

hallmark

THE FAMILY STICK CALENDAR

New!
LOWER
PRICE! \$9.95

SEVENTEEN MONTHS



1995

95¢



195
1995

200 DAYS RUN
2000 MILES
10 MI DAY AVE.

16.6 DAY PER MONTH

JANUARY 1995

GOALS: 2500 MILES RUNNING..

SUB 6:30 50 MILE
AT SODA VALLEY (SEPT)

125 1/2 MILE MARATHON
AT FONTANA (JUNE)

10 MI. DAY AVE.
FOR YEAR

SUB 2:50 MARATHON
AT CAL. INTERNATIONAL (DEC)

SUB 7:00 AMERICAN RIVER
50 MILE > APRIL 1

TOP 5 MAMMOTH MARATHON
AUGUST ??

SUN

MON

TUES

WED

THURS

FRI

SAT

1

#2
OVER 100

2

GOLF COURSE
LOOP

3

4

5

1ST ROUND
OF TOORHEY
RAIN OUT

6

36 HOLES
OF TOORHEY
TODAY!
STADIUM 2ND

7

RAIN ALL DAY!
STARTED APT 12:00
MISERABLE AT
WORK...

REST DAY!
HIP SORE/HO
STRETCHING OR
LBS TRAINING.
LEFT
HIP FLEXOR

1:51 16 1:51 16
- 1:51:27 CR -
LAGOON RUN
WITH DICK
AROUND RSF
GOLF COURSE
7:30 TRAIL 6:30
OUT OF LAGOON.
HIP BETTER!!

EZ HR ON
BEACH to TWR.
SEVEN.
Hip still tight...
NO LBS FOR 2 WEEKS

REST DAY!
2:24"
RAIN AM/PM
WORK 9 HRS.
GOLF TOURNAMENT
SATS - PRO/AM
9 HRS / RAIN OUT

15 1:47 39 4:43
CR 30:44 194
SORRENTO
HILLS
LOOP 1 35:18
LOOP 2 33:57
LOOP 3 32:30
TOTAL 1:46:45
3 loops + 3X DOT

5 137 44 5:20

EZ POB
VERY EZ
TRIED ELECTRIC
REEBOKS!!!
NOWAY!

16 1:50 60 7:10
1:50:09
CR

LAGOON RUN
WITH DICK AROUND
RSF GOLF COURSE
HAMMER SESSION!
NOVA CHECK!!

140
LBS

CR2 338

141
LBS

10AM
60°

WIND
HILLS

140
LBS

140
LBS

140
LBS

140
LBS

140
LBS

140
LBS

140
LBS

140
LBS

140
LBS

140
LBS

140
LBS

140
LBS

140
LBS

140
LBS

140
LBS

NEW YEAR'S DAY

8

9

10

11

12

13

14

REST DAY!

REST DAY!

X SEND IN LONG
BEACH MARATHON
ENTRY.....

EZ POB...
FM @ 6:33
(BETH: FROGS
SAT/SUN 8AM
ANS)

EZ POB...
RUN WITH
DOUG!
(EZ NO FM)

RAIN-RAIN-RAIN

REST DAY!

RAIN!

REST DAY!

RAIN!

REST DAY!

LBSX2-

LBSX2-

LBSX2-

LBSX2-

15

16

17

18

19

20

21

1:15 10 1:15 10

10 1:15

25 2:09 35 4:14

— CALLED SJ —
LSD NORTH
TO CARDIFF
(2 1/2
MI)
REST DAY!

REST DAY!

SORRENTO
HILLS
Loop 1 32:21
32:42

EZ POB

LAGOON MADNESS
28:19 OUT OF LAGOON
RSF LOOP 1:18:51
26:37 CORRAL LAGOON
LAST MILE 6:45
1ST MILE 7:01

EZ POB...
FM @ 6:33

EZ POB...
RUN WITH DOUG!
(EZ NO FM)

RAIN-RAIN-RAIN
REST DAY!

RAIN!
REST DAY!

RAIN!
REST DAY!

15

16

17

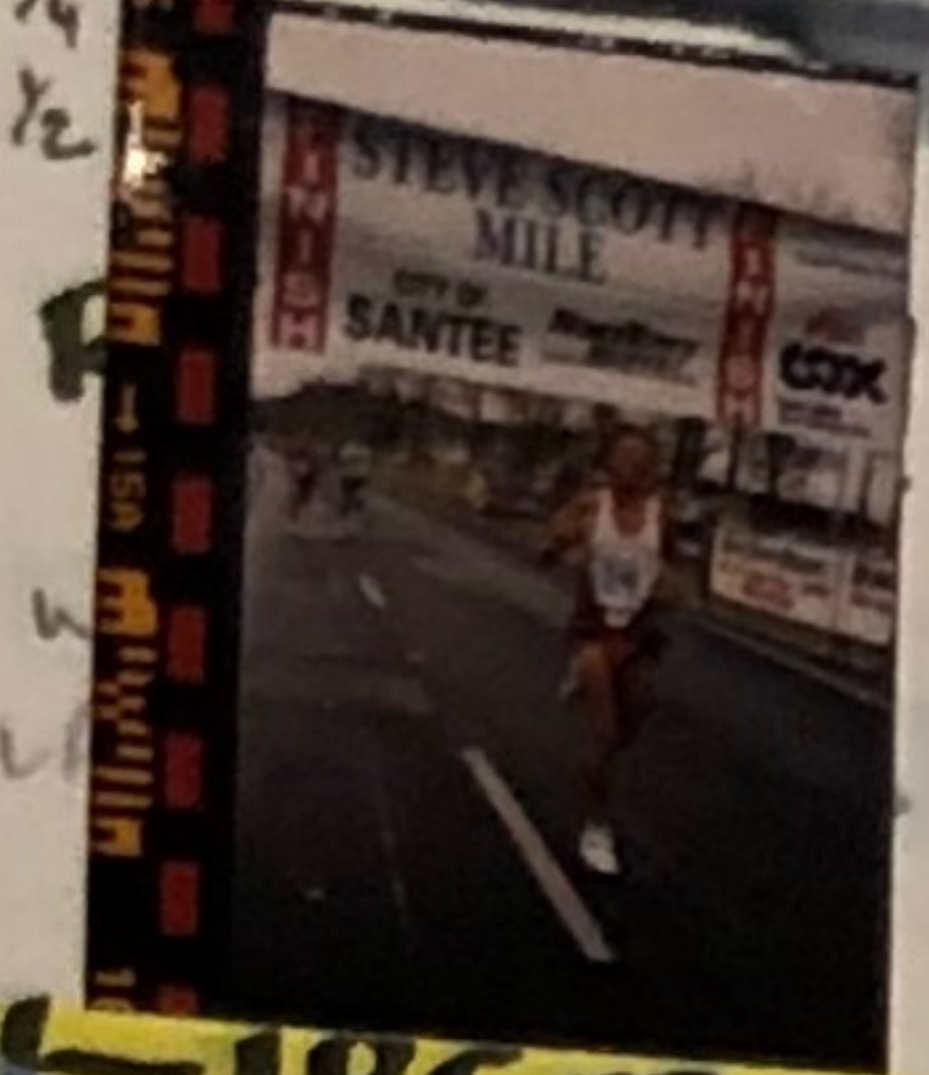
18

19

20

21

1:15 10 10 1:15
DICK 2ND 1/2 MILE 1:70
STEVE SCOTT 2:30
1 MILE RUN:
5:12 (27.9 9/4)
EZ HOUR 6:45-49
WARM-DOWN
DICK 4:59



25 2:59 35 4:14
- CALLED SJ -
LSD NORTH
TO CARDIFF (2 1/2 MI)
RETURN TO UCSD CAMPUS
(FRIED RICE...)
6:45 AVE FROM
TRACK BACK NO PROBLEMS

REST DAY!

SORRENTO HILLS
Loop 1 32:21
Loop 2 32:42
Loop 3 32:09
1:41:58 + 3XDOT
CR 6:48 AVE.

EZ POB
(TRY HEART RATE)
MONITOR AGAIN!
HE MONITOR NO GOOD!

LAGOON MADNESS
28:19 OUT OF LAGOON
RST LOOP 1:18:51
26:37 RETURN LAGOON
LAST MILE 6:45
1ST MILE 7:01
AWESOME RUN!
(1:45:30 CR)
MUDDY/WEST

GR3 9 142 LBS 60° CLOUDS
MARTIN LUTHER KING JR.'S BIRTHDAY OBSERVED

GR 3 34 140 LBS SUNNY COOL

GR 3 34 140 LBS SUNNY COOL

GR 3 34 140 LBS SUNNY COOL

GR 3 34 140 LBS SUNNY COOL

GR 3 34 140 LBS SUNNY COOL

GR 3 34 140 LBS SUNNY COOL

22

23

24

25

26

27

28

S.D. MARATHON
2:19 WIN
REST DAY!
3:45 1st MASTER

REST DAY!

(HEAD COOL)
UCSD TRACK
2 1/2 WARM-UP
1 1/2 X STRIDES
4X1MI ① 5:45
② 5:49 ③ 5:41
④ 5:39
800 REST
1 MI WARM-DOWN
GOOD WORKOUT!

MIL CALLED -
RAIN TO MAX
REST DAY!
(COLD)
(310) 597-1311
CALL HOTEL 6 (LONG BEACH)
FOR FEB 4
LBSX2

HAIRCUT RUN
TO POB...
REST DAY!
FM @ 7:15

LONG BEACH ON!
REST DAY!
HEAD COLD GOING
LBSX2

SICK DAY WORK
STAYED IN BED
ALL DAY
AGASSI - AUSTIN OPEN WIN.
EZ POB
FM @ 6:42

REST

REST

GR 3 43 RAIN MARATHON 9

GR 3 43 RAIN MARATHON 9

GR 3 43 RAIN MARATHON 9

GR 3 43 RAIN MARATHON 9

GR 3 43 RAIN MARATHON 9

29

30

31

SUPER BOWL
6-2 SHIFT
REST DAY!
9:45 49 SD 26

OIL CHANGE
WAX CAR
REST DAY

EZ POB!
FM @ 6:30
157 HR

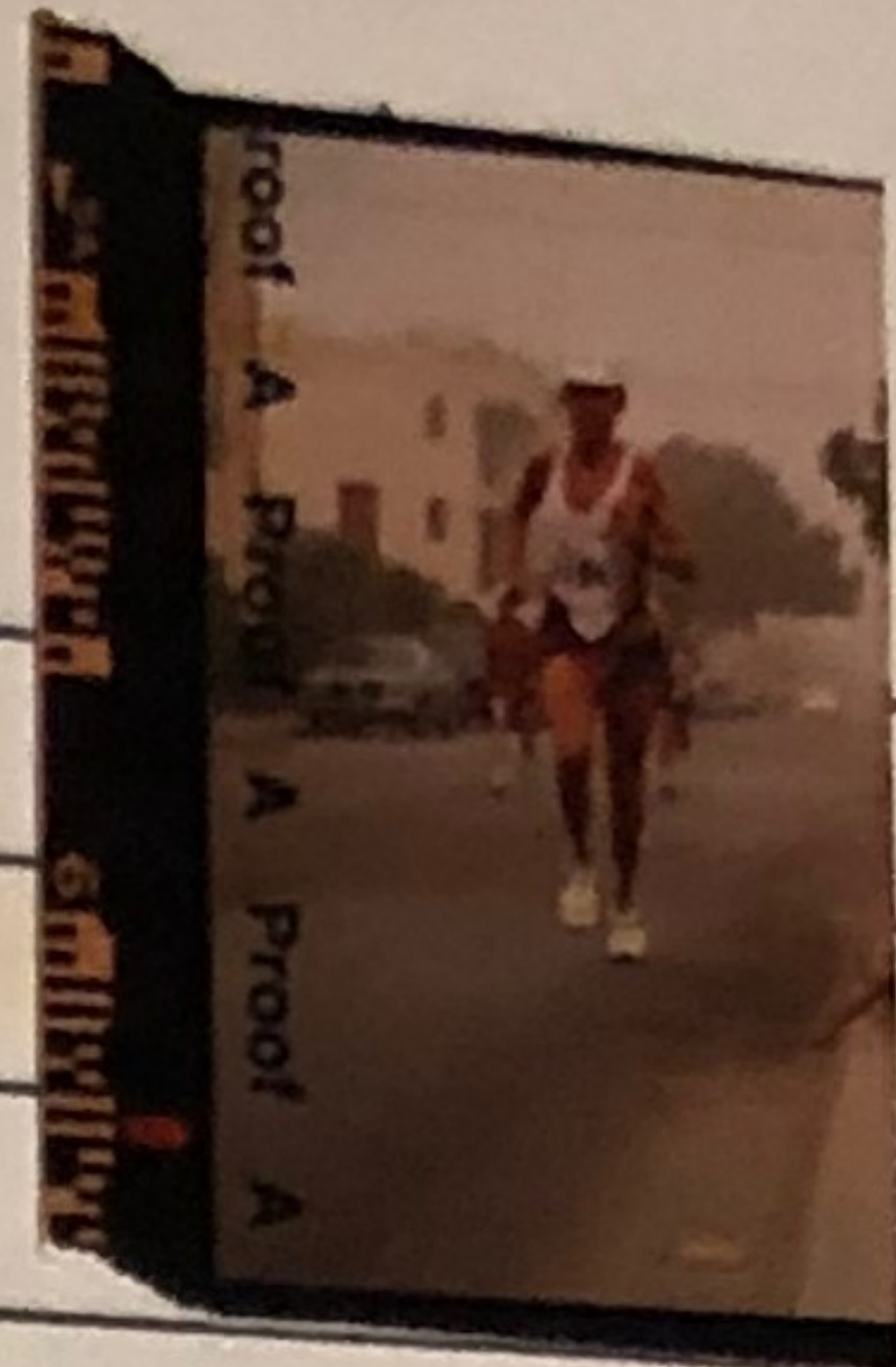
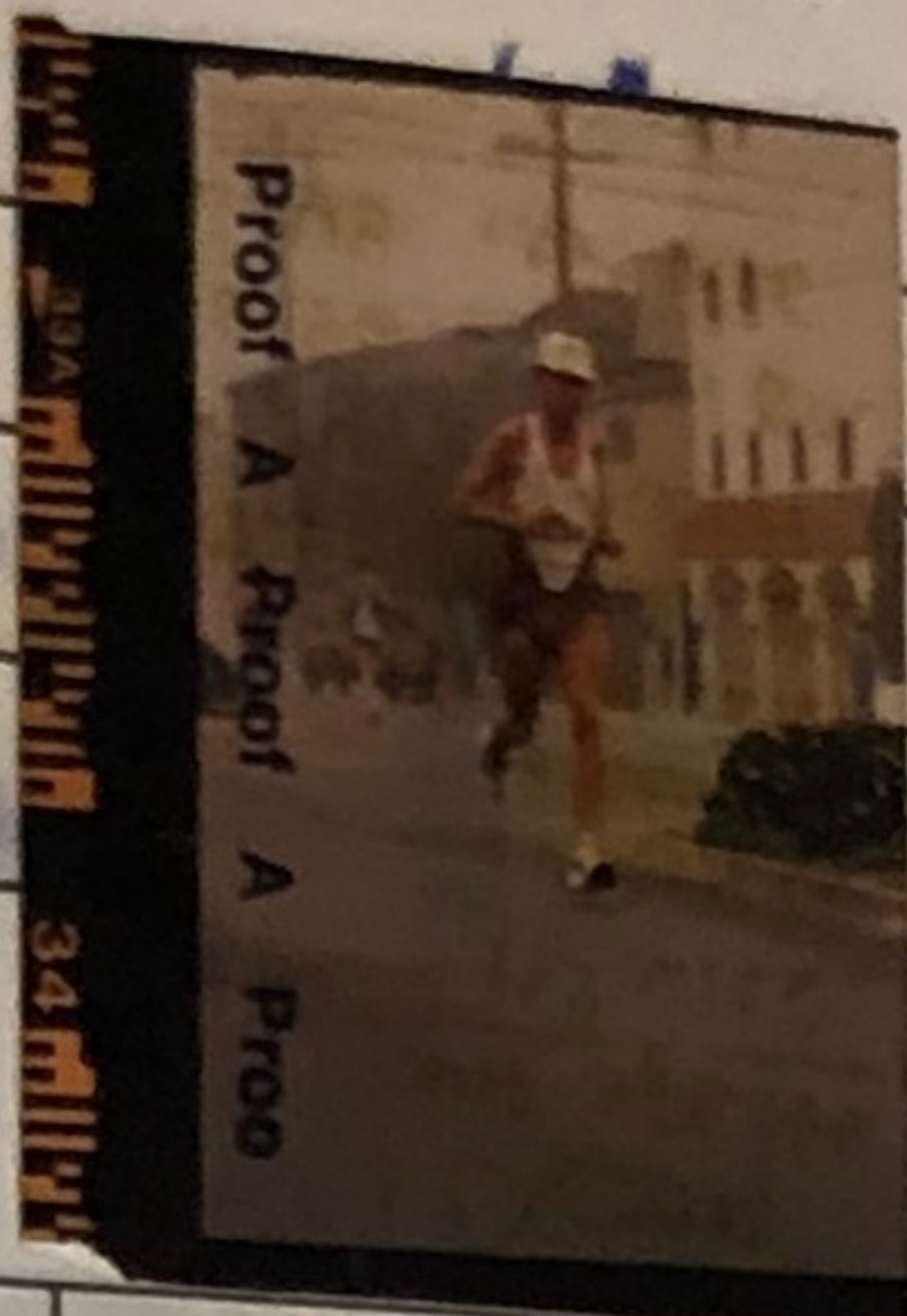
166 TOTAL MILES
16 DAYS RUN
10.3 DAY AVE.

1964

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



FEBRUARY 1995



SUN

MON

TUES

THURS

FRI

SAT

1-16 @ 6:25

LAST 10 MI @ 7:00

1-10 @ 6:20

11-26 @ 6:40

1-5 = 6:20⁶ 103

6-10 = 6:20⁴ 102

11-15 = 6:30⁵ 152

16-20 = 6:43⁶ 218

21-25 = 6:55⁶ 278

1-10 = 6:20

11-20 = 6:37 6:29

LONG BEACH

① 6:05 ⑧ 6:50

② 6:21 ⑨ 6:44

③ 6:28 ⑩ 6:53

④ 6:33 ⑪ 7:03

⑤ 6:16 ⑫ 7:05

⑥ 6:20 ⑬ 7:09

⑦ 6:27 ⑭ 7:26

⑧ 6:15 ⑮ 7:21

⑨ 6:10 ⑯ 7:19

⑩ 6:30 ⑰ 1:34

⑪ 6:30

⑫ 6:25

⑬ 6:32

⑭ 6:38

⑮ 6:27

⑯ 6:32

⑰ 6:39

181 MILES FOR MONTH

347 MILES FOR YEAR

19 DAYS RUN

9.5 DAY AVE.

24 X LBS WEIGHT

1 AM HR LOW 44 BPM

2 AM HR LOW 45 BPM

3 AM HR LOW 44 BPM

4

REST DAY!

EZPOB
FM @ 6:32
HR 000

REST DAY!

REST DAY!

5 HEAVY FOG!
HUMID!!

6 AM HR LOW 50

7 AM HR 45

8

9

10

11

3:10 28 28 3:10

3:10

3:10

3:48

4:25

5:13

5:59

LONG BEACH MARATHON: 2:54:47

6:40 AVE

2ND. 45-49

63:20 @ 10/6:20

2:09:15 @ 20/6:28

LAST 10K 45:32/7:20

FC 43 140 60°

REST DAY!

NECK SORE

FEET LITTLE POUNDED

LITTLE SHIFF

STRETCH 2X

AM/PM

140 LBS

REST DAY!

BETTER TODAY

STRETCH 2X

AM/PM

140 LBS

-1X LBS-

EZPOB

CALVES SORE

LOWER LEG!

SLOW START

BUT GOOD AT END

8:00 PACE

60 53 140 60°

-1X LBS-

EZPOB

LEGS LET

LOOSE - MUCH

BETTER!!

FM @ 7:13

60 58 139 60°

-1X LBS-

EZPOB

LEGS MUCH

BETTER!

FM @ 6:58

60 64 140 60°

-1X LBS-

EZPOB

LEGS MUCH

BETTER!

FM @ 6:45

60 70 140 60°

12

13

14

15

16

17

18

44 6 6 1:44

1:44

2:44

3:31

4:18

5:04

5:44

AM (LBS)

AM (LBS)

AM (LBS)

EZPOB

AM (LBS)

AM (LBS)

REST DAY!

AM (LBS)

AM (LBS)

AM (LBS)

EZPOB

AM (LBS)

AM (LBS)

AM (LBS)

12 44 6 6 :44 AM (LBS) EZPOB+ (25) FM @ 6:37 GR 3 76 140 63 REST	13 1 6 :44 AM (LBS) REST DAY! RAIN GR 3 76 140 63 REST	14 2:00 16 22 2:44 AM (LBS) LAGOON RUN RAIN CAT SPOTTED IN LAGOON?? (HELLO!!) GR 2 396 140 63 1X LAGOON	15 47 6 28 3:31 AM (LBS) * SEND IN ENTRY TO AMERICAN RIVER * MOTEL RESOS (AUBURN) EZPOB+ FM @ 7:18 LEGS A LITTLE HEAVY FROM 244 GR 3 82 140 63 REST	16 47 6 34 4:18 AM (LBS) EZPOB+ FM @ 6:52 PM (LBS) GR 3 88 140 63 REST	17 46 6 40 5:04 AM (LBS) EZPOB+ FM @ 6:44 GR 3 94 140 63 EZPOB+	18 40 5:04 REST DAY! AM (LBS) 8X LBS 4WK GR 3 140 63 REST
19 5:55 MI AVE. 130 10 1:30 10 START FULL WEEK TRAINING FOR AR 50 UCSD TRACK 4X 1MI @ SUB 6 1 5:56 2 5:57 3 5:55 4 5:54 AM (LBS) GR 3 98 140 70 1MI @ SUB 6 (10)	20 1 1:30 10 AM (LBS) X 2 REST DAY! GR 3 140 70 REST DAY	21 20 2:29 30 3:59 AM (LBS) LSD ... (14) 2 1/2 HR RUN IN RSF LAGOON + 2100PS AROUND G.C. 1 35:13 2 34:36 GR 3 118 140 70 LAGOON RUN	22 20 3:59 2AM (LBS) REST DAY! GR 3 140 70 WASHINGTON BIRTHDAY	23 10 1:07 40 5:06 AM (LBS) SORRENTO VALLEY LOOPS: X 2 1 34:15 - 6:50 2 32:55 - 6:35 11:07:10 GR 7 53 140 60 10X LAGOON	24 45 6 46 5:51 2AM (LBS) HAIRCUT!!! RUN EZPOB+ GR 3 124 140 60 EZPOB+	25 5 51 6:28 AM (LBS) EZPOB+ FM @ 7:20 8X LBS GR 3 129 140 60 REST
26 5:39 MI AVE (15) 10 1:30 10 1:30 UCSD TRACK 4X 1MI @ SUB 6 1 5:52 2 5:29 3 5:47 4 5:27 5 5:41 1/4 MILE REST!! GREAT WORKOUT!! GR 3 133 141 60 1MI @ SUB 6 (10)	27 0 0:00 10 1:30 REST DAY! 2X LBS GR 3 140 60 REST	28 25 3:18 35 4:48 TX LBS LAGOON 1 LSD + 3X RSF/GC (3 HRS.) 1 37:10 2 37:24 RD (25) GR 3 158 140 60 LAGOON	2/14 LAGOON RUN SPLITS 6:58 1ST MILE 23:46 LAGOON OUT 30:44 TO ROAD 11:01 TO GOLF COURSE 37:55 AROUND GC 10:30 TO LAGOON 22:56 LAGOON BACK 6:48 LAST MILE 1:59:57 (16) RD = REVERSE DIRECTION	2/21 LAGOON RUN SPLITS 6:52 1ST MILE 21:39 LAGOON OUT 28:31 TO ROAD 10:36 TO GOLF COURSE 1ST LOOP 35:19 2ND LOOP 34:36 10:03 TO LAGOON 22:57 LAGOON BACK 6:58 LAST MILE 2:28:37 1-50 6-61 2-40 300 3-50 (20) 4-00 5-40	2/28 LAGOON RUN SPLITS 7:37 1ST MILE 23:39 LAGOON OUT 31:16 TO ROAD 11:22 TO GOLF COURSE 1ST LOOP 38:15 2ND LOOP 37:10 3RD LOOP 37:24 CEVA 10:39 TO LAGOON 24:45 LAGOON BACK 7:26 LAST MILE 3:18:20 (25)	JANUARY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 MARCH S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

MARCH 1995

SUN

MON

TUES

WED

THURS

FRI

SAT

FEBRUARY

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

APRIL

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

3/4 SAN DIEGO HD
RUN SPLITS:

1. 6:53
2. 6:54
3. 6:45
4. 6:56
5. 6:50
6. 6:28
7. 6:44
8. 6:43-54/116/6:47
9. 6:49
10. 6:47-107/22/6:44
11. 5:24
12. 6:18
13. 6:41-1:25:47
6:35
LAST 5 mi 31:29/6:18

146 MILES RUN
17 DAYS RUN
8.5 mi AVE.

1°

2

3

4

5

WORK OFF

6

WORK OFF

7

WORK OFF

8

WORK 1

9°

WORK 1

10

WORK 12

11

40

1 2 3 4

8 59 8 59

8 59 16 158

8 59 24 257

6 46 30 3:43

1 30 3:43

10 1:30 40 5:13

AMARATHON
8 AM
VERY SLOW
(RAIN)
REST DAY!
57

AM LBS
(NICE DAY)
REST DAY!
EZ POB 8
Pm LBS

AM LBS
(NICE DAY)
LSD LACON
X1
EZ POB 8

REST DAY!
EZ POB 8
Pm LBS

AM LBS
SAN DIEGO
EZ POB 8
COURSE @ 7:00

REST DAY!
EZ POB 8
Pm LBS

5X LBS
REST DAY
EZ POB 8
Pm LBS

40 LBS
RAIN
VCSA
XMIN @ 9:00 track

62 3 178 142 LBS
70

62 3 186 142 LBS
70

62 3 144 140 LBS
70

62 3 200 140 LBS
70

62 3 140 LBS
70

62 3 141 LBS
70

12

13

14

15

16°

17

18

1 2 3 4

32 416 32 416

5 139 37 455

5 137 42 5132

42 5:32 8 58 50 6:30

42 5:32 8 58 50 6:30

42 5:32 8 58 50 6:30

LBS X1
REST DAY!
2X LBS

REST DAY!
2X LBS

LSD LACON
HIGHWAY
@ 11 AM

REST DAY!
BIG TOG HALL
(RIGHT) CORNER

REST DAY!
EZ POB 8
Pm LBS

REST DAY!
EZ POB 8
Pm LBS

REST DAY!
EZ POB 8
Pm LBS

REST DAY! EZ POB 8 12 LBS X1 REST DAY! PM LBS	13 REST DAY! 2X LBS PM LBS	14 LSD HIGHWAY 11 AM - 3 PM	15 LBS X2 VERY GOOD EZ POB BIG TOE HALL (RIGHT) GONE?	16 SMITHS GUITAR 1/2 EZ POB COURSE 7:00 FM 7:41 1X LBS	17 REST DAY! VERY GOOD EZ POB 2X LBS	18 EZ POB 1X LBS	19 START TAPER FOR AR 50 111 SUB 7:00 REST DAY!	20 1X LBS REST DAY!	21 1X LBS EZ POB (RAIN) FM 6:43	22 1X LBS EZ POB FM 7:00	23 1X LBS REST DAY EZ POB RAIN AM! FM	24 1X LBS 2X LBS EZ POB FM 7:07	25 REST DAY! EZ POB EZ POB FM 6:58	26 REST DAY!	27 HAIR CUT HAIR CUT RUN! REST DAY	28 HAIR CUT 9:30 HAIR CUT RUN!	29 LEAVE FOR AUBURN! EZ POB DOUG DAVIS MISSING OH PAUMotu MTH.??	30 REST DAY!	31 1X LBS REST DAY!	SUNRISE HAY 3/4 IN RUN Splits: 2mi - 17:34 (5:00) 4mi - 15:47 6mi - 15:08 8mi - 14:58 10mi - 14:03 - 14:59 12mi - 16:24 14mi - 15:07 16mi - 15:10 - 20:51 18mi - 16:31 20mi - 17:24 - 23:10 22mi - 15:27 24mi - 16:00 26mi - 16:47 - 31:00 28mi - 16:34 (6:00) 30mi - 16:18 - 40:18 32mi - 15:18 (5:00) 10 41:51:37 (5:15 AVG)
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APRIL 1995

SUN

MON

TUES

WED

THURS

FRI

SAT

MARCH

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

MAY

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

AR 50

UNDERESTIMATED
TRAIL SECTION OF RACE.
ROAD SECTION
WENT WELL!!
PERFECT DAY FOR
WEATHER.
BEAUTIFUL SCENERY,
VISTAS, ETC.
TRAIL SECTION SMOOTH
EXCEPT BETWEEN
MILES 41-47 took
1 hr 30 min. to run
SECTION - OVERALL
HAPPY ABLE TO KEEP
GOING IN FACE OF
6mi BAD PATCH!!

TOP 30 INTO
TRAIL SECTION...
THEN ALL THE
TRAIL RUNNERS
PASSED ME BY
WITH EASE.
MUD, DOWN TREES,
STREAM CROSSING.
POISON OAK -
TRAIL RUTTED
BAD... CHARACTER
BUILDER!!
(3:17 MARATHON)

160mi. RUN

8x YLBS

15 DAZE RUN
10.6 DAY AVE.



163mi PER MO.
THRU APRIL

87% OF FIELD BEHIND
ME...
13% OF FIELD IN
FRONT OF ME...

65TH O/A
10TH 45-49

5th 50-55

470+ FINISHERS

90+ 45-49

45+ 50-55

1 (12)

50 7:51 50 7:51

AMERICAN
RIVER 50mi
7:50:47

3:17 MARATHON-
TOUGH TRAIL
SECTION - NOT
PREPARED!!
45-49/65TH 9A

62 4 76 140 60°

2

3

4

5

6

7°

8

23 2:15 23

REST!

REST!

REST!

Mtn. BIKE
RIDE

REST!

REST!

REST!

DAYLIGHT SAVING
TIME BEGINS

9

10

11

12

13

14

15°

25 1:40 3:03 17
8 1:04 4:07 25

AM EZPOB
@ 8:00!
JOINED YMCA!

PM TORREY TRAILS

5 7:40 30 4:20

EZPOB
POISON OAK ALMOST
DONE!

2xLBS
CHING LITTLE

10 4:40 1:20 6:07

EZ 1050
TO 5mi MARK
INSIDE TORREY

40 6:07

NO RUNNING
REST!

2xLBS

A LOT OF WORK TO
DO AT YMCA LBS

40 6:07

NO RUNNING
REST!

SORE!!

6mi. MARK
NORTH @ DICK
@ 6:57 PACE

REST DAY!

2xLBS

REST!

MINI BIKE
RIDE

REST!

REST!

REST!

9

10

11

12

13

14

15°

6mi. MARK
NORTH @ DICK
@ 6:57 PACE
FELT LITTLE
TIRED BUT NOT
BAD!!!
GOOD RUN!

REST DAY!
2X LBS

AM EZPOB
@ 8:00
JOINED YMCA!
PM TORREY TRAILS
@ DICK HAPPY
HOUR RUN...
NICE SUNSET

EZPOB
POISON OAK ALMOST
GONE!
2X LBS
SHINS LITTLE
SORE -

EZ 1050
TO 5mi MARK
INSIDE TORREY

NO RUNNING
REST!
2X LBS
A LOT OF WORK TO
DO AT YMCA LBS

NO RUNNING
REST!
SCORE!!

TC 7 118 145 142 60°
LBS NICE

148 142 60°
LBS SANTA ANA

GR 4 81 145 65°
GR 4 89 142 65°
LBS

GR 4 94 140 60°
LBS

GR 4 104 140 60°
LBS

142 60°
LBS

142 60°
LBS

PALM SUNDAY

16

17 DENTIST
APPT.
9AM

18

19

20

21°

22

DELMAR CITY 6 @ 7:30
SORENESS
SLOWLY GOING
AWAY!!!

BOSTON
MARATHON
COSMOS 2:09:20
NO RUNNING.
REST DAY!
YLBS 15:00

RAIN RUN
GORTER JACKET
GREAT!!
DELMAR CITY
@ 7:30

NO RUNNING..
REST DAY!
YLBS

INDIAN HEAD
CANYON
FUN - LOTS OF HILLS
LEUCADIA
@ STEVE

DELMAR CITY 6
@ 7:30
YLBS

DELMAR CITY
@ 6:23

GR 4 110 142 60°
LBS WINDY RAIN

143 60°
LBS

GR 4 116 142 60°
LBS

143 60°
LBS WIND

GR 4 122 143 60°
LBS

GR 4 128 141 55°
LBS

TC 7 94 142 60°
LBS

EASTER

ORTHODOX HOLY FRIDAY

23

24

25

26

27

28

29°

26 2:08 26 2:08

8 56 8 56

LAGOON RUN
NORTH BIKES
ORTHODOX EASTER

LAGOON RUN
@ JK
28:45 COVER
VIRZAI RUN
45:00 THEN
YLBS

MBL BIKES

SEND IN DOWNHILL SK
ENTRY FORM....

DELMAR CITY 6
REST DAY!
YLBS

INDIAN HEAD
@ BOB
DELMAR

DELMAR CITY 6
(DMC)
100.00 - WEN IN
RUSH
5.4 miles
WEN IN

DELMAR CITY 6
(DMC)

30
10 1:08 10 1:08

GR 4 136 140 60°
LBS

140 70°
LBS

140 70°
LBS

GR 4 146 140 60°
LBS

GR 4 142 140 55°
LBS

GR 4 148 140 60°
LBS

SECRETARIES DAY

MAY 1995

SUN

MON

TUES

WED

THURS

FRI

SAT

111 mi RUN

15 DAYS RUN
7.4 AVE

121 mi. BIKE

121 mi. BIKE

1

NO RUN! REST!!

1:45

YLBS

15:00
5.5

142 LBS

60° cloudy

2

26 3:28 2

MTN BIKE LSD

CUYAMACA MOUNTAIN
LION STATE PARK
CUYAMACA PEAK
GOOD RIDE (10
GET OFFS)
MAX 34.3
GERRY/KEN

140 LBS

55-60°

3

NORUN
REST DAY!

1:30

YLBS

142 LBS

4

6 1:46 1:46

DELIVER
HAIRCUT RUN!

1:46

YLBS

164 LBS

NATIONAL DAY OF PRAYER

5

6 1:46

REST!!

NO RUN
NO BIKE
NO YMCA!

1:46

YLBS

6

6 1:46

REST!!

NO RUN
NO BIKE
NO YMCA!

1:46

YLBS

NURSES' DAY

7^{0*}

15:36
1ST PLACE

DOWNHILL 5K
7:30

7 1:50 7 1:50

17:15 > 5K
5TH O/A
2HD 40-49
5:16 @ 5:20
3 6:04
150 RUNKERS

24 166 60°

140 LBS

8

NORUNNING
REST!

1:30

YLBS

164

140.5 LBS

9

MTN. BIKE LSD

20 2:44 26 3:01

ORIFLAMME CANYON

10

NORUN,
NO BIKE
NO YMCA!!

REST!!!

1:30

YLBS

11

RSE 13 @ 7:00

ROAD RUN...
SAN DIEGO 1/2 MARATHON COURSE
JIC @ 7:17
PACE DOWNHILL
5:42 (10-11 mi)
GOOD RUN
WORK BIKES NOT GOOD!

1:34

117 LBS

60°

12

Y40 LC AVE
:39 > 7:50

YLBS

171 LBS

60°

13

EZPOB

A LITTLE
TIRED!!

176 LBS

60°

14

8 1:50 8 1:50

JCSO TRACK
6X 800 AVE 2:48

15

8 1:00

FORTANA 1/2
ENTRY IN
CARI BEST
WESTERN MOTE!

16

MTN BIKE LSD

ORIFLAMME CANYON
21000S!

17

8 1:00 8 1:00

REST!

1XHLBS

18

RSE 13 @ 7:00

1:34:31

(7:16)

19

5 1:39 26 3:13

EZPOB

20

4 1:30 3:45

EZPOB

1XHLBS

5 37 33 3:41
B2P08
A L H E
T P 0 8

REST!!!
LEGS NEED A
BREAK...

20

8 1:00

Ezpoß

—

1x HLBS

21
5 :40

3014

EzPoB⁺

1898

31

41 5 15 2:14

E2POB

1061

587

228 140 103



APRIL

S M T W T F S

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

$$1125:47 = 6:35$$

1058
144 mi
BEHIND
194

914 TOTAL
MILES 76 mi.

152 MO. AVE.

JUNE 1995

SUN

MON

TUES

WED

THURS

FRI

SAT

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

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

150 mi
9.3 AVE
16 DAYS RUN

194 FONTANA SPLITS:
1. 5:31
2. 5:37
3. 5:40 - 16:56
4. 5:54
5. 5:52
6. 5:58 - 34:41
7. 5:54
8. 5:51
9. 5:54
10. 5:57 - 58:19
11. 6:10
12. 6:18
13. 5:54
(11. 1:17:18)
5:54

195 FONTANA SPLITS:
1. 5:40
2. 5:29
3. 5:38 - 16:48
4. 5:52
5. 5:54
6. 5:54 - 34:28
7. 5:58
8. 5:55
9. 5:54
10. 5:55 - 58:12
11. 6:00
12. 6:19
13. 5:43 - 1:16:45
(11. 1:16:45)
5:52

1
REST!

2
REST!

3
14
FONTANA
1/2 MARATHON

REST!
STRETCH
AM/PM

STRETCH AM/PM
REST!

16 1:40 16 1:40
1:16:46
1st 45-49
31st O/A
YES!!

684 56 140 60
AM 56 155 204

4
RECOVERY
WEEK....

5
DENTIST 8AM

6°

7x HLBS

8

9x HLBS

10

NO RUN!
(REST!)

NO RUN!
(REST!)

NO RUN!
(REST!)

EZPOB

EZPOB

EZPOB
7:22 PM

EZPOB

11

12

13

14

15

16

17

15 2:03

5 36 20 2:39

11 1:21 31 4:00

5 36 439

36 439

PR 36:55/7:11
SAXONY

SAXONY
@ EL

REST!

29:23
31:59

REST! 11 10 120 10 1:20 UCSD TRACK ① XIMI @ SOB 6 1/2 REST ① 1-5:44 2-5:50 4-5:36 3-5:42 AM 60 141 145 NICE FATHER'S DAY	REST! 12 10 120 10 1:20 REST! HLBS 142 145 NICE	NO RUN! 13 15 203 15 2:03 LAGOON RUN... ① H2O out 1:03:18 H2O BACK 59:22 1st Mi 7:46 140 140 NICE	EZPOB 14 5 36 20 2:39 REST! HLBS PR 36:55/7:11 SAXONY EZ YLB ①45 144 145 FOG FLAG DAY	EZPOB 15 11 121 31 4:00 REST! 101 SOUTH 10 @ 1:08:29 1 1/2 WARM-DOWN 141 145 CLOUDS	EZPOB 16 5 39 36 4:39 REST! SAXONY EZ YLB ①33 144 145 CLOUDS RAIN	EZPOB 17 36 4:39 REST! 29:23 31:59 3:00:47 4 02.09 144 145 NICE
18 10 120 10 1:20 UCSD TRACK ① XIMI @ SOB 6 1/2 REST ① 1-5:44 2-5:50 4-5:36 3-5:42 AM 60 141 145 NICE FATHER'S DAY	19 10 120 10 1:20 REST! HLBS 142 145 NICE	20 30 4:02 40 5:22 LAGOON / RST HRS. ① 140 140 NICE	21 5 36 20 2:39 REST! HLBS SAXONY SAXONY 144 145 FOG FLAG DAY	22 13 59 7:41 1 1/2 WARM-UP 10 @ SOB 7 1 1/2 WARM-DOWN 101 SO 10 @ 1:08:55 6:54 PACE 141 145 CLOUDS RAIN	23 144 6 65 8:25 SAXONY + YLB ①35 144 145 FOG	24 65 8:25 REST! HAIRCUT! 144 145 FOG
25 10 120 10 1:20 UCSD TRACK ② XIMI @ SOB 6 1/2 REST ① REST! 142 145 NICE	26 10 120 10 1:20 REST! 142 145 NICE	27 15 203 15 2:03 LAGOON / RST HRS. ① 140 140 NICE	28 5 36 20 2:39 REST! HLBS BEGIN TAPE FOR JULY 4 REST! 144 145 FOG	29 8 57 8 57 REST! SKYLOFT JOHN 144 145 FOG	30 5 13 145 1:42 REST! DOWN BEACH! 144 145 FOG	IF 15K 5 TRACKS 3 LAGOON 10 3 SUNDAY 10 3 SAN DIEGO 10

JULY 1995

Q14
203
11:7

1267
117

190

SAT

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

10x YLBS
5 HRS MIN X YLBS

1117 TOTAL
MILES FOR 95

1

8 1:04 8 1:24

BEACH RUN!
TOWER 7
and BACK!

62 | 21 | 142 | ☆
5 | | LBS | NICE

UCSD TRAC (3)
9ximi@SUBG

3 Y LBS
REST OF 15K

① 4 LSD RUT ② 5
① 1 SUNRISE 30 08:00
15K CORONADO? -

5° HUBS

6 SAH
DIEGUITO
1/2

7 7/8 LBS
SAXONY

8 3MI WARM
1 MI STRIDE
STRAIGHTS X8
4X1 HOGS
4X1 RST
1 MI WARM

25	3:20	25	3:20
----	------	----	------

5 :44 30 4:04 10 40 1:20 5:20

•	•	40	5:24	180	10	50	6:54
---	---	----	------	-----	----	----	------

REST !
HALL
HALL

REST !!

SUNRISE (17)
Hwy 111
SUPERDAY!
41:55 (3) 40:59
38:34 (14) 41:24 (5) 37:42
3:19:55

BEACH
RUN @ EZ
EZ 10 BOB
YLBS (36)
DELMAR
LOOP

REST!
LEGS, DÈS
BANK, SARE
YLB5:40

UCSD TRACK
LX1mi @ ON TRACK
SUB 6
1. G108 3. G108
2. G121 4. G111
G12AVE.

INDEPENDENCE DAY

5 51 LBS 5 61 LBS

185 186 187 188 189

9

10 Y LBS

11
*3MC

12

13

14 YLBS

15

27	335	27	335
----	-----	----	-----

0	1.04	22	1.19
---	------	----	------

Rob UCSD
BACK:

BEACH
© TX © EZ

(DELMAR loop)
EZ 16 OH
101 @ 7:30

POB
BEACH
RUN

UCSD 9
TRACK:
4x1 mi @ SUBC
1 5:43 3 5:54
2 5:56 4 5:50

9 UCSD TRACK 4x1mi @ SUBG REST!	10 YLBBS REST YLBBS (20)	11 3MO SUNRISE Hwy @ 8:00 4:39:02 20-27 STRONG! (3:35:29)	12 BEACH @ JK @ EZ YLBBS (21)	13 (DELMAR loop) EZ 10 @ 7:30 FM @ 6:43	14 YLBBS SABON POB BEACH RUN! YLBBS (25)	15 UCSD TRACK 4x1mi @ SUBG 1 5:43 3 5:54 2 5:56 4 5:50 5:51 AVE.
16 UCSD TRACK 4x1mi @ SUBG RECOVERY DAY!	17 WITH BIKE BIG BEAR days! YLBBS (20)	18 SUNRISE 30 @ 8:00 SUNRISE BUTLER PEAK CAN VIEW EZ RUN ON	19 BEACH RUN! @ EZ YLBBS (30)	20 SAN DIEGO 12 BEACH RUN @ EZ	21 YLBBS SABON HAIRCUT RUN YLBBS (30)	22 EZ HR DELMAR
23 REST!	24 600 SEC YLBBS REST!	25 SUNRISE 30 @ 8:00 SUNRISE BEACH POB YLBBS (40)	26 REST! BEGIN TAPER FOR CAMERON BEACH POB YLBBS (40)	27 SAN DIEGO 12 REST! LOW TIDE SO. DELMAR BEACH @ BOB	28 EZ POB BEACH RB YLBBS (30)	29 10 TRACK LABEL CUT FOR '95 UCSD TRACK 4x1mi @ SUBG 1 5:54 3 5:51 2 5:54 4 5:51 5:52 AVE.
30 REST! YLBBS (30)	31 REST!	32 SUNRISE 30 @ 8:00 SUNRISE BEACH POB YLBBS (40)	33 REST! BEACH POB YLBBS (40)	34 SAN DIEGO 12 REST! LOW TIDE SO. DELMAR BEACH @ BOB	35 EZ POB BEACH RB YLBBS (30)	36 10 TRACK LABEL CUT FOR '95 UCSD TRACK 4x1mi @ SUBG 1 5:54 3 5:51 2 5:54 4 5:51 5:52 AVE.

AUGUST 1995

SUN

MON

TUES

WED

THURS

FRI

SAT

MON	TUES	WED	THURS	FRI	SAT
	1	2	3°	4	5
322 35 357	4:41 35 35 4:41 38 POND BEHIND LAKE RUN: 2 LDOOS... 77° 1- 2:18:14 88° 2- 2:22:17 4:40:31 8:00 AVE. HOT 70°-90° GP 4 357 ? 70° 20°	5:42 40 5:23 NORTH SHORE... EZ OUT AND BACK @ BIG BEAR LEGS NOT BAD!! YUBS (35) GP 5 185 ? 60° 50°	10 1:15 50 6:38 1- POB - 1 BEACH RUN @ EZ LAKE RUN REST @ H2O IN RST. 41-42 34 BACK GP 5 195 145 60° 40°	REST DAY YUBS (30) GP 5 205 145 60° 40°	10 1:15 60 7:53 LAKE RUN TO RST FIELD 30:27 OUT 30:57 BACK GP 5 205 145 60° 40°
6	7 (20) (5)	8 (6) (5)	9	10°	11 4 MO. 7 YMCA LBS
REST! YUBS (30) FRIENDSHIP DAY	22 10:00 22 10:00 MT. WHITNEY! SERIOUS FUN! JK, JOEL, KEN LOTS OF SNOW!! GP 4 344 115 60° 20°	1:00 8:30 11:00 LAKE RUN? OR ALABAMA HILLS @ EZ GP 7 177 140 60° 20°	REST! YUBS (30) GP 5 185 145 60° 40°	REST! YUBS (30) GP 5 195 145 60° 40°	11 4 MO. 7 YMCA LBS 10 1:14 40 11:14 LAKE RUN: EZ POB 34:41 OUT 35:56 BACK YUBS (30) GP 5 215 140 60° 40°
13	14 (8)	15 (5) (5)	16 (9)	17° (10)	18 (10)
					19 (12) LAKE RUN RECORD 1:10:36 10 1:14 40 4:59 LAKE RUN: OUT 37:55 34:42

13

CAMERON PARK
50 MILE RUN

14

15

16

17

18

19

REST!

SUNSET
RUN...
BIG BEAR

NOT

SUNRISE
RUN...
BIG BEAR

LAGOON:
OUT 38:20
BACK 36:03
TOTAL 1:14:24

LAGOON:
OUT 37:25
BACK 36:22
TOTAL 1:13:48

LAGOON
RECORD
1:10:36

LAGOON:
OUT 37:55
BACK 34:42
TOTAL 1:12:37

20

21

22

23

24

25

26

REST!

PROSTATE TEST
DOWN 5:00
TOTAL: 12

ALABAMA
Hills
EZ HR...

REST!

LAGOON:
OUT 39:39
BACK 40:16
TOTAL 1:19:55

REST!

LAGOON:
OUT 32:15
BACK 32:38
TOTAL 1:04:56

ADIDAS
TRAIL
RESPONSE

GR 15 145 LBS

GR 5 255 145 LBS

YLBBS (17)

TC 7 187 140 LBS

27

28

29

30

31

200 MI RUN
30 DAZE
11 MI DAY AVE.
1321

LAST TWO
MONTHS -

407 MI RUN
37 DAZE
11 MI DAY AVE

YEAR TO DATE:
1321

REST!

EZPOB
EZPOB
REST.

REST!
EZPOB

LAGOON:
OUT 38:20
BACK 36:03
TOTAL 1:14:24

YLBBS (120)
GMX 30 @ 4 BACK 75

LAGOON:
OUT 38:20
BACK 36:03
TOTAL 1:14:24

YLBBS (120)
GMX 30 @ 4 BACK 75

1997						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
SEPTEMBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER 1995

SUN

MON

TUES

WED

THURS

FRI

SAT

AUGUST

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

OCTOBER

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

163 mi. RUN
13 DAZE RUN

12.5 DA. AVE

85 mi. BIKE

1484

1321

165

1484 mi. RUN
TO DATE

164.8 mi. AVE.

1

2°

REST!!

BCH POB
EZ

140 LBS 80° 14 140 LBS 70°

3

4

5

6

7

8°

9

REST!

REST!

BCH POB
EZ

REST!

REST!

TAHOE 72
MILE RUN:
12:01:41
2:40 O/A
1st 40-49
7:51 @ 50 Miles

REST!

LABOR DAY

10

11 5 mos
YMCA
LBS

12

13

14

15

16°

YMCA
2x150 Gmms
2x50 CENAL
LIVELY 5:00-14:10

1st DAY

EZ POB
BCH/RD

EZ SCLAND
LUG

10

4 :30 4 :30
BIKE RIDE
MAC
LEGS FEEL
GOOD - UPPER BODY
FEEL GOOD!!

GRANDPARENTS DAY

11 5* MOS
YMCA
LBS

HIKE @ 30
NEAR KIRKWOOD,
CARSON PMS TRAIL
HEND TO ROUND
TOP LAKE 9,200'

GR 6 28 75°
NICE

12

HIKE
PEAK

13

14

15 YMCA
2x15 60MINS
2x50 CRNCH
LIFECYCLE 5:10/14:10

16°

EZ POB
BCH/RD

EZ SUCANE
LOOP

17

55 6 :55 6

SOLANA BCH
DEL MAR
LOOP...

GR 110 140
LBS

CITIZENSHIP DAY

18

REST!

YMCA
2x20x6 5:10 IN
2x50 CRNCH 14:10
LIFECYCLE

142
LBS
(Y LBS)

19

25 3:39 25 3:39

CUYAMACA
MTH. BIKE
GOOD LOOP
OF PARK
NO PROBLEMS!
JOEL

20

6 :55

REST!

YMCA
2x20x6 15:00 OL
2x50 CRNCH 60:00 NEW
LIFECYCLE

144
LBS
Y LBS
PM

21

8 :04 18

LAGOON
RUN:

32:00 OVER
31:49 BACK
63:49

GR B 52 60:09

22

8 :02 22 3:01

LAGOON
RUN: 31:35 OVER
30:31 BACK
1:02:07 TOTAL

YMCA
CYCLOM/14:10
2x50 CRNCH 5:10

GR 6 60 144
LBS

23

101 8 4:02 30

LAGOON
RUN:

30:39 OVER
29:55 BACK
1:00:35 TOTAL

GR B 68

FIRST DAY OF AUTUMN

24°

48 6 48 6

POB
RUN:
1. 6:42 OUT
2. 6:51 BACK
3. 6:53 AVE TOTAL

TC W 193

25

48 6

REST!

YMCA
LBS LIFECYCLE:
20x6x2 5:10/14:10
50x2

142
LBS

ROSH HASHANAH

26

3:42 26 3:42 26

MTH. BIKE
NOBLE CANYON
@ #1? PLACE
CRASHED!
JOEL/MAC

27

48 6

REST!

YMCA
LBS LIFECYCLE:
3x20x6 14:10
2x75 5:10

144
LBS

28

8 :21 14 2:09

LAGOON RUN
OUT 32:44
BACK 48:24
TOTAL 1:21:07

GR B 76

29

6 :41 20 3:10

EZ POB
(ROADS)
BCH - STARS
EBS

GR B 80

30

20 3:10

LAGOON RUN
REST!

TOTAL

OCTOBER 1995

20.6
1.1
2.1

GRW > 109 10/4
GRB > 80 9/29

1485 MI RUN
TO OCT. 1

SUN

MON

TUES

WED

THURS

FRI

SAT

1°

2

3

4

5

6

7

REST!

25.5 TOTAL MI
5.2 MPH AVE.
31.0 MAX SPEED
4:49 TOTAL TIME
LOTS OF HIKE & BIKE
WHITE MTH.
4:50 TOTAL
1:54 FROM RESEARCH
STATION (TOUGH)
STARTED PATLARK
GROVE 11,200'
TO TOP 14,200'

WHITE MTH
REST!

POB @ EZ
WHITE MTH
STAIRS
① YIACA
LBS 2X25X7
4X25X6
LIFECYCLE
14:10 / 5:10
LEVEL 6

POB @ EZ
FM @ 6:53

POB @ EZ
FM @ 6:41
YIACA
LBS LIFECYCLE

REST!

8°
REST!

9

500 MI. DRIVE

GRAND CANYON

10

MOTEL
SO. RIM
23

GRAND CANYON

11

MOTEL
NO. RIM
21

GRAND CANYON

12

500 MI DRIVE

GRAND CANYON

13

SUSAN'S B'DAY
CALL!

14

REST!

REST!

SO. RIM OF G.C.
TO NO. RIM OF G.C.
BEAUTIFUL!!

NO. RIM OF G.C.
TO SO. RIM OF G.C.
MORE BEAUTIFUL

REST!

REST!

HAIR CUT
EZ POB
DELMAR LOOP

NATIONAL CHILDREN'S DAY

COLUMBUS DAY OBSERVED

5,500' TO BOTTOM
FROM SO. RIM
6,500' TO TOP OF
NO. RIM FROM BOTTOM

12,000' CLIMB
RIM TO RIM TO RIM

COLUMBUS DAY

15

16°

17

18

19

20

21

TRACE UNRECORDED FOR 195
JULY 29 LAST
TRACE - 5:42 AVE
FOR 4 MI.

LAGOON TO
EZ POB

LAGOON
32:22 OUT

EZ POB

UCSD TRACK:
3X 1 MI @ SUB 6:00
1/2 MI. REST
5:53
1. 2:56

15

16°

17

18

19

20

21

JULY 29 LAST
TRACK - 5:42 AM
FOR 4 MI.

1:16 8 42 5:40

UCSD TRACK:

3x1 MI @ SUB 6:00

1. 5:53:04

2. 5:56:23

3. 5:55:14

GRB 104

AM 80

SWEETEST DAY

12TH

TRACK

UCSD TRACK

4x1 MI @ SUB 6:20

1. 5:57:08

2. 5:57:30

3. 5:54:27

4. 5:56:14

GRB 130

AM 86

SEPTEMBER

S M T W T F S

1 2

3 4 5 6 7 8 9

10 11 12 13 14 15 16

17 18 19 20 21 22 23

24 25 26 27 28 29 30

NOVEMBER

S M T W T F S

1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30

REST DAY

REST DAY

YMCA (2)

3x20x7

LBS

142

LBS

NATIONAL BOSS DAY

2:02 | 16 | 16 | 2:02

LAGOON TO

RSF GC LOOP

1:03 TO FOUNTAIN

1:59 BACK

2:02:06

GRB 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

2:02 | 16 | 16 | 2:02

LAGOON TO

RSF GC LOOP

1:03 TO FOUNTAIN

1:59 BACK

2:02:06

GRB 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

2:02 | 16 | 16 | 2:02

LAGOON TO

RSF GC LOOP

1:03 TO FOUNTAIN

1:59 BACK

2:02:06

GRB 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

2:02 | 16 | 16 | 2:02

LAGOON TO

RSF GC LOOP

1:03 TO FOUNTAIN

1:59 BACK

2:02:06

GRB 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

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B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

2:02 | 16 | 16 | 2:02

LAGOON TO

RSF GC LOOP

1:03 TO FOUNTAIN

1:59 BACK

2:02:06

GRB 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

B 96

22

23°

24

25

26

27

28

12TH

TRACK

UCSD TRACK

4x1 MI @ SUB 6:20

1. 5:57:08

2. 5:57:30

3. 5:54:27

4. 5:56:14

GRB 130

AM 86

SEPTEMBER

S M T W T F S

1 2

3 4 5 6 7 8 9

10 11 12 13 14 15 16

17 18 19 20 21 22 23

24 25 26 27 28 29 30

NOVEMBER

S M T W T F S

1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30

REST DAY!

REST DAY!

YMCA (4)

3x20x7

LBS

141

LBS

PHYSICAL GOOD!

PROSTATE "

PROSTATE "

PROSTATE "

PROSTATE "

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PROSTATE "

PROSTATE "

PROSTATE "

19 20 19 2:30

LSD RSF

1:02:42 TO

FOUNTAIN

RESERVOIR LOOP

BACKSIDE TRAIL

RETURN

GRB 120

B 120

B 120

B 120

B 120

B 120

B 120

B 120

B 120

B 120

B 120

B 120

B 120

B 120

NOVEMBER 1995

210 PER MO = 2520 YEAR
10.5 DAY > 5 DAY RUN WEEK

SUN

MON

TUES

WED

THURS

FRI

SAT

③

176 MO.
18 DAYS
9.7 AVE.
1840 YR

169

170 MO

1655 YR
176
31
145 MI. FOR DEC
EQUALS 1800 FOR
YEAR...

1

53 6 6 1:53

SOLANA/POB
LOOP...
YMCA
121 1345 200
45 123 04
3x20x7
LBS

GR B 136

2

10 1:16 2:09 16

RSF #20
LOOP (SOCCER FIELD)
OUT 36:31
BACK 39:22
TOTAL 1:15:54
* 28:00 END OF
LACED/OUT

GR B 146

3

16 2:25 18 2

SHORT
SOLANA/POB
LOOP...
YMCA
3x20x7
LBS

GR B 148

4

10 28 1:30 3:55

UCSD TRACK
4x1mi @ SUB 6:00
1 5:51 38
2 5:53 53
3 5:53 32 AVE:
4 5:49 33 5:51 36
(1/2 MI REST int)

GR B 152

5

17 1:59 21 3:20

PORTER SPRINGS
1/2 MARATHON
2mi-12:28
3mi-18:40
TURN AROUND 44:20
10mi-1:03:51 (6:23)
1125:22 Finish (GIRL)
4th O/A MARCH 82
1450 SK 1:20:20
19:31-6:47 600!

GR B 154

5

[CHECK WEEK]

6

7

8

9

10

11

28 638

1 1 1 1

1 1 1 1

1 1 1 1

1 1 1 1

1 1 1 1

1 1 1 1

1 1 1 1

RESTDAY!

RESTDAY!
YMCA
LBS

RESTDAY!
EZPOB

RESTDAY!
EZPOB
YMCA
LBS

RESTDAY!

RESTDAY!

RESTDAY!

1 1 1 1

1 1 1 1

1 1 1 1

1 1 1 1

1 1 1 1

1 1 1 1

1 1 1 1

ELECTION DAY

VETERANS DAY

12

13

14

15

16

17

18

29 6:42

1 1 1 1

1 1 1 1

1 1 1 1

1 1 1 1

1 1 1 1

1 1 1 1

1 1 1 1

EZPOB

EZPOB

EZPOB

RSF FIELD:
OUT 31:25
BACK 36:35
TOTAL 1:14:00

315 STAIRS
TOTAL FOR WEEK
RESTDAY!

25 MILES
LSD > RSF

OUT 1:40:24
BACK 1:38:39
TOTAL 3:19:03

1979												1980											
1979												1980											
1979												1980											
12												13											
14												15											
16												17											
18												19											
20												21											
22												23											
24												25											
26												27											
28												29											
30												OCTOBER											
31												NOVEMBER											
1												DECEMBER											
2												1											
3												2											
4												3											
5												4											
6												5											
7												6											
8												7											
9												8											
10												9											
11												10											
12												11											
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26												25											
27												26											
28												27											
29												28											
30												29											
31												30											

160 mi FOR ME
FOR 2000
149
57

166 NO 12 AUG

DECEMBER 1995

1986 MILES FOR YEAR
251 DAYS FROM 4th DAY AVE.

RESERVATIONS
7460
HERITAGE INN



HOTEL MAC RAE
To the Mac Rae family since 1920

Catalina Island Reservations
409 Crescent Avenue • P.O. Box 275
Avalon, CA 90704

800-698-2266 or 310-510-0246
Fax 310-510-9632

- * RENO RESERVATIONS
- * MAKE BOAT TO CATALINA RESERVATIONS
- * BOOK DR. APT FOR SKIM

NOVEMBER							WED	THURS	FRI	SAT
S	M	T	W	T	F	S				
1	2	3	4	5	6	7			1	2
									38 5 38 5	38 5
									EZ POB	RESTDAY!
									YMCA LIBS	
									62 251	
3	4	5	6	7	8	9	10	11	12	13
5 36 5 36	5 36	5 36	5 36	5 36	5 36	5 36	5 36	5 36	5 36	5 36
EZ POB FM @ 6:49	RESTDAY!	EZ POB FM @ 6:59 (149 HR)	RESTDAY!	EZ POB	RESTDAY!	EZ POB	8-4 SHIFT RESTDAY!	RESTDAY!		
12 5										

10
* 7:37
PACE
HIGH DESERT
50K
HILL CREST
EART RATE
3/1/151

11 DENTIST
CLEAN
BAM
CALL FOR CATALINA
BOAT RESERVATION

12

13
[scribbled out]

14
(2x STAIRS)
1007

15
[scribbled out]

16
JOEL'S
BIRTHDAY!

32	102	6	38	5:12	57	6	44	607	59	8	52	706	1	52	706
----	-----	---	----	------	----	---	----	-----	----	---	----	-----	---	----	-----

10

7:37 PACE

HIGH DESERT
50K

KIDECREST
HEART RATE
AVERAGE 31 MIN 151

11

DENTIST
CIEAH
8AM

CALL FOR CATALINA
BOAT RESERVATION

12

13

14

15

16

JOELS
BIRTHDAY!

32 4:10 32 4:10

32 4:10

32 4:10

(2X STAIRS)
100+

59 8 52 7:06

59 8 52 7:06

1 MI. WARM-UP (31)
3:59:20 > 50K 720
410 140-497 200 45 49
7TH O/A EARL 6
GOOD RUN! 3:53

2:52:09-160
MARATHON
TWO-ONE
REST!

REST!
YMCA
LBS 100

EZ POB
RUN/WALK
MODE

NO WALK
EZ POB
YMCA
LBS 40

STRAIGHT EIGHT
FM @ 7:11
(148 HE)

REST!

2 1/3 48 140
LBS

101-143
2:36-144 20:10

143 7
LBS

62 12/3 54

62 12/3 54

62 12/3 54

62 12/3 54

17

8-4 SHIFT
FIGERO DINNER

18

72 HRS.
CANCEL
92 ASO
1015

CATALINA

19

32 2X24
145 24
MILES
CATALINA

BLACKBIRDS, RAINBOWS
AND BUFFALOS !!!

20

CATALINA

21

CATALINA

22

22:18 SHIFT

23

TRACK

REST!

AVALON LOOP
WALK @ M.L.
4 MILES @ EZ
MT. ADA

AIRPORT RUN
+ AVALON LOOP
WARM-UP @ M.L.
"BEAUTIFUL"

FIGURE 8 LOOP
AVALON W.
M.L. CATALINA
GYM
LBS

WALK/RUN
AVALON LOOP
MT. ADA TRAIL
ROAD

REST!
YMCA
LBS 40

LAGOON
TO RSE
POLO FIELD

1 1/3 87

12/3 87

12/3 87

12/3 87

12/3 87

12/3 87

12/3 87

FIRST DAY OF HANUKKAH

1:30 TO AIRPORT/1:19 BACK

68 MILES FOR 2000

57 MILES FOR 2000

FIRST DAY OF WINTER

TOTAL 14322

24

36 MILES
TO GO FOR
2000.95
1264 MILES TOTAL

25

26

27

28

29

30

48 6 1:48 6

48 6 1:48 6

48 6 1:48 6

48 6 1:48 6

48 6 1:48 6

48 6 1:48 6

48 6 1:48 6

REST!

REST!

SOLANA
LOOP @ EZ

REST!

REST!

MOVIN SHOES
MARATHON

TRACK

31

REST!

REST!

REST!

REST!

REST!

REST!

REST!

CHRISTMAS

FEBRUARY 10
DEATH VALLEY
MARATHON

3 CATALINA
TWO-ONE
GIST (198) 3:59
10:21 - 10:50 10:50

JANUARY 1996

SUN

MON

TUES

WED

THURS

FRI

SAT

+2

CHECK WEEK
EZ THRU
TOURNLEY

7 REST!

REST

14

REST

21

REST

28

REST

1 6 147 6 147

EZ FM 7:30

12/3 136

NEW YEAR'S DAY

8 REST!

YMCA LBS

REST

15

REST

22

REST

29

REST

2

6 148 12 1:35
SOLANA LOOP

7 142 1

EZ CALF BETTER FM 7:24 (RISD)

9 (11 DAYS) REST

25 MTN. BIKE

REST

16

REST

23

REST

30

REST

3

6 147 18 2:22

YMCA LBS

EZ FM 6:44

10

YMCA LBS

REST

17

YMCA LBS

SOLANA LOOP EZ 6 MI

24

YMCA LBS

SOLANA LOOP EZ 6 MI

31

REST

4

1:38 12 30 4:00

TORPEY FM 7:05

11

REST

18

REST

25

REST

26

REST

27

REST

5 HAIKUT RUN

YMCA LBS

EZ

12

YMCA LBS

EZ

19

YMCA LBS

SOLANA LOOP EZ

26

YMCA LBS

SOLANA LOOP EZ 6 MI

6

REST

EZ

13

REST

20

REST

27

REST

DECEMBER

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

FEBRUARY

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

10 DAY
TAPER TO
DEATH VALLEY
MARATHON

