<br>EZ PoB                                        |
| 293 <del>1:4</del> 142<br>REST!                                                                 | 294 <del>1:4</del> 142<br>REST!            | 295 <del>1:4</del> 142<br>EZ PoB                                  | 296 <del>1:4</del> 142<br>EZ PoB            | 297 <del>1:4</del> 142<br>EZ PoB                               | 298 <del>1:4</del> 142<br>EZ PoB                                                                                          | 299 <del>1:4</del> 142<br>EZ PoB                                        |
| 300 <del>1:4</del> 142<br>REST!                                                                 | 301 <del>1:4</del> 142<br>REST!            | 302 <del>1:4</del> 142<br>EZ PoB                                  | 303 <del>1:4</del> 142<br>EZ PoB            | 304 <del>1:4</del> 142<br>EZ PoB                               | 305 <del>1:4</del> 142<br>EZ PoB                                                                                          | 306 <del>1:4</del> 142<br>EZ PoB                                        |
| 307 <del>1:4</del> 142<br>REST!                                                                 | 308 <del>1:4</del> 142<br>REST!            | 309 <del>1:4</del> 142<br>EZ PoB                                  | 310 <del>1:4</del> 142<br>EZ PoB            | 311 <del>1:4</del> 142<br>EZ PoB                               | 312 <del>1:4</del> 142<br>EZ PoB                                                                                          | 313 <del>1:4</del> 142<br>EZ PoB                                        |
| 314 <del>1:4</del> 142<br>REST!                                                                 | 315 <del>1:4</del> 142<br>REST!            | 316 <del>1:4</del> 142<br>EZ PoB                                  | 317 <del>1:4</del> 142<br>EZ PoB            | 318 <del>1:4</del> 142<br>EZ PoB                               | 319 <del>1:4</del> 142<br>EZ PoB                                                                                          | 320 <del>1:4</del> 142<br>EZ PoB                                        |
| 321 <del>1:4</del> 142<br>REST!                                                                 | 322 <del>1:4</del> 142<br>REST!            | 323 <del>1:4</del> 142<br>EZ PoB                                  | 324 <del>1:4</del> 142<br>EZ PoB            | 325 <del>1:4</del> 142<br>EZ PoB                               | 326 <del>1:4</del> 142<br>EZ PoB                                                                                          | 327 <del>1:4</del> 142<br>EZ PoB                                        |
| 328 <del>1:4</del> 142<br>REST!                                                                 | 329 <del>1:4</del> 142<br>REST!            | 330 <del>1:4</del> 142<br>EZ PoB                                  | 331 <del>1:4</del> 142<br>EZ PoB            | 332 <del>1:4</del> 142<br>EZ PoB                               | 333 <del>1:4</del> 142<br>EZ PoB                                                                                          | 334 <del>1:4</del> 142<br>EZ PoB                                        |
| 335 <del>1:4</del> 142<br>REST!                                                                 | 336 <del>1:4</del> 142<br>REST!            | 337 <del>1:4</del> 142<br>EZ PoB                                  | 338 <del>1:4</del> 142<br>EZ PoB            | 339 <del>1:4</del> 142<br>EZ PoB                               | 340 <del>1:4</del> 142<br>EZ PoB                                                                                          | 341 <del>1:4</del> 142<br>EZ PoB                                        |
| 342 <del>1:4</del> 142<br>REST!                                                                 | 343 <del>1:4</del> 142<br>REST!            | 344 <del>1:4</del> 142<br>EZ PoB                                  | 345 <del>1:4</del> 142<br>EZ PoB            | 346 <del>1:4</del> 142<br>EZ PoB                               | 347 <del>1:4</del> 142<br>EZ PoB                                                                                          | 348 <del>1:4</del> 142<br>EZ PoB                                        |
| 349 <del>1:4</del> 142<br>REST!                                                                 | 350 <del>1:4</del> 142<br>REST!            | 351 <del>1:4</del> 142<br>EZ PoB                                  | 352 <del>1:4</del> 142<br>EZ PoB            | 353 <del>1:4</del> 142<br>EZ PoB                               | 354 <del>1:4</del> 142<br>EZ PoB                                                                                          | 355 <del>1:4</del> 142<br>EZ PoB                                        |
| 356 <del>1:4</del> 142<br>REST!                                                                 | 357 <del>1:4</del> 142<br>REST!            | 358 <del>1:4</del> 142<br>EZ PoB                                  | 359 <del>1:4</del> 142<br>EZ PoB            | 360 <del>1:4</del> 142<br>EZ PoB                               | 361 <del>1:4</del> 142<br>EZ PoB                                                                                          | 362 <del>1:4</del> 142<br>EZ PoB                                        |
| 363 <del>1:4</del> 142<br>REST!                                                                 | 364 <del>1:4</del> 142<br>REST!            | 365 <del>1:4</del> 142<br>EZ PoB                                  | 366 <del>1:4</del> 142<br>EZ PoB            | 367 <del>1:4</del> 142<br>EZ PoB                               | 368 <del>1:4</del> 142<br>EZ PoB                                                                                          | 369 <del>1:4</del> 142<br>EZ PoB                                        |
| 370 <del>1:4</del> 142<br>REST!                                                                 | 371 <del>1:4</del> 142<br>REST!            | 372 <del>1:4</del> 142<br>EZ PoB                                  | 373 <del>1:4</del> 142<br>EZ PoB            | 374 <del>1:4</del> 142<br>EZ PoB                               | 375 <del>1:4</del> 142<br>EZ PoB                                                                                          | 376 <del>1:4</del> 142<br>EZ PoB                                        |
| 377 <del>1:4</del> 142<br>REST!                                                                 | 378 <del>1:4</del> 142<br>REST!            | 379 <del>1:4</del> 142<br>EZ PoB                                  | 380 <del>1:4</del> 142<br>EZ PoB            | 381 <del>1:4</del> 142<br>EZ PoB                               | 382 <del>1:4</del> 142<br>EZ PoB                                                                                          | 383 <del>1:4</del> 142<br>EZ PoB                                        |
| 384 <del>1:4</del> 142<br>REST!                                                                 | 385 <del>1:4</del> 142<br>REST!            | 386 <del>1:4</del> 142<br>EZ PoB                                  | 387 <del>1:4</del> 142<br>EZ PoB            | 388 <del>1:4</del> 142<br>EZ PoB                               | 389 <del>1:4</del> 142<br>EZ PoB                                                                                          | 390 <del>1:4</del> 142<br>EZ PoB                                        |
| 391 <del>1:4</del> 142<br>REST!                                                                 | 392 <del>1:4</del> 142<br>REST!            | 393 <del>1:4</del> 142<br>EZ PoB                                  | 394 <del>1:4</del> 142<br>EZ PoB            | 395 <del>1:4</del> 142<br>EZ PoB                               | 396 <del>1:4</del> 142<br>EZ PoB                                                                                          | 397 <del>1:4</del> 142<br>EZ PoB                                        |
| 398 <del>1:4</del> 142<br>REST!                                                                 | 399 <del>1:4</del> 142<br>REST!            | 400 <del>1:4</del> 142<br>EZ PoB                                  | 401 <del>1:4</del> 142<br>EZ PoB            | 402 <del>1:4</del> 142<br>EZ PoB                               | 403 <del>1:4</del> 142<br>EZ PoB                                                                                          | 404 <del>1:4</del> 142<br>EZ PoB                                        |
| 405 <del>1:4</del> 142<br>REST!                                                                 | 406 <del>1:4</del> 142<br>REST!            | 407 <del>1:4</del> 142<br>EZ PoB                                  | 408 <del>1:4</del> 142<br>EZ PoB            | 409 <del>1:4</del> 142<br>EZ PoB                               | 410 <del>1:4</del> 142<br>EZ PoB                                                                                          | 411 <del>1:4</del> 142<br>EZ PoB                                        |
| 412 <del>1:4</del> 142<br>REST!                                                                 | 413 <del>1:4</del> 142<br>REST!            | 414 <del>1:4</del> 142<br>EZ PoB                                  | 415 <del>1:4</del> 142<br>EZ PoB            | 416 <del>1:4</del> 142<br>EZ PoB                               | 417 <del>1:4</del> 142<br>EZ PoB                                                                                          | 418 <del>1:4</del> 142<br>EZ PoB                                        |
| 419 <del>1:4</del> 142<br>REST!                                                                 | 420 <del>1:4</del> 142<br>REST!            | 421 <del>1:4</del> 142<br>EZ PoB                                  | 422 <del>1:4</del> 142<br>EZ PoB            | 423 <del>1:4</del> 142<br>EZ PoB                               | 424 <del>1:4</del> 142<br>EZ PoB                                                                                          | 425 <del>1:4</del> 142<br>EZ PoB                                        |
| 426 <del>1:4</del> 142<br>REST!                                                                 | 427 <del>1:4</del> 142<br>REST!            | 428 <del>1:4</del> 142<br>EZ PoB                                  | 429 <del>1:4</del> 142<br>EZ PoB            | 430 <del>1:4</del> 142<br>EZ PoB                               | 431 <del>1:4</del> 142<br>EZ PoB                                                                                          | 432 <del>1:4</del> 142<br>EZ PoB                                        |
| 433 <del>1:4</del> 142<br>REST!                                                                 | 434 <del>1:4</del> 142<br>REST!            | 435 <del>1:4</del> 142<br>EZ PoB                                  | 436 <del>1:4</del> 142<br>EZ PoB            | 437 <del>1:4</del> 142<br>EZ PoB                               | 438 <del>1:4</del> 142<br>EZ PoB                                                                                          | 439 <del>1:4</del> 142<br>EZ PoB                                        |
| 440 <del>1:4</del> 142<br>REST!                                                                 | 441 <del>1:4</del> 142<br>REST!            | 442 <del>1:4</del> 142<br>EZ PoB                                  | 443 <del>1:4</del> 142<br>EZ PoB            | 444 <del>1:4</del> 142<br>EZ PoB                               | 445 <del>1:4</del> 142<br>EZ PoB                                                                                          | 446 <del>1:4</del> 142<br>EZ PoB                                        |
| 447 <del>1:4</del> 142<br>REST!                                                                 | 448 <del>1:4</del> 142<br>REST!            | 449 <del>1:4</del> 142<br>EZ PoB                                  | 450 <del>1:4</del> 142<br>EZ PoB            | 451 <del>1:4</del> 142<br>EZ PoB                               | 452 <del>1:4</del> 142<br>EZ PoB                                                                                          | 453 <del>1:4</del> 142<br>EZ PoB                                        |
| 454 <del>1:4</del> 142<br>REST!                                                                 | 455 <del>1:4</del> 142<br>REST!            | 456 <del>1:4</del> 142<br>EZ PoB                                  | 457 <del>1:4</del> 142<br>EZ PoB            | 458 <del>1:4</del> 142<br>EZ                                   |                                                                                                                           |                                                                         |



OFFICE  
JOHNS  
ACCIDENT

\* JACK OF ALL DISTANCES  
MASTER OF NONE...  
(5K → 50 MILES)

# MARCH

WILD WEST MARATHON  
MAY 1

MAMMOTH MARATHON  
AUG. 14  
GIBSON RANCH 50 MILE  
NOV. 13

| MON                                                 | TUE                                                                                                                                                                                                                                     | WED                                                                                        | THU                                                                                                                                                                               | FRI                                                                                                                                | SAT                                                                                                                                             | SUN                                                                                                                                                                         |
|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>RUN HARD,<br/>BE STRONG,<br/>THINK<br/>BIG!!</b> | <b>1</b> TC3 276<br>141 LBS<br><small>12:02 WU ① 7:00 ② 6:51<br/>③ 7:16 ④ 6:44 ⑤ 6:53<br/>⑥ 7:54 ⑦ 7:04 ⑧ 7:04 ⑨ 7:04<br/>⑩ 7:04 ⑪ 7:04 ⑫ 7:04<br/>⑬ 6:40 ⑭ 6:30 ⑮ 6:44<br/>⑯ 6:25 ⑰ 6:25 ⑱ 7:09<br/>58:58 = 6:44 BACK 12:02 WU</small> | <b>2</b> TC3 284<br>141 LBS<br><b>EZ HR.</b><br><small>(7:15-7:30 PACE)</small>            | <b>3</b> TC3 299<br>141 LBS<br><b>6@6:53 DOWN</b><br><b>6@6:48 BACK</b><br><b>STEADY!</b><br><small>6:50 AVE.</small>                                                             | <b>4</b> TC3 307<br>141 LBS<br><b>EZ HR.</b>                                                                                       | <b>5</b>                                                                                                                                        | <b>6</b> TC3 311<br>141 LBS<br><b>UCSD TRACK:</b><br><small>① 2:38 ② 2:34 ③ 2:38<br/>④ 2:34 ⑤ 2:38<br/>⑥ 2:37 ⑦ 2:37<br/>⑧ 2:36 ⑨ 2:36<br/>AVE.</small>                     |
| <b>7</b>                                            | <b>8</b> TC4 24<br>141 LBS<br><small>(3:00:16)</small><br><b>LSD TO LJS HORES:</b><br><small>132 B &gt; 8:00:18<br/>210 B &gt; 8:01:35<br/>302 B &gt; 58-23:00</small>                                                                  | <b>9</b> TC4 32<br>140 LBS<br><b>EZ HR</b>                                                 | <b>10</b> TC4 47<br>140 LBS<br><small>① 7:04 ② 6:40 ③ 6:52<br/>④ 6:54 ⑤ 7:04 ⑥ 7:06<br/>⑦ 6:32 ⑧ 6:54 ⑨ 7:21<br/>⑩ 6:33 ⑪ 6:58 ⑫ 7:04<br/>WU 11:30<br/>WD 12:42 6:54 AVE.</small> | <b>11</b>                                                                                                                          | <b>12</b> TC4 50<br>141 LBS<br><b>UCSD TRACK</b><br><small>① 2:37 ② 2:37<br/>③ 2:36 ④ 2:37<br/>⑤ 2:35 ⑥ 2:35<br/>⑦ 2:35 ⑧ 2:35<br/>AVE.</small> | <b>13</b> TC4 53<br>141 LBS<br><b>288 mi SINCE L.V.</b><br><b>EZ POB</b><br><small>DMSO PIAINTER! MORE<br/>BUTTER</small>                                                   |
| <b>14</b>                                           | <b>15</b> TC4 63<br>142 LBS<br><b>EZ HR</b><br><b>DMSO FOOT!</b>                                                                                                                                                                        | <b>16</b> TC4 68<br>141 LBS<br><b>EZ POB.</b><br><small>FED EXPRESS<br/>INTERVIEW!</small> | <b>17</b> TC4 74<br>141 LBS<br><b>EZ POB+</b><br><b>DMSO/TAPE</b>                                                                                                                 | <b>18</b> TC4 79<br>141 LBS<br><b>EZ POB+</b><br><b>DMSO/TAPE</b>                                                                  | <b>19</b>                                                                                                                                       | <b>20</b> TC4 84<br>141 LBS<br><b>UCSD TRACK:</b><br><small>1 mi. 5:10<br/>90% EFFORT<br/>DICK TOUGH ATEND</small>                                                          |
| <b>21</b>                                           | <b>22</b> TC4 89<br>140 LBS<br><b>EZ POB</b><br><b>TAPE/DMSO</b>                                                                                                                                                                        | <b>23</b> TC4 94<br>141 LBS<br><b>EZ POB</b><br><b>TAPE/DMSO</b>                           | <b>24</b> TC4 99<br>140 LBS<br><b>EZ POB</b><br><b>TAPE/DMSO</b>                                                                                                                  | <b>25</b>                                                                                                                          | <b>26</b> TC4 105<br>140 LBS<br><b>REST DAY</b>                                                                                                 | <b>27</b> TC4 105<br>140 LBS<br><b>YOU GET A CRAWL BY<br/>YOU GET A WALK...</b><br><b>CARLSBAD 5K:</b><br><small>17:32-5:38<br/>7TH. 45-49 @ 3E1<br/>50TH @ A 23:29</small> |
| <b>28</b>                                           | <b>29</b> TC4 127<br>140 LBS<br><b>LSD RANCHO</b><br><b>WITH DICK!</b><br><b>4:30 AM START!!</b><br><small>MUVA GURHO</small>                                                                                                           | <b>30</b> TC4 135<br>139 LBS<br><b>EZ HR.</b><br><small>TAPE/DMSO<br/>PM @ 6:53</small>    | <b>31</b> TC4 140<br>140 LBS<br><b>1.5 WARM-UP</b><br><b>12@7:00</b><br><b>1.5 WARM-DOWN</b><br><b>TAPE/DMSO</b>                                                                  | <b>TOTALS:</b><br><b>MILES: 220</b><br><b>TIME: 26:59</b><br><b>DAYS: 22</b><br><b>RUN: 10.0 mi.</b><br><b>REST DAY: 11:30 mi.</b> | <b>28</b>                                                                                                                                       | <b>29</b>                                                                                                                                                                   |
| <b>30</b>                                           | <b>31</b>                                                                                                                                                                                                                               | <b>1</b>                                                                                   | <b>2</b>                                                                                                                                                                          | <b>3</b>                                                                                                                           | <b>4</b>                                                                                                                                        | <b>5</b>                                                                                                                                                                    |

| SAT       | SUN                                                                                                                                                     |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>5</b>  | <b>6</b> TC3 311<br>141 LBS<br><b>UCSD TRACK:</b><br><small>① 2:38 ② 2:34 ③ 2:38<br/>④ 2:34 ⑤ 2:38<br/>⑥ 2:37 ⑦ 2:37<br/>⑧ 2:36 ⑨ 2:36<br/>AVE.</small> |
| <b>7</b>  | <b>8</b>                                                                                                                                                |
| <b>9</b>  | <b>10</b>                                                                                                                                               |
| <b>11</b> | <b>12</b> TC4 50<br>141 LBS<br><b>UCSD TRACK</b><br><small>① 2:37 ② 2:37<br/>③ 2:36 ④ 2:37<br/>⑤ 2:35 ⑥ 2:35<br/>⑦ 2:35 ⑧ 2:35<br/>AVE.</small>         |
| <b>13</b> | <b>14</b>                                                                                                                                               |
| <b>15</b> | <b>16</b>                                                                                                                                               |
| <b>17</b> | <b>18</b>                                                                                                                                               |
| <b>19</b> | <b>20</b> TC4 84<br>141 LBS<br><b>UCSD TRACK:</b><br><small>1 mi. 5:10<br/>90% EFFORT<br/>DICK TOUGH ATEND</small>                                      |
| <b>21</b> | <b>22</b>                                                                                                                                               |
| <b>23</b> | <b>24</b>                                                                                                                                               |
| <b>25</b> | <b>26</b>                                                                                                                                               |
| <b>27</b> | <b>28</b>                                                                                                                                               |
| <b>29</b> | <b>30</b>                                                                                                                                               |
| <b>31</b> | <b>1</b>                                                                                                                                                |

| FEBRUARY 1994                                                                                           | APRIL 1994                                                                                                    |
|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| M T W T F S S<br>1 2 3 4 5 6<br>7 8 9 10 11 12 13<br>14 15 16 17 18 19 20<br>21 22 23 24 25 26 27<br>28 | M T W T F S S<br>1 2 3<br>4 5 6 7 8 9 10<br>11 12 13 14 15 16 17<br>18 19 20 21 22 23 24<br>25 26 27 28 29 30 |





# APRIL

\* THE OLDER YOU GET  
\* THE FASTER YOU  
USED TO BE!!

| MON                                                                                                                                                                                       | Tue                                                                                                                                                                                                | Wed                                                                                                                         | THU                                                                                                                                                                                       | FRI                                                                                                                                                                 | SAT                                                                                 | SUN                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>MARCH 1994</div> <div>M T W T F S S</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30 31</div> | <div>MAY 1994</div> <div>M T W T F S S</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30 31</div> | 582                                                                                                                         | 153 MILES RUN<br>17 PAYS RUN<br>9.0 MILE AVE.                                                                                                                                             | <div>TC4 155</div> <div>142 LBS</div> <div>EZPOB</div> <div>NO GROIN,</div> <div>NO ANKLE,</div> <div>WIFE DIAPER</div> <div>36 5 5 36</div> <div>Good Friday</div> | <div>2</div> <div>REST!!</div> <div>WORK 6 1/2 HRS</div> <div>SET CLOCK AHEAD</div> | <div>3</div> <div>TC4 161</div> <div>HIKE 26</div> <div>UCSD TRACK</div> <div>1. 5:23 (800)</div> <div>2. 5:30 (REST)</div> <div>3. 5:25 (GOOD WORKOUT!!)</div> <div>10 12 18 15</div> <div>Passover Ends</div> |
| <div>4</div> <div>142 LBS</div> <div>REST!!!</div>                                                                                                                                        | <div>5</div> <div>TC4 185</div> <div>LSD IN RANCHO</div> <div>DICK</div> <div>4:30 AM START</div> <div>STEADY!!!</div>                                                                             | <div>6</div> <div>TC4 191</div> <div>141 LBS</div> <div>EZPOB+</div> <div>FEDERAL EXPRESS</div> <div>CALLS WORK!! 3PM</div> | <div>7</div> <div>TC4 201</div> <div>140 LBS</div> <div>① 6:56 ② 6:28 ③ 6:59 ④ 6:53 ⑤ 6:07</div> <div>⑥ 6:19 ⑦ 6:55 ⑧ 5:52</div> <div>⑨ 5:58 ⑩ 6:19 11:04</div> <div>6:29 AVE. 1:50</div> | <div>8</div> <div>REST!</div> <div>FED-X INTERVIEW</div> <div>MIRAMAR STATION</div>                                                                                 | <div>9</div> <div>REST!</div>                                                       | <div>10</div> <div>TC4 207</div> <div>HIKE 31</div> <div>3X 1mi @ SUB 5:30</div> <div>① 5:21 ② 5:25</div> <div>③ 5:19 (800 REST)</div> <div>UCSD TRACK</div>                                                    |
| <div>11</div> <div>ANALOG 3.5</div> <div>CATALINA:</div> <div>EZ MT. ADA</div> <div>LOOP @ ML</div>                                                                                       | <div>12</div> <div>ANALOG 23.5</div> <div>CATALINA</div> <div>AVATON TO AIRPORT</div> <div>30:01 TO TOP</div> <div>1:25:35 TO AIRPORT</div> <div>1:13:49 BACK</div>                                | <div>13</div> <div>ANALOG 27</div> <div>CATALINA:</div> <div>CASINO LOOP</div> <div>W.M.L.</div>                            | <div>14</div> <div>LOGS 42</div> <div>141 LBS</div> <div>SAND IN WILD WILD</div> <div>WEST GHTAY!!!</div> <div>11 @ 7:00</div>                                                            | <div>15</div> <div>REST!</div>                                                                                                                                      | <div>16</div> <div>REST!</div>                                                      | <div>17</div> <div>LOGS 49</div> <div>145 LBS</div> <div>2X 1mi SUB 5:20</div> <div>① 5:13 ② 5:14</div> <div>800 REST</div> <div>UCSD TRACK</div>                                                               |
| <div>18</div> <div>142 LBS</div> <div>REST!</div>                                                                                                                                         | <div>19</div> <div>LOGS 55</div> <div>EZPOB+</div> <div>FM @ 7:11</div>                                                                                                                            | <div>20</div> <div>REST!</div> <div>FED-X</div>                                                                             | <div>21</div> <div>REST!</div> <div>FED-X</div>                                                                                                                                           | <div>22</div> <div>LOGS 61</div> <div>EZPOB+</div>                                                                                                                  | <div>23</div> <div>REST!</div> <div>EZPOB</div>                                     | <div>24</div> <div>27 2:19</div> <div>15 1/2 MARATHON</div> <div>BIKE!!!</div>                                                                                                                                  |
| <div>25</div> <div>LOGS 67</div> <div>141 LBS</div> <div>EZPOB+</div> <div>FM @ 7:10</div>                                                                                                | <div>26</div> <div>LOGS 70</div> <div>HAIRY RUN</div> <div>@ EZ</div>                                                                                                                              | <div>27</div> <div>LOGS 78</div> <div>142 LBS</div> <div>EZ HR</div>                                                        | <div>28</div> <div>LOGS 84</div> <div>141 LBS</div> <div>EZPOB+</div> <div>FM @ 6:28</div>                                                                                                | <div>29</div> <div>REST!</div>                                                                                                                                      | <div>30</div> <div>REST!</div>                                                      |                                                                                                                                                                                                                 |
| <div>6 46 6 46 3 23 9 10 8</div> <div>Professionals</div> <div>Secretaries Day</div>                                                                                                      |                                                                                                                                                                                                    | <div>31</div> <div>17 2:08</div>                                                                                            | <div>47 6 23 25</div>                                                                                                                                                                     | <div>23 25</div>                                                                                                                                                    |                                                                                     |                                                                                                                                                                                                                 |



# MAY

| MON                                                                                                                                           | TUE                                                                                                                                      | WED                                                                                                                            | THU                                                                                                                          | FRI                                                                              | SAT                                                                         | SUN                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| <p>APRIL 1994</p> <p>M T W T F S S</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30</p> | <p>JUNE 1994</p> <p>M T W T F S S</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p> | <p>TRAINING MILEAGE AFTER MARATHON</p> <p>1ST WEEK - 45</p> <p>2ND-3RD WEEK - 30</p> <p>4TH WEEK - 45</p> <p>5TH WEEK - 60</p> | <p>TRACK WORKOUTS:</p> <p>#1 5x1M @ 5:45 (800 REST)</p> <p>#2 8x800 @ 2:45 (400 REST)</p> <p>#3 12x400 @ 2:15 (200 REST)</p> | <p>163 mi. RUN</p> <p>137 mi. BIKE</p> <p>19 DAYS RUN</p> <p>7.2 mi. DAY AVE</p> |                                                                             | <p>LOGS 115</p> <p>WILD, WILD WEST MARATHON: 4TH Q/A 3:39:06 2ND 40-49</p> <p>28 4:00 28 4:00</p> <p>31 4:00 31 4:00</p> |
| <p>2 LOGS 121</p> <p>LONE PINE LAKE MT. WHITNEY TRAIL SNOW!!!! @ 10,000'</p>                                                                  | <p>3 115 MPH AVE</p> <p>ROAD RIDE TO CARISBAD @ JOHN</p>                                                                                 | <p>4 1:1:1</p> <p>POB WALK @ 14:30</p>                                                                                         | <p>5 114 MPH AVE</p> <p>ROAD RIDE TO LT COVE GOOD HILLS!!</p>                                                                | <p>6 140 LBS LOGS 121</p> <p>EZ POB FM @ 7:31</p>                                | <p>7 1:1:1</p> <p>REST! (COLD??)</p>                                        | <p>8 1:1:1</p> <p>REST! COLD</p>                                                                                         |
| <p>2:29 6 6 2:29</p> <p>9 1:1:1</p> <p>HEAD COLD!</p> <p>MT. SOLEDAD 105 41 MPH MAX DOWNHILL 13.7 MPH AVE BIKE 25</p>                         | <p>10 149 127 140 LBS</p> <p>EZ (HEAD COLD) @ 11:17!! RUN 8</p>                                                                          | <p>11 140 LBS</p> <p>LT COVE 14.0 MPH AVE 38 MAX BIKE 25</p>                                                                   | <p>12 141 LBS 145 134</p> <p>EZ (25 SH-UPS) COLD BETTER! RAIN! RUN 8</p>                                                     | <p>13 146 136</p> <p>DIZZY... STOPPED 2 MILES RUN 8</p>                          | <p>14 146 141 142 LBS</p> <p>EZ POB BEST RUN THIS WEEK!! LEAVING! RUN 8</p> | <p>15 1:1:1</p> <p>REST!</p>                                                                                             |
| <p>1:55 26 26 1:55</p> <p>16 146 146 141 LBS</p> <p>BETTER! POB @ STEADY FM @ 6:38 COLD GOING... POB</p>                                      | <p>17 148 156 141 LBS</p> <p>STEADY 10 TORREY... 10</p>                                                                                  | <p>18 144 212 140 LBS</p> <p>EZ POB FM @ 7:20</p>                                                                              | <p>19 144 222 140 LBS</p> <p>STEADY 10 @ 6:55 AVE</p>                                                                        | <p>20 146 230</p> <p>EZ HR. FM @ N.T.</p>                                        | <p>5 20 36 230</p> <p>21 1:1:1</p> <p>REST DAY!</p>                         | <p>5 20 36 230</p> <p>22 145 161</p> <p>UCSD TRACK: 6:54 5:56 5:51 5:55 5:53 5:54 AVE/B0005</p>                          |
| <p>31 5 31 5</p> <p>23 REST!</p>                                                                                                              | <p>1:11 10 15 1:45</p> <p>24 145 120</p> <p>MT. LAGUNA SUNRISE HIGHWAY</p>                                                               | <p>5 1:36 20 2:21</p> <p>25 141 166</p> <p>EZ POB FM @ 6:56</p>                                                                | <p>1:09 10 30 3:30</p> <p>26 145 30 140 LBS</p> <p>MALL IN FONTANA ENTRY 100 @ SUB 7 (1:05:20)</p>                           | <p>59 8 38 4:29</p> <p>27 146 171</p> <p>EZ POB (VERY EZ)</p>                    | <p>1:1 38 4:29 12 1:50 6:14</p> <p>28 1:1:1</p> <p>REST!</p>                | <p>1:1 38 4:29 12 1:50 6:14</p> <p>29 1:1:1</p> <p>REST!</p>                                                             |
| <p>5 1:38 5 1:38</p> <p>EZ POB</p> <p>140 LBS LOGS 176</p> <p>30</p>                                                                          | <p>20 2:31 20 2:34</p> <p>235 36 235 36</p> <p>MT. SOLEDAD BIKE RIDE @ MALL</p> <p>14 140 145 MPH MAX</p> <p>31</p>                      | <p>5 25 36 3:10</p> <p>10 35 105 4:15</p> <p>5 37 40 4:52</p>                                                                  | <p>10 35 105 4:15</p> <p>5 37 40 4:52</p>                                                                                    | <p>5 37 40 4:52</p>                                                              | <p>1 40 4:52</p>                                                            | <p>1 40 4:52</p>                                                                                                         |

24TH 7:36 AVE. 7 SUNRISE HIGHWAY FOR 20 MI

Memorial Day





Tom Wilson

17 150  
143

157,116

1058 6MO

TOTAL MI

MILEAGE ON TRUCK

# JUNE

FONTANA 1/2 MARATHON  
SPLITS

① 5:39 ④ 5:54 ⑦ 5:54  
② 5:37 ⑤ 5:52 ⑧ 5:51  
③ 5:40 ⑥ 5:58 ⑨ 5:54 ⑩ 5:57  
5:47 (34:41) 5:50 (58:14)

| MON                                                        | TUE                                                                                       | WED                                                                                                     | THU                                                                                                               | FRI                                                                                    | SAT                                                                                                                     | SUN                                                                                            |
|------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| 160 MILES RUN<br>41 " BIKE<br>18 DAYS RUN<br>8.8 AVE.      | Pin#<br>1605                                                                              | 1 TC5 36<br>140 LBS<br>EZ POB+<br>(HAIRCUT RUN)                                                         | 2 . . .<br>REST!!                                                                                                 | 3 . . .<br>REST!!                                                                      | 4 TC5 51<br>140 LBS<br>BUSTERS!!!<br>FONTANA 1/2<br>MARATHON<br>1:17:18 = 5:54<br>2:40.45-49 1:16:56<br>1:25 14 20 2:09 | 5 . . .<br>REST!!<br>BUSTERS-OUCH!!<br>193 TOES<br>RIGHT/LEFT<br>1:17:14<br>5:54<br>1:030      |
| 6 MO. TOTALS<br>MILES RUN 1058<br>DAYS RUN 116<br>AVE. 9.1 |                                                                                           | 6 .44 6 .44                                                                                             | . . 6 .44                                                                                                         | . . 6 .44                                                                              |                                                                                                                         |                                                                                                |
| 6 142 LBS<br>REST!                                         | 7 143 LBS<br>MTN. BIKE RIDE<br>(HAWAIIAN)<br>EZ 20 NORTH<br>(ROAD) 20.5<br>20.5 1:21 1:21 | 8 142 LBS<br>MTN. BIKE RIDE<br>BOTTOM OF SCRIPS MOUNTAIN<br>EZ 20 SOUTH<br>(ROAD) 20.8<br>1:23 4:3 2:44 | 9 LOGS 176<br>EZ POB<br>VERY EZ                                                                                   | 10 LOGS 181<br>143 LBS<br>EZ POB<br>FM @ 6:38 1:12                                     | 11 . . .<br>(REST!!)                                                                                                    | 12 LOGS 186<br>NIKE 44<br>UCSD TRACK:<br>MINI MARATHON<br>(RNG)<br>8X400 (200R)<br>@ 1:78 1:26 |
| 13 143 LBS<br>REST!!                                       | 14 LOGS 202<br>1:44:38<br>UCSD & BACK<br>(6:51 AVE)                                       | 15 LOGS 208<br>EZ POB<br>(VERY)                                                                         | 16 LOGS 218<br>141 LBS<br>10:50 @ SOB.7<br>(6:44 AVE) 1:0                                                         | 17 LOGS 226<br>EZ HR                                                                   | 18 143 LBS<br>REST!!                                                                                                    | 19 LOGS 232<br>UCSD TRACK:<br>6X800 @ 2:41<br>AVE 12                                           |
| 20 . . .<br>REST!                                          | 21 LOGS 250<br>140 LBS<br>UCSD @ OLD<br>CANYON VIEW<br>POOL 1:06 2:00 1:03 2:00 1:03 2:00 | 22 LOGS 258<br>142 LBS<br>EZ POB++<br>@ John                                                            | 23 SKYS 61<br>UCSD TEMPO<br>3 1/2 MI WARM-UP<br>1/2 STRIDES (1:14:47)<br>3 MI @ SUB 6 (1:14:47)<br>3 MI WARM-DOWN | 24 LOGS 263<br>EZ POB                                                                  | 25 . . .<br>REST!!                                                                                                      | 26 LOGS 268<br>UCSD TRACK:<br>1 MI @ 5:30<br>2X800 @ 2:42 AVE<br>4X400 @ 1:19 AVE              |
| 27 142 LBS<br>REST!                                        | 28 LOGS 271<br>(HAIRCUT)<br>EZ POB HR.<br>@ John                                          | 29 LOGS 277<br>142 LBS<br>EZ POB+                                                                       | 30 LOGS 285<br>142 LBS<br>EZ HR NORTH                                                                             | TRACK 6/19<br>1. 2:41<br>2. 2:44<br>3. 2:40 2:41<br>4. 2:41 AVE.<br>5. 2:42<br>6. 2:39 |                                                                                                                         |                                                                                                |
| 8 1:00 8 1:00 :46 6 14 1:46 8 1:02 22 2:48                 |                                                                                           |                                                                                                         |                                                                                                                   |                                                                                        |                                                                                                                         |                                                                                                |

TEMPO 6/23 ① 5:59 ② 5:59 ③ 5:49

46  
12  
6MO YEAR X AVE 175 MI PER MO.  
44 MI PER WEEK

| MAY 1994             | JULY 1994            |
|----------------------|----------------------|
| M T W T F S S        | M T W T F S S        |
| 1                    | 1 2 3                |
| 2 3 4 5 6 7 8        | 4 5 6 7 8 9 10       |
| 9 10 11 12 13 14 15  | 11 12 13 14 15 16 17 |
| 16 17 18 19 20 21 22 | 18 19 20 21 22 23 24 |
| 23 24 25 26 27 28 29 | 25 26 27 28 29 30 31 |
| 30 31                |                      |



NIKE  
ANALOG... SIZE 10 1/2  
SKYLON... SIZE 10 1/2

# JULY

| MON                                                                                                                                                                                                         | TUE                                                                                                                             | WED                                                | THU                                                                                            | FRI                                                                                         | SAT                                                        | SUN                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <br>5:50<br>5:39<br>6:14<br>6:09<br>6:17<br>5:59<br>6:20<br>6:03<br>6:02<br>1:51<br>5K's<br>① 17:43<br>② 18:25<br>③ 18:25 | AUGUST 1994<br>M T W T F S S<br>1 2 3 4 5 6 7<br>8 9 10 11 12 13 14<br>15 16 17 18 19 20 21<br>22 23 24 25 26 27 28<br>29 30 31 | 209 mi RUN<br>19 DAYS "<br>11 mi DAY AVE.          | 1098<br>209<br>1267 total<br>For '94                                                           | 1 LOGS 288<br>LBS 142<br><del>BEACH</del><br>BEACH @ EZ<br>TWISTED ANKLE!!<br>3 1:24 3 1:24 | 2 141 LBS<br>REST!!<br>3 142 LBS<br>REST!!                 | 3 142 LBS<br>REST!!                                                                                       |
| 4 NIKES 64<br>LOGS 291<br>15K CORONADO<br>1st 45-49 56:25<br>1/2 warm-up/water then<br>6:03 AVE 15K                                                                                                         | 5 LOGS 299<br>LBS 140<br>EZ HR @ 7:30<br>LEGS VERY GOOD<br>SHAPE: UN FM @ 7:30                                                  | 6 LOGS 307<br>LBS 140<br>EZ HR @ 7:30<br>FM @ 7:07 | 7 LOGS 315<br>LBS 140<br>EZ HR @ 7:30<br>FM @ 7:05                                             | 8 141 LBS<br>REST!!                                                                         | 9 141 LBS<br>REST!!<br>14 @ 6:53<br>SHERATON<br>(STEADY!!) | 10 141 LBS<br>REST!!                                                                                      |
| 12 1:21 12 1:21<br>Independence Day                                                                                                                                                                         | 8 20 1:59 2:20<br>12 LOGS 339<br>LBS 140                                                                                        | 13 LOGS 345<br>LBS 140<br>EZ POB                   | 14 TC5 73<br>TORREY TO GMI<br>@ 4:12.23 DOWN 6:54<br>@ 5:07<br>38:00 BACK 6:20 12<br>6:57 PACE | 15 141 LBS<br>REST!                                                                         | 16 141 LBS<br>REST!                                        | 17 TC5 81<br>LBS 135<br>UCSD TRACK<br>31:39 WU<br>5:12 @ 5:126<br>5:21 @ 5:159<br>12 WD<br>* DICK<br>DOUG |
| 18 140 LBS<br>REST!!                                                                                                                                                                                        | 24 2:59 24 2:59<br>19 LOGS 373<br>LBS 140<br>WOW!!<br>BEAUTIFUL! GIVES UP<br>4 HRS DIS.<br>MT WITH HILSY<br>WITH DOUG.          | 20 140 LBS<br>REST! 5                              | 21 TC5 79<br>EZ POB<br>(LBS) 140<br>4 mi @ 24:13 5                                             | 22 TC5 91<br>TEMP 0 RUN<br>@ UCSD<br>4 mi @ 24:13 5                                         | 23 LOGS 379<br>LBS 142<br>EZ POB<br>(LBS) 140              | 24 140 LBS<br>REST!                                                                                       |
| 25 140 LBS<br>REST!                                                                                                                                                                                         | 26 LOGS 24<br>LBS 140<br>SURPRISE HWY<br>FORMS INTO<br>TAKE CARE<br>DIET...<br>2:59:54<br>24 LR                                 | 27 LOGS 29<br>LBS 140<br>VERY EZ POB<br>EZ POB 6   | 28 LOGS 95<br>LBS 140<br>POB + EZ<br>FM @ 7:15 12                                              | 29 TC5 98<br>G2 POB 6                                                                       | 30 140 LBS<br>REST!<br>HAIRCUT<br>36 4:28 19 55 2:00 6:28  | 31 TC5 111<br>LBS 140<br>UCSD TRACK<br>12 WD<br>1:77<br>AVE.                                              |
| 32 140 LBS<br>REST!                                                                                                                                                                                         | 33 140 LBS<br>REST!                                                                                                             | 34 140 LBS<br>REST!                                | 35 140 LBS<br>REST!                                                                            | 36 140 LBS<br>REST!                                                                         | 37 140 LBS<br>REST!                                        | 38 140 LBS<br>REST!                                                                                       |

1-7 PMS TOMATO





# AUGUST

| MON.                                              | Tue.                                                                        | Wed.                                                                   | THU.                                                                                                  | FRI.                                    | SAT.                                                                                                                                                                                                                                                                                                                                                                                              | SUN.                                                                                                                                  |
|---------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| 1  1:11<br>SEND IN ENTRY<br>MAMMOTH 26.2<br>REST! | 2  1:21<br>MT. WHITNEY #2<br>UP 3:28<br>BACK 2:34<br>TOTAL 6:02<br>EZPOB 5  | 3  1:21<br>REST!                                                       | 4  1:42 LBS<br>REST!                                                                                  | 5  1:43 LBS<br>EZPOB                    | 6  1:10<br>42 LBS<br>FEEL LIKE A<br>RUNNER AGAIN!<br>EZPOB<br>FM 6:40                                                                                                                                                                                                                                                                                                                             | 7  1:15<br>41 LBS<br>EZPOB<br>VERY EZ                                                                                                 |
| 8  1:11<br>REST!                                  | 9  1:20<br>140 LBS<br>WAWANESA PAYMENT<br>CAR INSURANCE<br>EZPOB<br>FM 6:51 | 10  1:21<br>REST!                                                      | 11  1:25<br>142 LBS<br>EZPOB<br>FM 6:47                                                               | 12  1:26<br>REST!                       | 13  1:31<br>7:15<br>REST!                                                                                                                                                                                                                                                                                                                                                                         | 14  1:36<br>409<br>MAX 27<br>MAMMOTH MARATHON<br>6TH 0:14 3:25:59<br>4TH 40-49 1:45-49<br>1:36 AT TURN...<br>05:51 1/2 TURN TO FINISH |
| 15  1:11<br>REST!                                 | 16  1:43<br>140 LBS<br>MT. WHITNEY #3<br>UP 6:00<br>BACK 5:00<br>EZPOB      | 17  1:10 LBS<br>REST!                                                  | 18  1:37<br>140 LBS<br>MOTEL 6 TO<br>MAMMOTH INN<br>LAST DAY OF VACATION<br>1:15 1:44 UP<br>7:33 PACE | 19  1:43<br>141 LBS<br>EZPOB            | 20  1:41<br>30 4:00 40 5:11<br>REST!                                                                                                                                                                                                                                                                                                                                                              | 21  1:53<br>HIVES 72<br>UCSD TRACK:<br>4 MI WARM-UP<br>8x 400 @ :76<br>6 MI WARM-DOWN                                                 |
| 22  1:40 LBS                                      | 23  1:01<br>LBS<br>VAX MAR<br>AD EZTRZ                                      | 24  1:23<br>139 LBS<br>TOPOF TORREY<br>CINSIDE @ DICE<br>11 MI @ 7:103 | 25  1:40 LBS<br>REST!!                                                                                | 26  1:47<br>MAX 67<br>FM 6:51<br>EZPOB+ | 27  1:43<br>LBS<br>REST!                                                                                                                                                                                                                                                                                                                                                                          | 28  1:76<br>HIVES 78<br>UCSD TRACK:<br>16x400 @ :76<br>30 WARM-UP<br>30 WARM-DOWN                                                     |
| 29  1:11<br>REST!                                 | 30  1:33<br>133 LBS<br>ROADRUNNER:<br>1ST LOOP 37:18<br>2ND LOOP 31:45      | 31  1:26<br>20 2:26<br>REST!<br>4:02 FROM BOW HILL<br>27:42 BOTTOM     | 179 MILES RUN<br>16 DAYS RUN<br>11.18 MI. AVE                                                         |                                         | 1446 MILES FOR<br>YEAR TO DATE<br>180.75 PER MO.<br>AVE.                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                       |
| 10 1:09                                           | 10 1:09                                                                     |                                                                        |                                                                                                       |                                         | <div> <div>JULY 1994</div> <div>MTWTFSS</div> <div>1 2 3</div> <div>4 5 6 7 8 9 10</div> <div>11 12 13 14 15 16 17</div> <div>18 19 20 21 22 23 24</div> <div>25 26 27 28 29 30 31</div> </div> <div> <div>SEPTEMBER 1994</div> <div>MTWTFSS</div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28 29 30</div> </div> |                                                                                                                                       |

TAPER 1

42  
EZ

117.05  
AVE



# SEPTEMBER

| MON                                                    | Tue                                                            | Wed                                            | THU                                                              | FRI                                              | SAT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | SUN                                                                                                |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |  |
|--------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|--|---|---|---|---|---|---|---|--|--|--|--|--|---|---|--|--|--|--|--|---|---|--|--|--|--|--|---|---|--|--|--|--|--|---|---|--|--|--|--|--|---|----|--|--|--|--|--|----|----|--|--|--|--|--|----|----|--|--|--|--|--|----|----|--|--|--|--|--|----|----|--|--|--|--|--|----|----|--|--|--|--|--|----|----|--|--|--|--|--|----|----|--|--|--|--|--|----|----|--|--|--|--|--|----|----|--|--|--|--|--|----|----|--|--|--|--|--|----|--|
|                                                        | <del>1623 mi to date</del><br>1623 mi to date<br>180.3 AVE NO. | <del>200 days RUN</del><br>177 RUN<br>8.85 AVE | 1 MAX 81<br>140 LBS<br>EZ POB<br>(LBS)                           | 2 MAX 87<br>HAIRCUT RUN<br>+ POB                 | 3 MAX 92<br>142 LBS<br>(LBS)<br>POB @ STEADY<br>FM @ 6:38                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 4 MAX 96<br>4 mi @ 6:52                                                                            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |  |
| 5 REST!                                                | 6 MAX 101<br>142 LBS<br>ROADRUNNER<br>LOOP @ JOHN<br>EZ        | 7 MAX 106<br>POB @ STEADY                      | 5 :36 5 :36 :46<br>8 MAX 111<br>EZ POB<br>FM @ 6:36              | 6 11 :22<br>9 REST!                              | 5 :34 16 :56<br>10 REST!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 4 27 20 2:23<br>11 MAX 90<br>TIOGA PASS RUN:<br>1st O/A 1866<br>4TH WIN OF CAREER<br>150-200 PAGES |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |  |
| Labor Day                                              | 37 5 :27 5 :37<br>Rosh Hashana                                 | 35 5 :12 5 :12<br>Rosh Hashana                 | 34 5 :15 1:46<br>1st RUN HR MONT HOL<br>FM @ 6:50 1:50<br>EZ POB | 15 :46<br>16 MAX 116<br>FM @ 6:58 1:46<br>EZ POB | 15 :30 2:00 3:46<br>Grandparents Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 15 :30 2:00 3:46<br>Grandparents Day                                                               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |  |
| 12 MT. WHITNEY # 4<br>4:25 AM TO TOP<br>3:15 TO BOTTOM | 13 REST!                                                       | 14 REST!                                       | 15 LOGS 414<br>1st RUN HR MONT HOL<br>FM @ 6:50 1:50<br>EZ POB   | 16 LOGS 419<br>FM @ 6:58 1:46<br>EZ POB          | 17 MAX 116<br>EZ POB<br>FM @ 7:04                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 18 MAX 121<br>142 LBS<br>EZ POB<br>FM @ 6:39                                                       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |  |
| 10:00 22 22 10:00                                      | 10:00 22 22 10:00                                              | 10:00 22 22 10:00                              | 5 :35 27 10:35<br>Kippur                                         | 5 :35 32 11:10                                   | 5 :36 37 11:46                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 5 :35 42 12:21                                                                                     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |  |
| 19 REST!<br>(LBS)                                      | 20 MAX 131<br>143 LBS<br>100 @ 6:49 @ JC<br>100 @ 7:30 @ JK    | 21 REST!<br>(LBS)                              | 22 TC5 153<br>10 @ SOB 7<br>SORENTO VALLEY<br>JOHN K             | 23 REST!<br>(LBS)                                | 24 MAX 140<br>140 LBS<br>REST!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 25 LOGS 422<br>140 LBS<br>16x400 @ :79                                                             |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |  |
| 10 1:08 10 1:08<br>10 1:15 20 2:23                     | 10 1:08 10 1:08<br>10 1:15 20 2:23                             | 10 1:08 10 1:08<br>10 1:15 20 2:23             | 10 1:06 30 3:39                                                  | 10 1:06 30 3:39                                  | 10 1:06 30 3:39                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 10 1:06 30 3:39                                                                                    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |  |
| 26 (LBS)<br>REST                                       | 27 MAX 20<br>130 LBS<br>VCSO (38) LOG                          | 28 MAX 25<br>140 LBS<br>HAIRCUT RUN            | 29 MAX 126<br>140 LBS<br>SORENTO<br>JK RPA                       | 30 MAX 30<br>140 LBS<br>EZ POB<br>(LBS)          | <div>AUGUST 1994</div> <table> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</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>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table> <div>OCTOBER 1994</div> <table> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>3</td><td>4</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>5</td><td>6</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>7</td><td>8</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>9</td><td>10</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>11</td><td>12</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>13</td><td>14</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>15</td><td>16</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>17</td><td>18</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>19</td><td>20</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>21</td><td>22</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>23</td><td>24</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>25</td><td>26</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>27</td><td>28</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>29</td><td>30</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>31</td><td></td></tr> </table> |                                                                                                    | M | T | W | T | F | S | 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 |  |  |  |  | M | T | W | T | F | S | 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 |  |
| M                                                      | T                                                              | W                                              | T                                                                | F                                                | S                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 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                                             |                                                                  |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |  |
| M                                                      | T                                                              | W                                              | T                                                                | F                                                | S                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |  |
| 20 2:30 20 2:30                                        | 20 2:30 20 2:30                                                | 5 :35 3:05 25 3:05                             | 10 1:07 4:10 35 4:10                                             | 5 :36 4:10 4:10                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |   |  |  |  |  |  |   |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |    |  |  |  |  |  |    |  |



MILEAGE  
FOR YEAR:

1843 AVENUE 184

# OCTOBER

49:47  
7:27  
57:14

| MON                                                                                                                                             | Tue                                                                                                                                                           | Wed                                                                                                                                                                                           | THU                                                                                        | FRI                                                               | SAT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | SUN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>SEPTEMBER 1994</p> <p>M T W T F S S</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30</p> | <p>NOVEMBER 1994</p> <p>M T W T F S S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p> | <p>UCSD TRACK - 59:11</p> <p>LAJOLIA LOOP - 59:32</p> <p>TRACK BACK - 57:14</p> <p>LAST 2 MI - 14:59</p> <p>RAIN IN LAJOLIA</p> <p>TAILWIND BACK</p> <p>HEADWIND DOWN</p> <p>STEADY EDDY!</p> | <p>MILES RUN</p> <p>220</p> <p>DAZE RUN</p> <p>18</p> <p>AVE MILES PER DAY</p> <p>12.2</p> | <p>BARLOS</p> <p>5K</p> <p>1.5:27</p> <p>2.5:47</p> <p>3.5:47</p> | <p>1. 1:1:1</p> <p>2. 1:1:1</p> <p>3. 1:1:1</p> <p>4. 1:1:1</p> <p>5. 1:1:1</p> <p>6. 1:1:1</p> <p>7. 1:1:1</p> <p>8. 1:1:1</p> <p>9. 1:1:1</p> <p>10. 1:1:1</p> <p>11. 1:1:1</p> <p>12. 1:1:1</p> <p>13. 1:1:1</p> <p>14. 1:1:1</p> <p>15. 1:1:1</p> <p>16. 1:1:1</p> <p>17. 1:1:1</p> <p>18. 1:1:1</p> <p>19. 1:1:1</p> <p>20. 1:1:1</p> <p>21. 1:1:1</p> <p>22. 1:1:1</p> <p>23. 1:1:1</p> <p>24. 1:1:1</p> <p>25. 1:1:1</p> <p>26. 1:1:1</p> <p>27. 1:1:1</p> <p>28. 1:1:1</p> <p>29. 1:1:1</p> <p>30. 1:1:1</p> | <p>1. 1:1:1</p> <p>2. 1:1:1</p> <p>3. 1:1:1</p> <p>4. 1:1:1</p> <p>5. 1:1:1</p> <p>6. 1:1:1</p> <p>7. 1:1:1</p> <p>8. 1:1:1</p> <p>9. 1:1:1</p> <p>10. 1:1:1</p> <p>11. 1:1:1</p> <p>12. 1:1:1</p> <p>13. 1:1:1</p> <p>14. 1:1:1</p> <p>15. 1:1:1</p> <p>16. 1:1:1</p> <p>17. 1:1:1</p> <p>18. 1:1:1</p> <p>19. 1:1:1</p> <p>20. 1:1:1</p> <p>21. 1:1:1</p> <p>22. 1:1:1</p> <p>23. 1:1:1</p> <p>24. 1:1:1</p> <p>25. 1:1:1</p> <p>26. 1:1:1</p> <p>27. 1:1:1</p> <p>28. 1:1:1</p> <p>29. 1:1:1</p> <p>30. 1:1:1</p> |
| <p>3. 1:40 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                    | <p>4. 1:38 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                  | <p>5. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                  | <p>6. 1:42 LBS</p> <p>REST!</p> <p>(LBS)</p>                                               | <p>7. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                      | <p>8. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p>9. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <p>10. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                   | <p>11. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                 | <p>12. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                 | <p>13. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                              | <p>14. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                     | <p>15. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <p>16. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <p>17. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                   | <p>18. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                 | <p>19. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                 | <p>20. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                              | <p>21. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                     | <p>22. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <p>23. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <p>24. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                   | <p>25. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                 | <p>26. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                 | <p>27. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                              | <p>28. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                     | <p>29. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <p>30. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <p>31. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                   | <p>32. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                 | <p>33. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                 | <p>34. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                              | <p>35. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                     | <p>36. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <p>37. 1:41 LBS</p> <p>REST!</p> <p>(LBS)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

10/25 FROM TRACK BACK MILES 23-30

1. 7:04 2. 7:02 3. 6:38 4. 7:12

5. 7:42 6. 6:56 7. 6:55 8. 6:51

10/30 UCSD TRACK

4X1MI @ 5:38 5:36

2X1.5MI @ 5:40 5:26



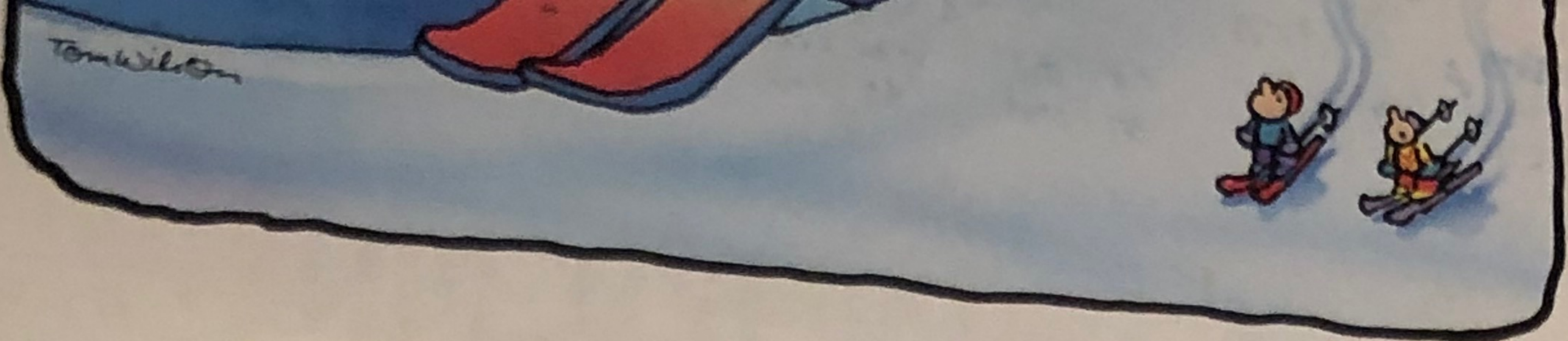
Tom Wilson

OCTOBER 1994DECEMBER 1994

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| M  | T  | W  | T  | F  | S  | 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 |    |    |    |    |    |    |

| M  | T  | W  | T  | F  | S  | 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 |    |





1.14.95  
BARRY IN -  
FEB 5  
LONG BEACH  
MARATHON

# DECEMBER

9.5 AVE  
DAY YR 184.8 AVE.  
2218 TOTAL MILES  
232 DAYS RUN  
185 MI MO. / 20 DAYS MONTH / 9.25  
MO AVE.

| MON                                                                                                                            | TUE                                                                                                                                                                           | WED                                                                                            | THU                                                              | FRI                                                                             | SAT                                | SUN                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------|------------------------------------|---------------------------------------------------------------------------|
| NOVEMBER 1994<br>M T W T F S S<br>1 2 3 4 5 6<br>7 8 9 10 11 12 13<br>14 15 16 17 18 19 20<br>21 22 23 24 25 26 27<br>28 29 30 | JANUARY 1995<br>M T W T F S S<br>1 2 3 4 5 6 7 8<br>9 10 11 12 13 14 15<br>16 17 18 19 20 21 22<br>23 24 25 26 27 28 29<br>30 31<br>FEB 5<br>LONG BEACH MARATHON<br>6:20 PACE | 24 mi RUN<br>24 mi RUN<br>→ TRACK 400's<br>→ STEVE SCOTT MILE<br>→ TRACK - MILE<br>→ 24 mi RUN | 1 182<br>140 LBS<br>EZPOB loop<br>EMO 6:53                       | 2<br>REST!<br>LBS                                                               | 3<br>REST!                         | 4 113<br>113<br>UCSD TRACK!<br>4x1 mile<br>① 2:24 ② 2:44<br>③ 2:29 ④ 2:35 |
| 5 140 LBS<br>REST!<br>LBS                                                                                                      | 6 140 LBS<br>6:28, 6:11, 6:43, 6:14<br>6:05, 7:17, 5:43, 6:24<br>6:46, 6:03, 6:21, 5:59<br>6:21 AVE. TORREY<br>TEMPO                                                          | 7 140 LBS<br>RUN NORTH<br>④ BUD<br>LBS                                                         | 8 202<br>140 LBS<br>EZPOB                                        | 9 207<br>141 LBS<br>EZPOB<br>LBS                                                | 10<br>REST!!                       | 11 116<br>116<br>UCSD TRACK!<br>2x1 mile @ 5:10<br>① 5:22<br>② 5:23       |
| 11 Hanukkah Ends                                                                                                               | 12 1:16 12 1:16                                                                                                                                                               | 10 1:22 2:46                                                                                   | 5 1:32 27 3:18                                                   | 3 1:36 5 1:32 3:49                                                              | 1 1:32 3:49                        | 8 1:40 4:49                                                               |
| 12<br>REST!<br>①                                                                                                               | 13 2:17<br>141 LBS<br>EZPOB<br>EMO 7:17                                                                                                                                       | 14 2:22<br>EZPOB<br>EMO 6:40                                                                   | 15<br>REST!<br>①                                                 | 16 2:37<br>142 LBS<br>101 SOUTH<br>TO S. DENVERWAY<br>SCRIPTS<br>⑥ 6:54 RAVE 15 | 17 2:42<br>EZPOB                   | 18<br>REST!                                                               |
| 19                                                                                                                             | 5 1:36 5 1:36                                                                                                                                                                 | 5 1:35 10 1:11                                                                                 | 10 1:10 1:11                                                     | 15 1:25 2:55                                                                    | 5 1:36 30 3:31                     | 1 1:30 3:31                                                               |
| 19<br>ARRIVE<br>CATALINA (PM)<br>REST!<br>LBS                                                                                  | 20 2:66<br>CATALINA<br>AIRPORT                                                                                                                                                | 21 1:12<br>CATALINA<br>LBS                                                                     | 22 2:76<br>CATALINA<br>HAMILTON COVE<br>+ TOWN LOOP<br>+ CAMPING | 23 1:20<br>LEAVE<br>CATALINA (AM)<br>TOWN LOOP                                  | 24<br>REST!                        | 25 3<br>281<br>UCSD TRACK<br>8x400                                        |
| 24 3:14 24 3:14                                                                                                                | 1:00 8 3:22 4:14                                                                                                                                                              | 10 1:14 42 5:28                                                                                | 8 1:58 50 6:26                                                   | 1 1:50 6:26                                                                     | 10 1:55 6:00 7:46                  | Christmas                                                                 |
| 26<br>REST!<br>LBS                                                                                                             | 27 2:08<br>EZPOB                                                                                                                                                              | 28 2:27<br>140 LBS<br>HAIRCUT<br>TRACK 25 (1/4)<br>EZPOB                                       | 29 2:36<br>140 LBS<br>(1/4) (1/4) (1/4)<br>EZPOB                 | 30 3:22<br>140 LBS<br>2:45<br>REST!                                             | 31<br>REST!                        | BIOGUARD<br>TABLETS ???<br>SPEED RECOVERY<br>JAN 1<br>24 mi RUN           |
| 8 1:00 8 1:00                                                                                                                  | 8 1:00 16 2:01                                                                                                                                                                | 10 1:04 8 2:46 16 3:16 10 2:02 5:07                                                            | 1 1:04 8 2:46 16 3:16 10 2:02 5:07                               | 1 1:04 8 2:46 16 3:16 10 2:02 5:07                                              | 1 1:04 8 2:46 16 3:16 10 2:02 5:07 | 1 1:04 8 2:46 16 3:16 10 2:02 5:07                                        |

184.8 AVE

TOTAL FOR MO. 150 ??  
MI.

170 = 2203  
187 = 2220 2248

161 = 2200  
2214 MI FOR '94

181 Reported  
TOTAL RUN  
Dec.