

RUNNER'S WORLD®

1996
CALENDAR

1996



Soft and silent: A lone runner creates the first set of tracks along a snowy treeline in White River National Forest, Aspen.

RUNNER'S
WORLD

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JANUARY

1919 / 21 DAYS

(91 AVE) PHOTOGRAPHER
John Russell

1167 78+5 15 7 DAY STRAIGHT 100+ (121 AVE.) 852 7 DAYS TOTAL 178 85 +5 6 30 2 20 15 15 17.86	New Year's Day 1863: Baron Pierre de Coubertin, founder of the modern Olympic Games, is born in Paris 101 70 +5 1 5 12 264 (OFF) 8 (OFF) 15 (OFF) 16 (OFF) 22 (OFF) 29	(207) ① 2 106 69 (139) +5 2 10 15 27 (OFF) 9 (OFF) 16 (OFF) 23 (OFF) 30	(332) ② 3 125 82 (221) +5 3 15 16 43 (239) ⑥ 10 61 48 (132) 2 20 5 15 30 17.86 (131) ⑪ 17 72 53 (95) 1 6 30 15 28 4.41 992 (119) ③ 31 57 41 (87) 3 30 5 14 29 30.76 62.01	1980: President Jimmy Carter calls for a U.S. boycott of the Moscow Olympic Games (OFF) 4 (291) ⑦ 11 52 44 (117) 2 1 30 5 15 45 38.94 2108 (216) ⑫ 18 85 57 (152) 1 6 30 2 1 20 5 15 43 17.31 27.23 (217) ⑬ 25 86 62 (174) 3 1 30 5 15 46 135.12 57.54 TURN IN 21 DAYS WORKED 168 HRS. \$10.32 HR. AVE. \$1234 BACK 7.34 HR. AVE RETURN	CHECK: 245.52 (455) 103 73 (214) +5 4 20 15 58 598 1334 (352) ⑧ 12 61 47 (224) 2 1 20 5 15 58 601.557 16163 CHECK 440.29 (216) ⑬ 19 60 52 (204) 2 1 20 5 15 58 11.04 38.27 (291) ⑭ 26 74 66 (240) 3 1 30 5 15 61 66.94 BONUS \$65 309 \$83.33 DAY TURN IN FOR MONTH	558 (441) ④ 6 123 67 (361) 72.2 +5 5 25 15 73 4558 139.60 Bermuda Race ⑤ 13 62 47 (271) 2 1 20 5 13 73 39.58 101.21 (357) ⑮ 20 81 71 (215) 2 1 20 5 17 73 40.88 (SICK DAY) ⑯ 27 (291) ⑰ 27 6 30 3 5 61 66.94
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TRAINING TIP

Save the warm tea or coffee for after your winter excursion, but drink plenty of water before. Cool, dry air, reflective heat from the sun and your own exertion, combined with multi-layered clothing, can all add up to a sneak attack of dehydration.

TOTAL \$
FOR MONTH

1919

309

DECEMBER 1995

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
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		

All race dates are subject to change; verify with race director.

1682 160 10.51 HR
TOTAL RETURN ON TOP LINE
84.1 DAY AVE
266 - turn in

1919

91.3
AVE
DAY

82.8
AVE
DAY

RUNNER'S WORLD®

SUNDAY

GRATS ON CHECK
FROM 1-25 - 2.7
(2 WEEKS) (THURS THRU WED)

Two i
74.4
AVE
MONDAY

Two in the sunset: Running in beautiful surroundings can smooth out both stride and spirit.

FEBRUARY

2113 / 20 DAYS
(105AJE) PHOTOGRAPHER
Warren Morgan

PHOTOGRAPHER
Warren Morgan

*"You set your shadow free and watch it run
Along roads no one else can see.
And then, in the night, you follow it."*
Tommy Olofsson, Swedish poet

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

WEEK 12
 1989-90
 825 WE
 329 WE
 6580 OA

Long Beach
 Matathon,
 Long Beach, CA

(49) 4
 50 49
 0 0
 3261 10 10 10 5
 15 15
 (OFF) ()
 11

Handwritten musical notation for "Lincoln's Birthday". The notation is on a five-line staff. The first measure contains a whole note with a flat (B-flat). The second measure contains a whole note with a flat (B-flat). The third measure contains a whole note with a flat (B-flat). The fourth measure contains a whole note with a flat (B-flat). The fifth measure contains a whole note with a flat (B-flat). The sixth measure contains a whole note with a flat (B-flat). The seventh measure contains a whole note with a flat (B-flat). The eighth measure contains a whole note with a flat (B-flat). The ninth measure contains a whole note with a flat (B-flat). The tenth measure contains a whole note with a flat (B-flat). The eleventh measure contains a whole note with a flat (B-flat). The twelfth measure contains a whole note with a flat (B-flat). The thirteenth measure contains a whole note with a flat (B-flat). The fourteenth measure contains a whole note with a flat (B-flat). The fifteenth measure contains a whole note with a flat (B-flat). The sixteenth measure contains a whole note with a flat (B-flat). The seventeenth measure contains a whole note with a flat (B-flat). The eighteenth measure contains a whole note with a flat (B-flat). The nineteenth measure contains a whole note with a flat (B-flat). The twentieth measure contains a whole note with a flat (B-flat). The notation is written in blue ink.

(117) (99) 6

67 | 50

• •

● ● ● ● ● 5

15 | 30 | 540
38.01

(off)

13

(.) . . (.)

- - - -

607
408
(183) 66

Handwritten: 6070
6070
CANCLE

51 (150)

0

0 2 0 8

15 45

Valentine's Day (150 days)

(64) 64 56 (64)

0

1 2 10 8

19 19 29.84
10.35
5.443
(264) 81 65 (219) 8
GREATS START ON CHUCK
15 60
3782
(1200) 81 15
(145) 63 (119)
22 20 8

Handwritten notes:

17 | 36 | 14.14
| 93.98
(OFF)
9
()
()

CHECK 522.67
(239) 16
94 | 67 (180)

225
66-49

16 52

U.S. Women's
Olympic Marathon
Trials,
Columbia, SC
(264)

(OFF)

10

(25)

1 2 10 8

D 60

1835

U.S. Olympic
Marathon Trials,
Charlotte, NC
(319)

Charlotte Observer
Marathon and 10-K,
Charlotte

17

(319)

78

83.50
10.75

St. Mary's Hospital
Mardi Gras Runs,
Galveston, TX

(100) 100 75
1 5
2 4 20 18
20 20

First Sunday of Lent (94) 71 25
94 71
3 15
3 5 30 23
20 20 41 41

Chinese New Year (OFF)
Presidents' Day 19
Great Aloha Run, (.)
Honolulu, HI

1994's Eamonn Coghlan of Ireland, who twice missed Olympic medals by one place, becomes the first master to break 4:00 for the mile, at age 41

20 20

2519
3594

21

(187) 87 65 (140)

1 5

2 4 20 18

20 40

X

28

(154) 60 48 (119)

3 15

3 5 30 23

20 40

20 140

33071
154981

START GRITS
CIRCLE

22

(246) 109 73 (213)

2 10

2 4 20 18

20 60

X

(204) 48

3 15

3 5 20 23

20 60

20	20	13
7:55	60	
7634	75	23
(37) 01	75	(28)
3	15	30
3 4	30	18
20	80	
\$ 1489 TURN IN 4 MO # 20 DAYS WORKED \$ 74.45 DAY AVE 160 HRS WORKED \$ 9.30 HR. AVG — 68 BONUS 352		
JANUARY		

2 3 20 | 18

20 80

2940
Distance
Basic 3H and 5-K,
Tampa, FL

24

(60) 83 69 (35)

3 ~~30~~ 15

3 | 4 | 30 | 18

20 100

1285 TURN IN TO DAY

2124

16 days = 128 hrs

\$ 10.03 / hr TURN IN

\$ 80.24 per day

MARCH

TRAINING TIP

Once a week, leave your stopwatch at home and don't count minutes or miles! Run how you feel. Float! Savor your run.

TOTAL \$ For
MONTH 2,113
352

2113

105.6	74.4
Avg Rain	in Avg
DAY	DAY

352

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						

All race dates are subject to change; verify with race director.

RUNNER'S
WORLD

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Solitary refinement: Crystal-clear thought can emerge through the shrouded mist of a morning run.

MARCH

TOTAL \$ 2288 / 23 DAYS
(\$99 AVE) PHOTOGRAPHER
David Madison

1757
TURN IN
FOR MONTH
76.39 DAY
AVE
\$1664 + i @ 3130
22 DAY \$75.6 AVE.
\$176 HR. WORKED
\$9.45 PER HR.

"And the dim trees beat the dark
And the swelling ditches moan;
But my heart is a singing, soaring lark
I travel the road alone."
Amary Hare, "Walking at Night"

3MO TURN IN - \$4985.00
DAYS WORKED - 64
DAY AVE TURN IN - \$77.89 \$78
HR. AVE TURN IN - \$9.73
512 HRS

CHECK 396.78
86 53 86 53
20 20

Texas Independence Day 2
76 52 105
1 1 5

Los Angeles Marathon

3
90 60 90 60
2 10
20 20

1989: Paul Ereng of Kenya, Olympic gold medalist at 800 meters, cracks the indoor world record with 1:44.44

4

5
20 40

1086
48 48 138 108
2 10
20 40

7
45 44 183 152
2 10
15 55

8
90 66 128 218
2 10
20 75

Atlantic City 9
76 52 105
1 1 5

10
73 55 73 55
20 20

Commonwealth Day (Canada)

11

12

13
78 52 151 107
3 15
20 40

14
64 45 215 152
3 15
20 60

15
69 60 284 212
3 15
20 80

16
115 67 319 279
3 15
20 100

St. Patrick's Day

17
68 48 68 48
0 15
1 5
20 20

18

19
80 35 48 83
1 15
1 5
20 40

Spring begins

20
44 38 192 121
1 15
1 5
10 50

21
20 40

22
114 72 306 221
1 10
2 10
20 70

23
76 68 382 274
1 10
3 15
20 90

24
88 68 88 68
1 10
3 15
20 20

1979: Ireland's John Treacy clinches his second world cross-country title. He goes on to lead a silver medal in the 1984 Olympic Marathon in Los Angeles

25

26
25,280 PROJECT
4432
TOTALS:
6320 FOR YEAR
1108

27
70 63 158 131
1 10
3 15
20 40

28
96 59 251 190
1 10
3 15
20 60

29
63 52 317 242
1 10
3 15
20 80

30
72 67 389 309
1 10
3 15
20 100

Palm Sunday
Carlsbad 5000,
Carlsbad, CA

31
93 66 93 66
1 10
3 15
20 20

TRAINING TIP

The morning runner often succeeds in pre-empting the demands of the day. A morning run can steel you for the onslaught of rush hour, deadlines and things that go awry.

TOTAL \$ FOR MONTH 2288
\$1757 TURN IN
23 DAYS WORKED
\$76.39 DAY AVE. 2288

184 HRS
\$9.54 HR. AVE.
\$55 BONUS
445

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

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

All race dates are subject to change; verify with race director.



9.11 hr
AVE
12 DAYS
72.91 AVE
\$875
TURN IN
1444 BACK

Rejoice, we conquer! En route to winning the 1994 Boston Marathon, Germany's Uta Pippig blows kisses to the crowd.

APRIL

\$1443/12
(120 AVE)

PHOTOGRAPHER
Manny Millan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	April Fools' Day		Daylight Saving Time begins	First Day of Passover	Good Friday	
	1	2	3	4	5	6
	OFF					
112 112 1896: Australian Edwin Flack takes a month's vacation from his accountants job and wins two Olympic gold medals in 800 and 1500 meters in Athens	7	8	9	10	11	12
	OFF		1896: Greek shepherd Spiridon Loues trips red wine en route to winning the first Olympic Marathon in Athens			
	14	15	16	17	18	19
114 68 114 68 1 12 10 10 3 115 20 20	VACATION					
Trolley Run 4-Mile, Kansas City, MO Ice Breaker Road Race, Great Falls, MT Spring Dash 5-Mile, Coeur d'Alene, ID	21	22	23	24	25	26
La Jolla Half Marathon La Jolla 5K Big Sur 10K Carmel, CA James Joyce 10K Ramble, Dedham, MA	28	29	30	Distance does not make you falter Now, arriving in magic, flying— And, finally, insane for the light, You are the butterfly and you are gone." Johann Wolfgang von Goethe 11 894 CHECK 549 RETURN \$ 1443		
	OFF					

TRAINING TIP

Set realistic training and racing goals. As Czech Olympic great Emil Zatopek said, "You can't climb to the second floor without a ladder. Try for a goal that's reasonable, and then gradually raise it. That's the only way to get to the top."

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						

All race dates are subject to change; verify with race director.

RUNNER'S
WORLD

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Measure for measure: Success in the homestretch requires equal portions of grace and guts.

MAY

2148/23
(\$93 AVE)

PHOTOGRAPHER
Michael Kevin Daly

"We've fought for equality and now have to face the responsibility of getting exhausted in public."

Kathrine Switzer

City of Pittsburgh
Marathon

86 57 86 57
• 3 • 15
20 20

Mother's Day

1984: Sam Delsink
Samuelson wins the
U.S. Olympic Marathon
Trials for women in
Olympia, Washington,
in 2:31:04—just 17 days
after knee surgery

80 55 80 55
• 5 • 25
20 20

100 100

85 85 85 85
1 5 10 25
3 15
20 20

1954: Roger Bannister
runs the first sub-4
minute mile at
Oxford—solace for
missing an Olympic
medal in Helsinki in
1952

77.4 AVE
TURN IN
TO 5/12

Victoria Day (Canada)

Memorial Day
observed

Boulder Boulder 10-K,
Boulder, CO

57 60 57 60
1 6 10 30
4 20
23 23

TRAINING TIP

Sprinters may be born and not made, but you can improve your finishing speed. Pop off your toes, look straight ahead and think "active arms" as you run. And always run beyond the finish line, even in practice.

BACK AVE'S IN

93.2 75.5

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

JUNE
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

All race dates are subject to change; verify with race director.

The City of Los Angeles Marathon

Sunday, March 5, 2000

Age Group: (50,51,52,53,54)

Total Finishers: 926

overdiv	first_name	last_name	city
1	Marco	Ortiz	Los Angeles
2	Kenneth	Payne	Los Angeles
3	Jussi	Hamalainen	Agoura Hills
4	Carlos	Saturno	Los Angeles
5	Salvador	Castro	Scott City
6	Donald	Ocana	Pasadena
7	Faustino	Campos	Glendale
8	Maurilio	Amezquita	Los Angeles
9	David	Margrave	South
10	Steye	Notaro	Pasadena
11	Javier	Rodriguez	Torrance
12	Jim	Rueker	Los Angeles
13	Arturo	Diaz	Walnut
14	Rene	Arriandarez	South Gate
15	Michael	Griffith	El Paso
16	Vicente	Romero	San Juan
17	Laurence	Mercer	Capistrano
18	Dennis	Huffman	South Gate
19	Paul	Garnett	Los Angeles
20	Robert	Perez	La Habra
21	Jeffrey	Mintz	Los Angeles
22	Tetsuo	Sakai	Culver City
23	Jose	Hernandez	Los Angeles
24	Antonio	Van Nuys	Van Nuys
25	Ramon	Garcia	Alhambra
26	Jesus	Diaz	Alhambra
27	Richard	De Camille	Alhambra
28	Giancarlo	Aguilera	Valencia
29	Stephen	Stroud	Virginia Beach
30	Ramon	Gonzalez	Santa Ana
31	Toro	Toro	CA

http://www.dotresults.com/results/age-group-no-event.tcl

RUNNER'S WORLD

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY 838

FRIDAY

SATURDAY

\$ 12,144

Doin' the Dipsea: California's picturesque but punitive Dipsea race—with hills dubbed "Cardiac" and "Insult"—dates back to 1905.

6MO TOTAL RETURN

115 DAYS WORKED

(\$105 AVE DAY)

JUNE

1113 CITEK

725 RETURN \$

1838/16

PHOTOGRAPHER David Madison

Bonus \$48

\$ 1838

291

16 DAYS WORKED

"There are ever two ways up: one is through the dark wood, the other through the sunny pasture... Why is it that in the lives of men we hear more of the dark wood than of the sunny pasture?"

Henry David Thoreau

TURN IN

1033 TURN IN

\$311 = MBONUS \$ TO DATE

Trinity Hospital Hill Run, Kansas City, MO

2

17	57	77	57
20	20		

3

4

5

54	41	38	198
20	40		

6

83	53	24	151
20	60		

7

100	68	314	219
1	2	10	8
19	79		

8

81	63	395	282
1	2	10	8
35	114		

Orange Classic 10-K, Middletown, NY

9

107	11	101	17
2	10		
20	20		

10

Kamehameha Day (Hawaii)

11

336			
72	55	89	132
3	2	30	8
2	10		
20	40		

12

336			
66	42	25	174
3	2	30	8
2	10		
20	60		

13

45	45	300	219
3	2	30	8
2	10		
20	80		

Flag Day U.S. Olympic Track & Field Trials (10 days), Atlanta, GA

14

3	2	30	8
2	10		
20	80		

Steamboat Classic, Peoria, IL

15

Father's Day

16

55	45	55	45
3	2	30	8
2	10		
20	20		

17

18

1984: Earl Jones and Johnny Gray both clock 1:43.74 in the Olympic Trials, breaking the American 800 meter record. Jones wins a bronze in Los Angeles in August

19

Summer begins

20

CHECK 167.11

21

Grandma's Marathon, Duluth, MN

22

8636
TOTAL TURN IN
FOR 6MO.

23

24

25

26

49	40	49	40
3	2	30	8
2	10		
20	20		

27

47	38	96	18
3	2	30	8
2	10		
20	40		

28

45	47	41	
3	2	30	8
2	10		
17	57		

29

63	43	204	168
3	2	30	8
2	10		
20	77		

TRAINING TIP

Off-road running gives you a break from pounding on hard surfaces and inhaling exhaust fumes. It's more demanding, but the rewards are greater, too. So to build stronger quads and glutes, hit the trail!

138 DAYS

64.5	114.8
------	-------

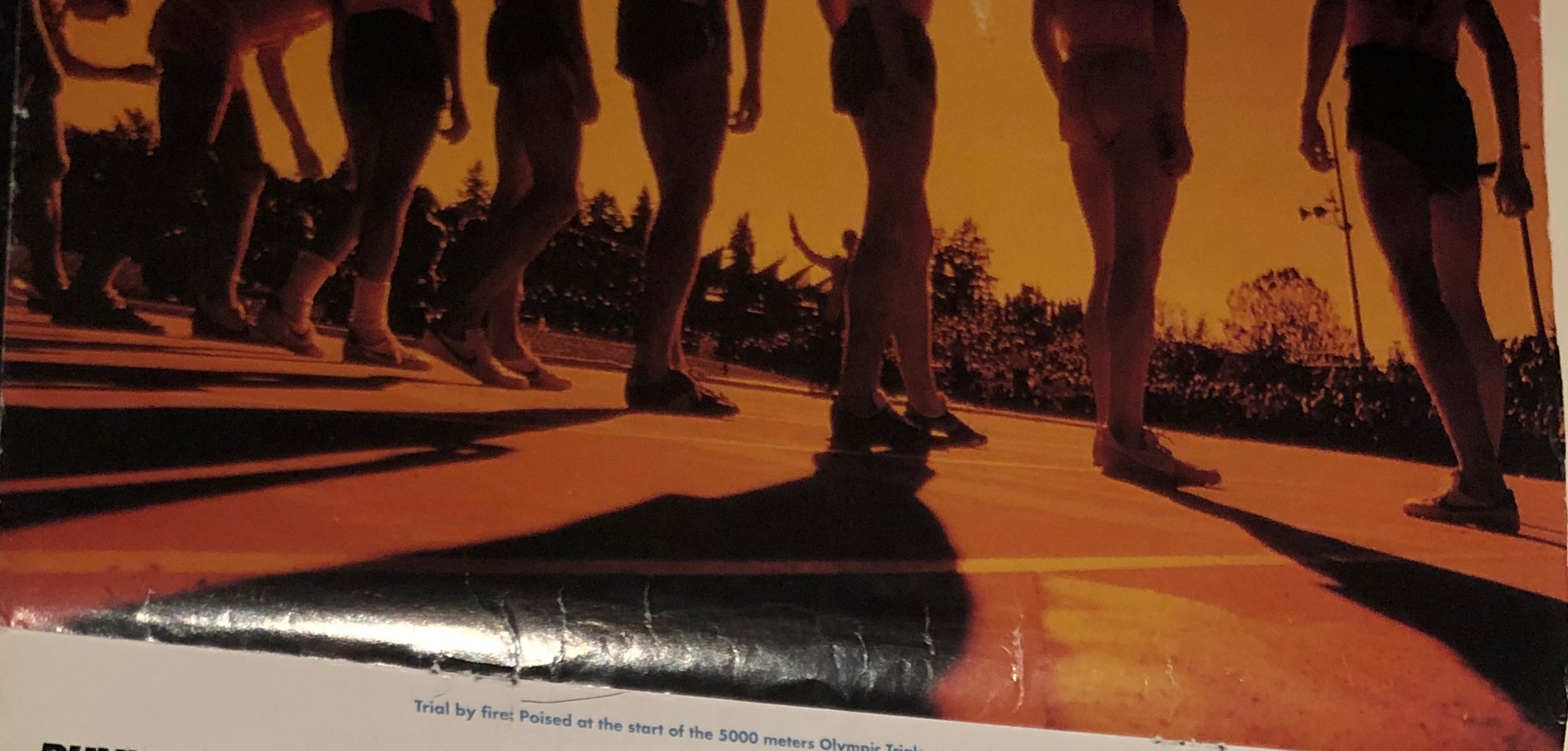
All race dates are subject to change; verify with race director.

79	56	79	56
3	2	30	8
2	10		
20	20		

1033 IN

291

1838



Trial by fire: Poised at the start of the 5000 meters Olympic Trials, competitors wrestle with dreams and doubts.

RUNNER'S WORLD

JULY

1933/21
(\$92 AVE)

PHOTOGRAPHER
David Madison

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Canada Day (Canada)			Independence Day Peachtree 10-K, Atlanta, GA		
	1	2	3	4	5	6
Chicago Distance Classic 20-K and 5-K Stampede Run-Off, Calgary, Alberta, Canada	8	9	10	11	12	13
Utica Boilermaker 15-K, Utica, NY	15	16	17	18	19	20
Gold Coast Marathon, Queensland, Australia	22	23	24	25	26	27
28	29	30	31			

TRAINING TIP

Refuse to define success or failure only by place or time. The challenge is within yourself. Showing the courage to compete already makes you a winner. The glory belongs to everyone in the arena!

JUNE							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1						1	2
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													

All race dates are subject to change; verify with race.

405

1933

13681
42.2 82.2

1735 turn in
21 DAYS WOODS
82.50 DAY MATH

1322 tips BAW
611 checks
1933 \$ FIVE MONTH
408 92.04 DAY BACK
AUG
"We few, we happy few, we band of brothers;
For he today that sheds his blood with me
Shall be my brother."
William Shakespeare, Henry V

2765 TOTAL
 BACK 1472 BACK
 22 DAYS WORKED
 66.90
 747 TURN IN
 \$45 BONUS

RUNNER'S
 WORLD

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AUGUST

"It's the lioness that hunts."
 Slogan of a British women's running club

CHECK 472.49
 2765/22
 (\$125 AVE)
 747

406
 109 70 109 70
 1 5
 20 20

421
 111 83 111 83
 1 5
 3 15
 20 20

441
 111 83 111 83
 1 5
 3 15
 20 20

451
 109 70 109 70
 1 5
 3 15
 20 20

1984: Carlos Lopes of Portugal, 37, strikes marathon gold in Los Angeles with an Olympic record of 2:09:21

5

12

19

26

6

13

20

27

7

14

21

28

401 75
 85 67 85 67
 20 20

406
 79 63 88 133
 1 5
 20 40

431
 74 52 27 205
 1 10 5
 3 15
 20 60

446
 62 60 20 182
 1 3 10 15
 3 15
 20 60

451
 85 67 21 201
 1 3 10 15
 4 20
 20 60

401 75
 85 67 85 67
 20 20

406
 79 79 267 212
 1 5
 20 60

431
 66 56 34 261
 1 10 5
 3 15
 20 80

446
 82 59 28 241
 1 3 10 15
 3 15
 20 80

451
 99 65 32 246
 1 3 10 15
 4 20
 20 80

401 75
 87 70 212
 20 60

416
 154 93 44 305
 1 10 5
 2 10
 20 80

436
 66 56 34 261
 1 10 5
 3 15
 20 80

446
 52 55 34 296
 1 3 10 15
 3 15
 20 100

451
 65 62 34 328
 1 3 10 15
 4 20
 20 100

TRAINING TIP

In the right setting and in moderate doses, running barefoot can strengthen your feet and tendons, toughen your soles... and free your soul.

\$83 AVE FOR DAY - AUGUST

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

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

All race dates are subject to change; verify with race director.

440

114
 79.4

BACK
 125.6



Footfalls and foliage: A splendid autumn day provides the perfect backdrop for a distance run on Red Mountain Road in Aspen.

RUNNER'S
WORLD

SEPTEMBER

\$350 HIGH FOR TIPS (\$100 AVE)
ON CHECK WHILE
OUT FOR FINGER
MC \$13
1315/12
PHOTOGRAPHER
John Russell

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Snowgoose Marathon, Anchorage, AK 1 70 57 70 57 20 20	Labor Day New New H Park 10 M. Park F 2 OFF	15 Vir. in M. to W. of 27:37 3 OFF	4 OFF	5 OFF	1960: Australia's Herb Elliott wins the 1500 meter gold in Rome in a world record time of 3:55.6—no other runner ahead of second place 6 OFF	7 OFF
3 OFF	9 OFF	1972: Frank Shorter wins the Olympic Marathon gold in Munich, and according to some running historians ignites the "running boom" in America 10 OFF	11 OFF	12 OFF	13 OFF	Rosh Hashanah 14 54 50 54 50 20 20
Philadelphia Distance Run 15 45 51 65 59 65 59 20 20	16 OFF	17 OFF	18 45 59 56 45 12 104 20 40	19 45 59 52 40 113 144 20 60	20 45 59 66 66 21 210 20 80	21 45 59 66 66 310 262 20 100
Fall begins 22 45 59 68 56 68 56 20 20	Yom Kippur 23 OFF	24 OFF	25 OFF	Total Eclipse of the Moon 26 45 59 54 57 122 110 20 40	27 45 59 73 64 115 114 20 60	28 45 59 90 67 285 24 20 80
The Great Race 10-K and 5-K, Pittsburgh, PA 29 45 59 71 55 71 55 20 20	30 OFF	"Is it really true that a 7-mile cross-country run is enforced upon all in this division? ... Who is the general of this division, and does he run the 7 miles himself?" Sir Winston Churchill MONTH TURN IN 790 BACK 665 TURN IN AVE. 65 DATE WORKED 12 YEAR				

TRAINING TIP

The long run is the cornerstone of any marathon training program. Build it into your training program gradually, adding as little as five minutes per weekly session, so your body can adapt.

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

All race dates are subject to change; verify with race director.

AVER
IN BASE
65.8 109.5

220

RUNNER'S
WORLD

Desert storm: A tenacious runner powers to the top of a sand hill in Death Valley.

OCTOBER

PHOTOGRAPHER
Larry Prosser

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"The introduction of resistance in the form of sand and hill is too important to be ignored."
Percy Wells Cerutti, Australian coach

120	59	120	59
1	1	1	1
1	5	1	5
19	19		

6

1 OFF

7

45	41	165	100
1	1	1	5
1	5	1	5
11	30		

8

67	47	232	147
1	1	1	5
1	5	1	5
20	50		

9

74	54	300	201
1	1	1	5
1	5	1	5
20	70		

10

37	30	124	160
1	1	1	1
1	1	1	1
110	45		

4

57	53	181	177
1	1	1	1
1	1	1	1
17	62		

5

Army 10-Miler, Washington, DC
Parson's Technology Hospice Road Races, Iowa City, IA

13

1 OFF

Columbus Day observed
Thanksgiving Day (Canada)
Tufts Health Plan 10-K for Women, Boston, MA

14

1 OFF

15

1 OFF

16

1 OFF

17

1 OFF

62	60	62	60
1	1	1	5
1	5	1	5
20	120		

18

77	61	139	121
1	1	1	5
1	5	1	5
20	40		

19

86	56	86	56
1	1	10	5
1	5	1	5
20	20		

20

1964: A barefoot winner over Rome's cobblestones in 1960, Ethiopia's Abebe Bikila defends his Olympic Marathon title in a world record 2:12:42 in Tokyo

21

1 OFF

22

63	43	149	129
1	1	10	5
1	5	1	5
20	40		

23

58	50	207	179
1	1	10	5
1	5	1	5
20	60		

24

60	50	267	299
1	1	10	5
1	5	1	5
20	80		

25

51	55	328	254
1	1	10	5
1	5	1	5
15	95		

26

63	58	63	58
1	1	10	5
1	5	1	5
20	20		

27

1 OFF

28

1 OFF

29

66	52	129	110
1	1	10	5
1	5	1	5
20	40		

30

36	44	165	154
1	1	10	5
1	5	1	5
20	60		

31

1970 TOTAL 18 DAYS WORKED \$109 DAY AVE (327)

119 TURN IN FOLIO 62.1 AVE 12,900 total

TRAINING TIP

When running hills, resist the urge to ease up as you approach the top. "Crest" the hill and run through it, letting your momentum carry you into the descent.

114	62.1	BAEL	109.4
-----	------	------	-------

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

S	M	T	W	T	F	S
						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

All race dates are subject to change; verify with race director.

327

RUNNER'S
WORLD

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Field of dreams: The seeds of achievement are planted when we first dare to dream.

NOVEMBER

PHOTOGRAPHER
John Russell

"No coward soul is mine,
No trembler in the world's storm-troubled sphere,
I see Heaven's glories shine
And Faith shines equal, arming me from fear."
Emily Brontë

1636 TURN IN FOR MONTH
21 DAYS WORKED
77.90 DAY AVE TURN IN

New York City
Marathon

484			
58	59	58	59
0	1	0	5
1	5		
20	20		

Columbus Marathon,
Columbus, OH

492			
85	85	85	75
1	1	8	5
1	5		
20	20		

77 AVE MONTH

532			
102	102	79	
2	3	18	15
3	15		
20	20		

16303 TS
21 DAYS

542			
85	52	85	52
2	4	18	20
4	20		
20	20		

492			
78	45	136	104
1	1	8	5
20	40		
1	5		

Veterans Day

517			
152	74	237	149
2	1	18	5
2	10		
20	40		

Election Day

OFF!!

OFF!!

OFF!!

1956: American Tom Courtney wins the 800 meter gold by 0.1 second in Melbourne, Australia, in the Olympic record of 1:47.7

TRAINING TIP

Your type of training determines your results. So if your goal is to run a 5-K in a certain time, you must regularly train at those more challenging speeds. Coaches call this specificity of training.

2289 BACK
26 DAYS
109 AVE

492			
60	66	196	170
1	1	8	5
20	60		
1	5		

120 GONE

522			
84	62	32	211
2	2	18	10
2	10		
25	65		

SICK

542			
76	49	161	101
2	4	18	20
4	20		
20	40		

492			
47	53	243	233
1	1	8	5
1	5		
20	80		

522			
56	46	376	257
2	2	18	10
2	10		
20	85		

+5

537			
100	75	202	158
2	3	18	15
4	20		
20	40		

Thanksgiving
Atlanta Marathon and Half-Marathon

557			
100	75	202	158
2	3	18	15
4	20		
20	40		

484			
100	77	100	72
0	1	0	5
1	5		
20	20		

CHECK 443.32

492			
56	54	299	287
1	1	8	5
1	5		
20	100		

522			
64	64	32	440
2	2	18	10
2	10		
20	105		

CHECK 433.07

537			
54	61	256	220
2	3	18	15
4	20		
15	55		

1956: Englishman Chris Brasher, better known as a pacemaker for Ramo's, broke the 5000 meter world record in the 1956 Melbourne Olympics with a time of 18:11.20

557			
90	64	418	370
3	5	20	25
4	20		
20	40		

OCTOBER

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

DECEMBER

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

All race dates are subject to change; verify with race director.

15,655 total yr
TURN IN
209 74.90 DAY AVE



Stormy weather: Some of your most cherished runs will occur in conditions otherwise deemed inclement.

RUNNER'S
WORLD®

140000

DECEMBER

PHOTOGRAPHER
Tim DeFrisco

223
67
290

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
First Sunday of Advent California International Marathon Folsom, CA 1956. Adam Kilgoun of France wins the Olympic Marathon in Melbourne, Australia in 2:25 20 20 1	2	3	37#2 36X OVER 100 22 DAYS #1 4	5	First Day of Hanukkah 141.43 DISAB/CHL 6	7
Honolulu Marathon, Honolulu, HI 8	9	10	11	12	Last Day of Hanukkah 13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	New Year's Eve RUNNER'S WORLD Midnight Run, New York, NY 1322 (BACK) 1885 - 134 AVE "Tomorrow we will run faster, stretch out our arms farther. . . . And one fine morning—" F. Scott Fitzgerald, end of The Great Gatsby 733 TURN IN 14 DAYS WORKED \$52 AVE 28 BONUS			

TRAINING TIP

Never underestimate the value of a loyal running partner, be it friend, spouse or canine. This training ally will get you out the door on those days when exercise might otherwise be reduced to a finger on the remote control button!

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

JANUARY 1997						
S	M	T	W	T	F	S
				1	2	3
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	

All race dates are subject to change; verify with race director.

YEAR |
218 DAYS RUN
2162 MILES RUN
180 MILES MONTH
9.91 DAY AVE

1996

Suzy's Zoo®
1996 Appointment Calendar
"Adventures in Duckport"

KEEP THE LAKE BLUE

1996

League to Save Lake Tahoe, South Lake Tahoe, California





Cornelia Ostrich gives Valentines to every eligible bachelor in Duckport. After all, it's Leap Year!

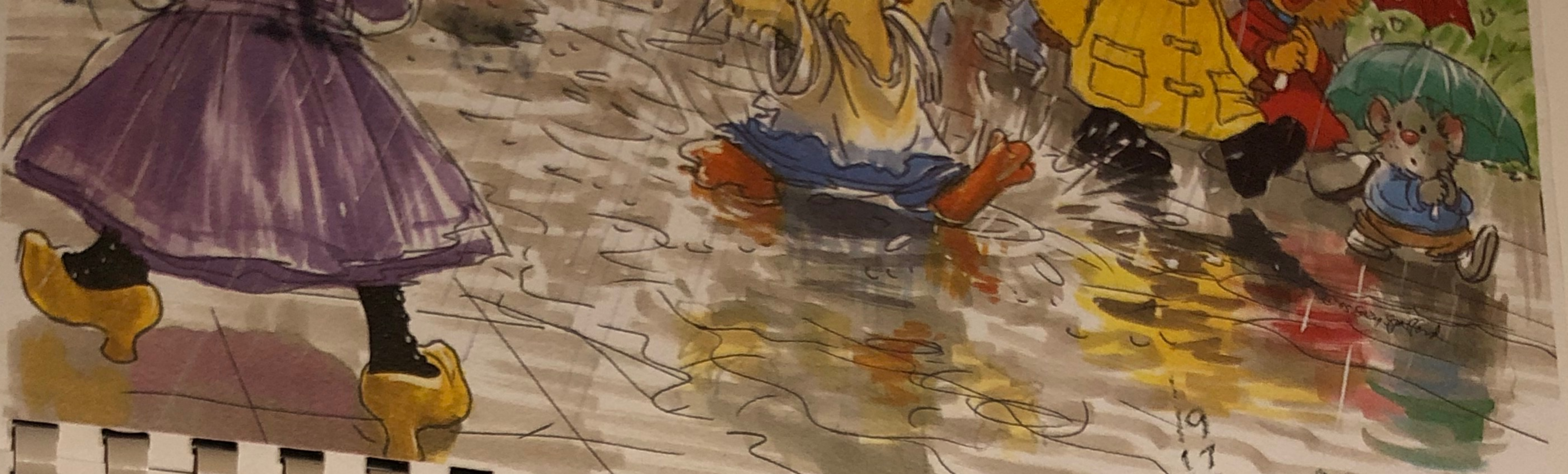
February 1996

141 / 17

141 MILES RUN
17 DAYS RUN
8.2 MILES PER DAY
7x YMCA (LBS)

331

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 REST DAY!!	5 SOLANA LOOP @EZ	6 M.L. BIRTHDAY!! REST DAY!	7 SOLANA LOOP + HAIRCUT DETOUR	8 REST DAY!	9 REST DAY!	10 DEATH VALES / MARATHON 50°-80° Temp
11 REST DAY!!	12 REST DAY!!	13 P.O.B. BEACH WALK @ 15 MIN. PACE	14 2x YMCA LBS RUN/WALK POB	15 3x YMCA LBS ROAD DOWN BEACH BACK	16 3x YMCA LBS 300 CRUNCHES	17 EZ POB
18 2:08 20 2:08 20 MTN. BIKE (ROAD) SAN DIEGO 1/2+	19 REST DAY!	20 LETTER TO GRAND CANYON CAMP PERMIT... SOLANA LOOP @EZ (P.M.) @ 6:30	21 4x YMCA LBS SOLANA LOOP (F.M.) @EZ (P.M.) @ 7:01	22 SOLANA LOOP (F.M.) @EZ (P.M.) @ 1:47	23 5x YMCA LBS SOLANA LOOP (F.M.) @EZ (P.M.) @ 1:48	24 FM SOLANA LOOP (P.M.) @EZ (P.M.) @ 1:48
25 REST DAY!	26 REST DAY!	27 12:14 12:14 12:14 12:14 AM RUN BACK FROM HOEHN... PM RUN TO HOEHN...	28 4x YMCA LBS REST DAY!	29 FIGURE 8 SOLANA LOOP (F.M.) @EZ (P.M.) @ 1:08	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



It's great weather...for ducks!
10.5mi AVE
233mi TOTAL
22 DAYS RUN

58 DAYS RUN - ~~MINIMUM~~ VOSD TRACK!
March 1996

18mi @ 5:54 AVE FOR MONTH

RUN HARD, BE STRONG, THINK BIG, YES I CAN!

Ritz Quacker in his element
58mi AVE 228mi
WEEKS 233mi RUN 22 DAYS
10.5mi AVE.

564 Sunday

Monday 914:18

Tuesday

Wednesday

Thursday

Friday

Saturday

FEBRUARY

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

APRIL

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

4x TRACK = 17mi.
3x LONG RUN = 28.3 AVE
3x LSD 28.3 AVE
6x YMCA LBS
1:56:00 to COVE 118 HR

23:36 WARM-UP @ 12:00 HR
2mi @ 12:19 160 HR
4:27 506 @ 12:22 HR 3x2mi
2mi @ 12:19 159 HR AVE 12:17
4:46 509 @ 12:22 HR 6:08mi AVE
2mi @ 12:19 164 HR 10:00 WARM-DOWN HR

YMCA LBS 11
8 | 1:01 | 8 | 1:01 | 10 | 1:08 | 18 | 2:09
SOLANA FIGURE
3/10 GR | 108 |
NIKES 205 5:58 AVE
3/10 GR | 115 |

5:58 (6) 5:58 (6)
1:50 (6) 4:57 (6)
2:58 AVE 10:1 AVE

3
REST DAY!
(REST)

4
REST DAY!
(REST)

5
12.5 HR. AVE. ROAD
TURN @ LT 2:00:17
3:00:34 TRACK BACK IN
30 | 4:02 | 30 | 4:02 | 102 | 8 | 4:04 | 38
LSD / ROAD @ 8:00 (L)
4:02:06 - 133 HR
2/10GR | 145 |

6
YMCA LBS 12
(EZ POB 8)
102 | 8 | 4:04 | 38 | 1:02 | 8 | 5:06 | 46
EZ HR. SOLANA FIGURE B LOOP
3/10GR | 153 |

7
YMCA LBS 13
(EZ POB 8)
32 | 4 | 5:38 | 50 | 120 | 10 | 6:48 | 60
HAIRCUT RUN @ EZ
3/10GR | 165 |

8
UCSD TRACK:
1:5:50 (6) 2:5:58 (6)
2:5:58 (6) 9:5:49 (6)

10
REST DAY!
(REST)

11
REST DAY!
(REST)

12
RSP / LAGOON / RSP
PERFECT DAY!
3:15 | 25 | 3:15 | 25 | 8 | 1:00 | 4:15 | 33
1:37:40 AT TURN
1:37:20 BACK...
3/10GR | 144 |

13
YMCA LBS 14
(EZ POB 8)
8 | 1:00 | 4:15 | 33 | 8 | 1:06 | 47 | 52
HR. RUN @ DEL MAR
3/36R | 38 |

14
YMCA LBS 15
(EZ POB 8)
8 | 1:06 | 47 | 52 | 8 | 1:06 | 49 | 6:23
LAGOON @ EZ
30:38 OVER 3:03 BACK
3/10GR | 160 |

15
UCSD TRACK:
1:5:49 3:5:44 163
2:5:45 4:5:45 163

17
REST DAY!
(REST)

18
TRAFFIC SCHOOL
LAGOON 9:00
REST DAY!
(REST)

19
WORK
EZ LAGOON POB
3:37 | 5 | 3:37 | 5 | 40 | 5 | 1:17 | 10
3/10GR | 170 |

20
EZ LAGOON POB
3:40 | 5 | 1:17 | 10 | 11 | 1:40 | 21 | 2:57 | 32
LAGOON / RSP @ BD
3/10GR | 186 |

21
OFF
EZ POB 5
32 | 4 | 3:29 | 25 | 36 | 5 | 30 | 4:05
EZ POB 5

22
EZ POB 5
3/10GR | 196 |

24
REST DAY!
(REST)

25
REST DAY!
(REST)

26
RSP / LAGOON
3:59 | 11 | 3:59 | 11 | 8 | 1:03 | 38 | 5:02 | 137
LAGOON
3/10GR | 232 |

27
YMCA LBS 16
(EZ POB 8)
137 | 13 | 51 | 6:39 | 3 | 1:25 | 54 | 7:04 | 11
LAGOON PLVS
LAGOON BACK 27:00
3/10GR | 245 |

28
LAGOON PLVS
LAGOON BACK 27:00
3/10GR | 245 |

29
TRACK:
3:2mi @ 5:58 AVE
1:12:19-160 3:12:19-164
2:12:19-159 4:12:19-164

31
Palm Sunday
(REST)

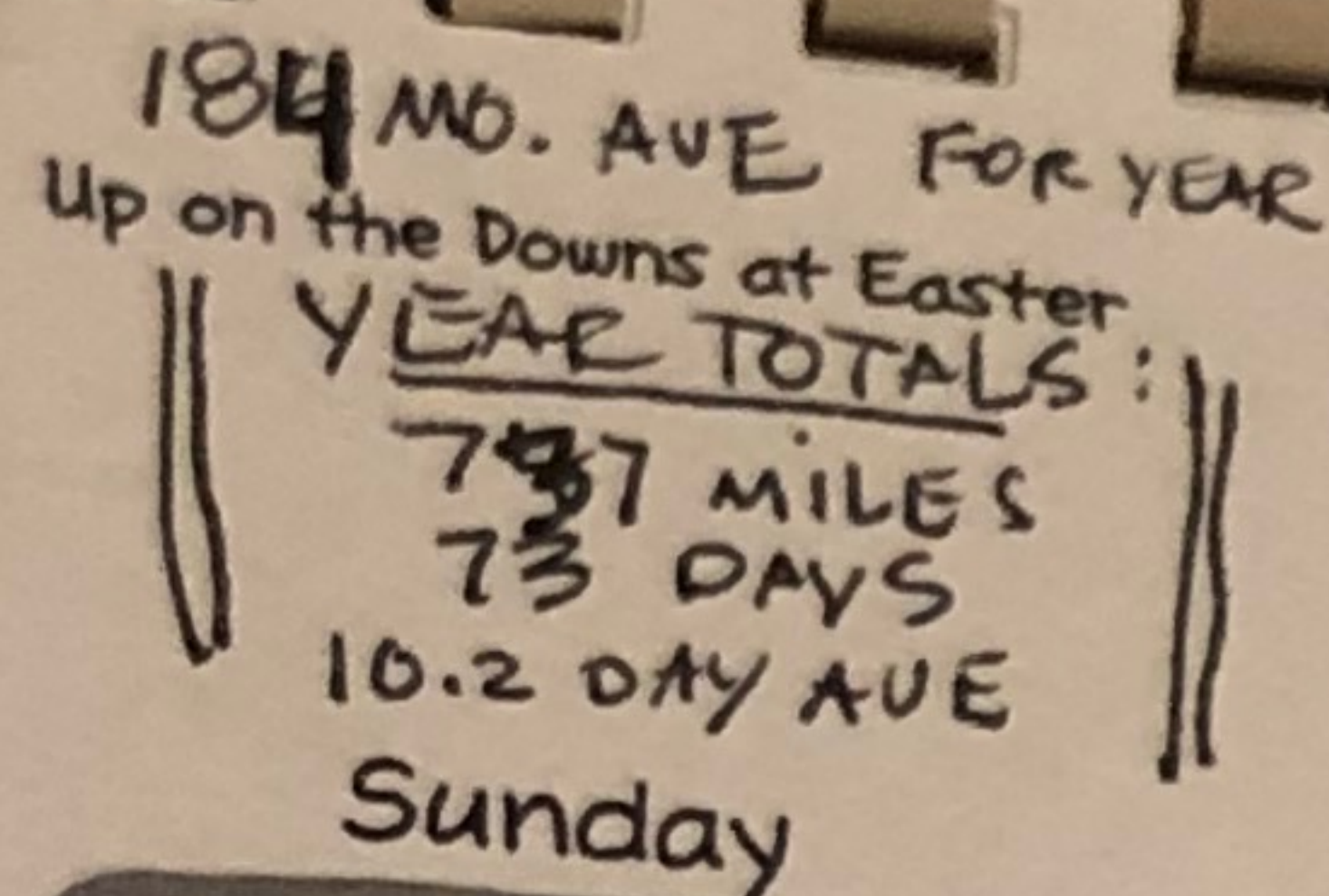
31
REST DAY!
(REST)

31
LAGOON
3/10GR | 232 |

31
LAGOON
3/10GR | 232 |

31
LAGOON
3/10GR | 232 |

31
LAGOON
3/10GR | 232 |



173
173 MI RUN 4MO.
15 DAYS RUN
12.2 DAY AVE.
5X YMCA/LBS
Monday

April 1996
173 MONTH

FD#136

GGP 860 EDDY ST.
1415 4TH-4374
FRIENDSHIP INN
2623 6526
\$65 NW

179
MONTH April Fool!
15 DAYS
11.6 AUG (5)

Gang Way for the Easter Egg Brigade! Not only has the Easter Bunny lost his wristwatch making him very late but, others have lost things too!! For instance, while helping Suzy and Emily search for Easter Eggs, Corky lost his cap. As he looks for it, he is surprised to find one of his socks where he would least expect it. Keep looking, and you'll also find a screwdriver, 2 buttons, handbag, jacket, shoe, fountain pen, wallet, coins, pencil, sunglasses, locket on a chain, camera, keys, safety pin, library book, paperclip, ring, hotcross bun, thimble, and Suzy and Emily... 25 things in all. Happy April!

MAY

S	M	T	W	Th	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	



Gussie and Martha treat themselves to a day in downtown Duckport

165 mi RUN
20 DAYS
8.25 mi DAY AVE.

May 1996

902 TOTAL YR.
4xLSD @ 1:35 AVE.
(12 mi AVE)

Beulah's Bonnets is THE exclusive shop in town!

912 MILES FOR YEAR
93 DAYS FOR YEAR
9.8 DAY AVE. MILES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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						
5	6	7	8	9	10	11
RESTDAY! Cinco de Mayo	RESTDAY!	6.1 AVE MPH 27.3 MAX 3:47 total time 23.1 TRIP 3:47 23 3:30 23 HOLY JIM TRAIL ALLEN, NICK TOUGH! 129 HR	YMCA LEGS LBS EZ HR DELMAR LOOP TC 7 120 DAY	2 EZ HR DELMAR LOOP TC 7 219	3 YMCA LEGS LBS RSF REZ LOOP JK TC 7 229	4 5:45 4:40 3:1 TRACKS/BEACH SWIM TC 7 234
12	13	14	15	16	17	18
RESTDAY! Mother's Day	3MO. OUT OF CAPETERIA TRAIL UCSD TRACK: 1 mi @ 5:37 2x 1/2 mi @ 2:47 2:58 4x 1/4 @ TC 7 NIKES 236 @ 1:24 1:32 1:47	RESTDAY!	5 YMCA LEGS LBS POLO FIELD - RSF 8:00 TC 7 262	13 1:43 33 9:23 RSF JK TRAILS/RESERVOIR TC 7 265 OAK BETTER	14 6 39 4:11 DELMAR POB + EZ TC 7 271	15 6 45 4:59 DELMAR POB + EZ AT 10:00
19	20	21	22	23	24	25
RESTDAY!	1 mi 5:28 1/2 2:42 UCSD TRACK: 1/4 1:15 1/4 1:20 1/4 1:12 1/4 1:15 NIKES 242 GOOD!	2:39 20 1:19 10 POLO FIELD	7 YMCA LEGS LBS POLO FIELD - RSF RESTDAY	13 1:43 33 4:22 RSF JK TRAILS/RESERVOIR TC 7	15 5:12 6 39 DELMAR POB + SAND 26:00 TC 7	16 45 6:02 DELMAR POB + SAND 26:00 TC 7
26	27	28	29	30	31	JUNE 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
RESTDAY!	6x 400 1 1:20 2 1:18 UCSD TRACK: 3 1:14 5 1:12 4 1:16 6 1:12 NIKES 245 DE LAVE.	START TAPER 7 1:00 RESTDAY!	56 7 14 1:56 EZ POB (7mi) BEACH TC 7	14 1:56 RESTDAY!	14 1:56 RESTDAY!	



The grassy slope of Windy Hill, where many adventures begin

SOMETIMES ALL THE LIGHT IS SHINING ON ME...
SOMETIMES I CAN BARELY SEE, WHAT A LONG STRANGE TRIP IT HAS BEEN!

June 1996

ECONO LODGE
COMFORT INN

FONTANA

NOTELS - Ollie, Corky, Jack, Suzy, Emily... and Sally, Hugo, Rory, Chuckie... and Robert!

Sunday

1065

Monday

Tuesday

OLD GUY RUNNER 10

Wednesday

Thursday

Friday

Saturday

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

194
16:56 @ 3mi
34:41 @ 6mi
58:19 @ 10mi
1:17:18
5:54

195
16:48 @ 3mi
34:28 @ 6mi
58:12 @ 10mi
1:16:45
5:52

16:57 @ 3mi
34:47 @ 6mi
58:50 @ 10mi
1:18:10
5:58

2,100' DROP IN ELEVATION
LODY, LODY, LODY!!

6:30 LAST BUS LEAVES
7:45 1/2 START
HOT!! 5MI FINISHED
15 1:35 15 1:35
FONTANA 1/2 26.3
1:18:10 1st 45-49 209A
NIKE'S 260

IT NEVER RAINS IN THE WOODS

REST DAY!

REST DAY!

REST DAY!
HAIRCUT

YMCA LBS 11
LIFECYCLE 15:00

YMCA LBS 12
LIFECYCLE 15:00

EZ POB
TRACKS/BEACH

EZ POB
TRACKS/BEACH

YMCA LBS 13

10

MINIMUM TRACK 12

12

4 MO. out of CAFETERIA

13

14

REST DAY!

REST DAY!

SAH JACU TO HIKE
0:53 DEVILS SUDE
20 MIN MILE PACE

REST DAY!

REST DAY!

TRACKS/BEACH

TRACKS/BEACH

Children's Day

STARTED BEARD!!!

16

YAVAPAI

17

18

WILLIAMS

20

21

22

REST!

REST!

GRAND CANYON HIKE
KATRA 50TH PHANTOM RANCH
WOW WHAT A DAY!!

BETHAM TRAIL RUN PM
SUPER! 7:00-8:20

WILLIAMS SKI AREA
NICE!!!

GRAND CANYON VILLAGE
BRIGHT ANGLE TRAIL

RED ROCK STATE PARK
DEVILS BRIDGE

Father's Day

6.9 DOWN - 4700'
9.8 UP + 4300' 16.7 total
10.5 PHANTOM RANCH

BACK UP EXHIBIT ANGLE TRAIL
NO RIM -

NORTH RIM

50 RIM
Summer Solstice

VILLAGE LOOP 3.0 DOWN
UP

SEDONA

AM 8 1:20 8 1:20

PM 4 2:00 12 2:30

3:20

4:46

5:59

6:01

7:16

8:16

BEAT MATH CATHEDRAL
REST DAY

9:30 DENTIST
REST!
St. Jean
Baptiste Day

EZ POB/BEACH

LAGOON

BEACH @ EZ HR

LAGOON to POLO FIELD

EZ HR
BEACH/TRACKS



Annual Gathering of Pond and River Folk
on the River Wanda Meander

CORONADO INDEPENDENCE DAY 5K
Age Group Winners
MEN/17-under: E. Bauer 1:04:59 18:24;
B. Gomez (Corvallis, Ore.) 50:38 25:29;
Mullane 49:59 30:34; J. Gutierrez (Pacifica)
49:31 35:39; T. Hunt 53:32 40:44; R.
Turner (Sycamore, Ill.) 54:27 45:49;
Beard 57:07 50:54; J. Montgomery 58:11
55:59; H. Dieben 1:02:43 60:44; B. Rice
1:06:44 65:69; P. Devine (Rancho Palos
Verdes) 1:05:23 70-over; J. O'Neil 1:06:04.
WOMEN/17-under: L. Rogers 1:06:58
18-24: E. Skane 1:00:25 25-29: M. Fonseca
(Tijuana) 1:03:07 30-34: N. Reidel 55:39
35-39: M. Burn-Prime 55:52 40-44: M.
Jones (Rancho Santa Margarita) 59:27
45-49: B. Rosenberg 1:07:53 50-54: M.
Stevens 1:09:28 55-59: I. Dyson (Princeton,
N.J.) 1:15:21 60-64: S. Byram 1:32:16
65-69: R. Ennis (Santa Clara) 1:49:23 70-
over: M. Storey (Riverside) 1:27:01.

1st RACE
50-54
Monday

209 MILES
FOR MONTH -
20 DAYS RUN -
10.45 AVE.

126
July 1996

CORONADO 15K -7.4.96-

- 1. 6:04 - (165)
- 2. 6:04 - (168)
- 3. 6:16 - (165)
- 4. 6:10 - (167)
- 5. 6:30 - (169)
- 6. 6:12 - (172) (37:18 Jack Quacker to the finish!)
- 7. 6:20 - (172)
- 8. 6:17 - (162)
- 9. 6:10 - (169)
- 13. 2:05 = 58:11 (176)

1271 TOTAL YEAR MILES
130 DAYS RUN
9.7 DAY AVE.
Wednesday 209/200

166 HEART RATE AVE!

Friday 6:15 AVE Saturday

1	2	3	4	5	6
26 10:00 26 10:00 MT. SAN JACINTO HIKE @ JOEL... SMOKEY!! ST1 54 Day	10:00 26 RESTDAY!	10:00 26 RESTDAY!	HOT/HUMID 1,000 RUNNERS 1:30 13 11:30 39 CORONADO 15K 33RD O/A 1st 50-54 (58:11) ASL... ST1 61 11:02:26	12:12 44 EZ BEACH LOW TIDE LEGS NOT TOO BAD!! ST1 66	13:03 50 EZ BEACH ST1 72
7	8	9	10	11	12
1 REST!!	1 REST!!	20 2:40 20 2:40 R.S.F. @ LSD 8:00 LEGS HEAVY!!! ST1 92	5:45 25 3:25 BEACH: 16:00+ SOFT SAND ST1 97	1:15 10 3:35 4:40 POLO FIELD RSF @ 7:30 PACE ST1 107 BETTER!	5:45 40 5:25 BEACH SAND 16:36 ST1 112
14	15	16	17	18	19
1 REST!!	1 REST!!	2 R.S.F. @ LSD 8:00 1 1/2 @ SUB 7 @ GENE ?? ST1 140	6 WEEKS FROM LAST HAIRCUT 25 3 2:18 25 HAIRCUT RUN ST1 143	1:10 10 3:35 4:28 POLO FIELD (1:09:30) RSF @ 7:00 ST1 153	35 4:28 1 REST!! SORENESS RIGHT QUAD
21	22	23	24	25	26
1 REST!!	1:03 8 1:03 8 LAGOON @ EZ (8:00) ST1 161	1:00 8 1:16 203 LAGOON @ STEADY (7:30) ST1 169 swim!	1:04 8 24 3:07 LAGOON @ EZ (8:00) ST1 177	1:09 8 32 4:16 LAGOON @ VERY EZ @ BD ST1 185	1:00 8 40 5:16 LAGOON @ STEADY RIGHT LEG MUCH BETTER! ST1 193
28	29	30	31		
1 REST!!	1 REST!!	2:00 16 2:00 16 RSF @ LSD 07:30 GOLF COURSE LOOP ST1 219 STEADY GOOD	1:00 8 3:00 24 LAGOON @ 7:30 ST1 227	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	



Summer Jazz Fest at Dooley's Diner in the Murky Marsh
12 mi @ 5:46
16 x 400 @ :70
10 x LAGOON Hills
Sunday

August 1996

1470

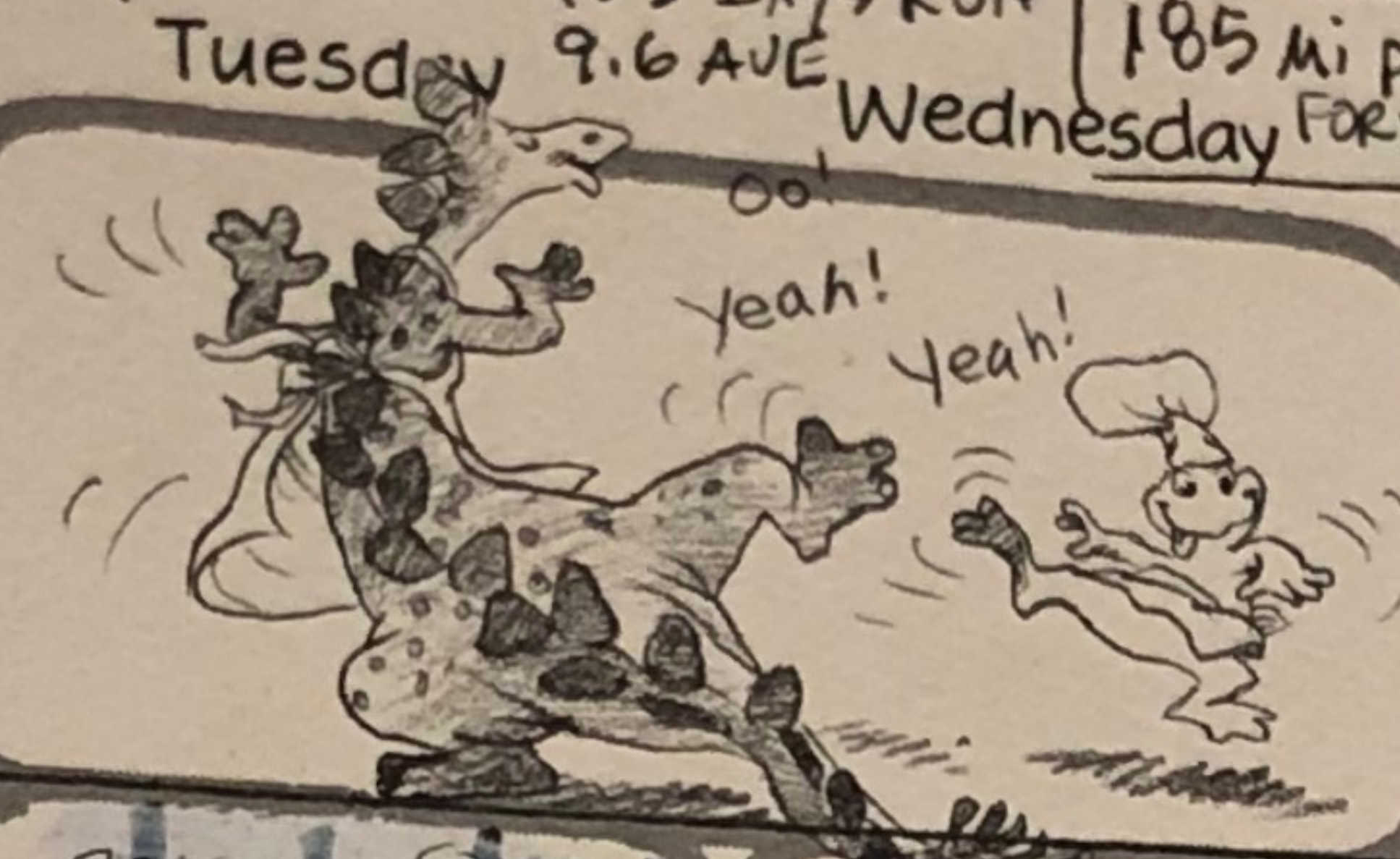
Rory Tiger on the drums...er, barrel, D.J. Ducken on the gut-bucket and Jack Quacker on the washboard

JULY

S	M	T	W	Th	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	Th	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!

REST DAY!
DEVILS SLIDE: 35:50
SAN JACINTO: 16
up 2:00:45
(10 DOWN 1:41:56)
ST 1 266 FELL!

EZ LAGOON
ST 1 214 LBS

LAGOON @ BD
@ UTAH EZ
ST 1 235

LAGOON PLUS
2X I-5 HILL SECTION
ST 1 245 LBS

UCSD TRACK
MILE REPEATS
1:52 2:53
(1/2 mi. 3:46)
ST 1 250 Boys

REST DAY!

REST DAY!

REST DAY!
OUT 1:43:20
BACK GOLF COURSE
ROUTE... TOO HOT!!
ST 1 316 80+

EZ POB
ST 1 357 LBS

I-5 HILL 9:19
EL CAMINO 8:17:52
LAGOON @ SUB 7:30
ST 1 327 GOOD EFFORT!!

6 mi @ EZ POB
(ROAD)
ST 1 342 LBS

DEL MAR / SO CAL
LOOP (ROAD)
ST 1 350

REST!

REST!

UCSD TRACK
1:5:46 3:5:47
2:5:46 4:5:39
5:5:27 (5:41 AVE.)
ST 1 352 FLYING!!
AS 33

EZ POB
ST 1 357 LBS

EZ LAGOON
EL CAMINO 8:24
HILL:
ST 2 10

EZ POB
ST 2 15 LBS

LAGOON HILLS
I-5 9:15
EL CAMINO 8:10/7:31
2:5:59 LAGOON BACK
ST 2 26

REST!

REST!

UCSD TRACK
16 x 400 @ SUB 1:20
(200 @ 47)
1:55 HR AVE
ST 2 30 78 AVE
AS 39

HAIR CUT RUN
EZ POB
ST 2 35 LBS

EZ LAGOON
EL CAMINO N.T.
HILL
ST 2 45

BEGIN TAPER FOR
EZ POB
NEXT WEEKEND
ST 2 50

LAGOON OUT 27:25
ELC. HILL 7:45 (95:19)
ELC. HILL ON 7:27
LAGOON BACK 27:14
1:10:10
ST 2 60 MORE BETTER!!



September 1996

Back to school in new shoes!
1683
1680 TOTAL MI
169 DAYS
200 MI
12.5
160 DAYS
Monday

18.7 DAYS
Ave. 18.7
Wednesday
Thursday
Friday
Saturday

1	2	3	4	5	6	7
REST!	REST!	UCSD TRACK AREA 2x400 @ 1:17 @ EZ 2:18 ST2 65 2x400 @ 7:17 AM	REST!	ELCAMINO OUT 39:50 BACK 39:24 ST2 75	REST!	REST!
27 3:45 27 3:45	27 3:45	22 12:00 49 15:45	45 5 54 16:30	54 16:30	8 58 62 17:28	9 10 71 18:38
20. PIOGA PASS RUN: 4th 9A 1st 50-59 145:00 OVER 50 (COURSE RECORD) ST2 27 145:00 AS 64 BACK DOWN	REST!	MT. WHITNEY HIKE 7:30 PM 7:30 UP ST2 99	LONG PINE @ EZ ST2 104	REST!	STEADY LAGOON @ 7:17 PACE	EZ LAGOON @ 59:32
15	16	26 3:38 26 3:38	8 1:02 8 4:40	1:18 10 44 5:58	48 6 50 6:46	12 1:31 62 8:33
REST!	REST!	RSF RESO. Loop: H201 1:00:24 H202 50:08 H201 47:24 H202 59:30 ST2 147	EZ LAGOON ST2 155 LBS	ELCAMINO HILL 18:28 OUT 29:55 BACK 29:44 LAGOON ST2 165	EZ LAGOON ST2 171 LBS	2MI 11:54 X 1:22 1MI 5:52 X 1:24 1/2 2:47 X 1:26 1/4 2:50 X 1:28 ST2 175 AS 170
AUTUMN Equinox 22	REST!	10:00 22 10:00 22	1:05 11:05 8 30	1:18 10 40 12:23	12:23	12 12 52 13:50
REST!	REST!	MT. WHITNEY UP 5:30 DOWN 4:20 ST2 197	LONG PINE @ EZ 5am-6am RUN ON 395 ??? ST2 205	ELCAMINO HILL OUT 29:44 BACK 29:46 ST2 215	REST!	UCSD TRACK 2MI 11:54 X 1:22 1MI 5:52 X 1:24 1/2 2:47 X 1:26 1/4 2:50 X 1:28 ST2 222 AS 220
29	30	Illustration of feet running		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
REST!	REST!					



YEAR TOTALS
1842 MILES
187 DAYS
9.8 DAY AVE
On the edge of Marmot Meadows

October 1996

126 HR. RECOVERY / LSD
152 HR. STRENGTH
Singing the leaves off the trees
162 MILES
18 DAYS RUN
9.0 DAY AVE
TOWNE HOUSE MOTEL
350 MILES
ON ST 2, ST 3
162/188

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SEPTEMBER

S	M	T	W	T	H	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	H	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

1

31:05-OUT							
30:40-BACK							
1:02	8	1:02	8				
EZ8 LAGOON							
ST3	8						

2

REST!							

3

BOBCATS IN LAGOON

1:01	8	2:03	16				
EZ8 LAGOON							
ST3	16						

4

8:30--THERAPY

REST!							

5

EZ8 LAGOON							
ST3	24						

6

REST!							

7

8:30--THERAPY

REST!							

8

HAIRCUT - 8:00
WORK @ 12:00

DEL MAR HAIRCUT RUN							
ST3	29						

9

EZ POB							
ST3	34						

10

9:00.. XRAY
9:50.. DR GELB
LAST DAY OF WORK

REST!							

11

REST!							

12

MULE RUN
50K

4:42:01 - 5TH O/A							
1:51-50-59							

13

S.J. BIRTHDAY
8 W.O. EATING PROGRAM

6	1:00	6	1:00				
EZ @ LAKE TAHOE							
ML 10K > 1:00:20							
Sing those leaves right off the trees!							
ST3	40						

14

Canadian Thanksgiving

4	1:40	10	1:40				
EZ FISH SPRINGS							
ST3	44						

15

3:29 UP
2:11 DOWN

5:40	9	19	7:20				
MILICE @ MARYLOD							
ON MT. TALLAC							
ST3	53						

16

FISH SPRINGS							
ST3	59						

17

BACK TO SD (HILL DRIVE)

REST!							

18

1ST DAY BACK TO WORK

EZ POB							
ST3	64						

19

28:55 LOOT
9:47 HUB
2:29 LBACK
35:39 BAK

10	1:14	40	10:01				
EL CAMINO 10							
OUT 35:43							
ST3	68						

20

REST!							

21

DR. GELB 9:00

REST!							
BEGIN SAVATS (20)							

22

12X 400 @ 79 AVE

10	1:30	10	1:30				
UCSD TRACK:							
(1) 1:15 (2) 1:15 (3) 1:16 (4) 1:16							
(5) 1:15 (6) 1:14 (7) 1:14 (8) 1:14							
ST3	79						

23

EZ LAGOON							
ST3	87						

24

EL CAMINO							
ST3	97						

25

REST!							

26

39:50 TOP EL CAMINO

12	1:33	40	5:23				
POLY FIELD							
LAGOON OUT 39:50							
ST3	110						

27

Daylight Saving Time Ends

REST!							

28

REST!							

29

OVER 28:55
BACK 27:30

LAGOON @ STEADY							
ST3	8						

30

LAGOON @ EZ							
ST3	16						

31

REST!							
Halloween							





Game Day - the Duckport "Paddlers"
vs. the Groundhog Bottoms "Diggers"

L = SQUATS
204/19
Sunday

YEAR TOTALS! THRU OCT.
1542 MILES RUN
187 DAYS RUN
9.8 DAY AVE

November 1996

WEEKS
204 MI MONTH (19 DAYS @ 9.7)
2046 TY 186 YAMO
2080 9.80A

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

OCTOBER

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

DECEMBER

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



1

93	38:43	6th
192	6:14	PACE
34:55	17th	WILL
10	1:20	10
1:20	10	1:20
JULIAN	10K	8AM
39:08	5th	9A
190-59		
AST 1	20	
AST 1	90	

3

.	.	.	.	.
[REST!]				
.	.	.	.	.

4

.	.	.	.	.
[REST!]				
.	.	.	.	.

5

16	2:08	16	2:08
LSD RANCHO			
AST 1	36	Day	

6

8	1:00	24	3:08
LAGOON			
OUT	30:36	BACK	23:45
AST 1	44	LBS	

7

10	1:16	34	4:24
EL CAMINO HELL			
OUT	38:55	BACK	36:36
AST 1	54		

8

8	1:04	42	5:28
LAGOON			
0	32:06	B	31:45
AST 1	62	LBS	

2

86	0:87	0:88
89	0:88	0:84
86	0:96	
UCSD TRACK		
8x400@	0:86:25	
AST 1	66	
AST 1	94	

10

.	.	.	.	.
[REST!]				
.	.	.	.	.

11

.	.	.	.	.
[REST!]				
.	.	.	.	.

12

3:12	24	24	3:12
LSD RANCHO			
AST 1	90		

13

1:04	8	32	4:16
LAGOON			
0	32:12	B	31:38
AST 1	98	LBS	

14

1:13	10	42	5:29
EL CAMINO HELL			
OUT	36:51	BACK	35:44
AST 1	108	FELL ON TRACK	

15

1:00	8	50	6:29
LAGOON			
0	29:49	B	30:11
AST 1	116	LBS	

16

10	1:31	60	8:00
UCSD TRACK			
12x400@	81:57		
AST 1	100	1400	
AST 1	120	REST	

17

.	.	.	.	.
[REST!]				
.	.	.	.	.

18

.	.	.	.	.
[REST!]				
.	.	.	.	.

19

3:12	24	24	3:12
LSD RANCHO			
116AVE, HEART RATE			
AST 1	144		

20

1:10	8	32	4:12
LAGOON			
0	30:35	B	28:58
AST 1	152	LBS	

21

1:12	10	42	5:124
EL CAMINO HELL			
OUT	36:37	BACK	35:28
AST 1	162	140 HE AVE.	

22

8	1:01	50	6:25
EZ HE LAGOON			
(WET)			
AST 1	170	LBS	

23

10	1:30	60	7:55
UCSD TRACK			
12x400@	1:79	(60)	
AST 1	174	400	
AST 1	126	REST	

24

.	.	.	.	.
[REST!]				
.	.	.	.	.

25

.	.	.	.	.
[REST!]				
.	.	.	.	.

26

1:00	8	1:00	8
LAGOON @ 7:30			
AST 1	182		

27

.	.	.	.
[REST!]			
.	.	.	.

28

8	1:00	16	2:00
LAGOON @ 7:30			
AST 1	190	Swimming	

29

.	.	.	.
[REST!]			
.	.	.	.

30

8	1:00	24	3:00
LAGOON @ 7:30			
AST 1	198		

9.9 MILES
DAY AVE
RUN

Special Delivery for the Holidays

126 MILES
225 DAYS RUN
2200 MILES
9.7 DAY AVE
12045 RUN
10.5 DAY AVE
Sunday 183 MO AVE.
42 WE AVE

203 DAYS - 10.83 AVE DAY
2200 GOAL FOR YEAR!
183 MO AVE.

December 1996

RIDGECREST 126/12

2046 2162 YR

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	2	3	4	5	6	7	8	9	10	11	12
[REST!]	[REST!]	8 1:03 8 1:03 O 32:06 B 31:14 LAGOON AS 1 206	HAIRCUT	FIU	8:30 FIU	FLU	8 1:03 16 2:06 O 31:25 B 31:18 LAGOON AS 1 214	8 1:03 16 2:06 [REST!]	8 1:03 16 2:06 [REST!]	8 1:03 16 2:06 [REST!]	8 1:03 16 2:06 [REST!]
FW 8	CALL DR. HUMBER BETTER 9	ML STAYS 10	Sp a Special Person 11	2	10 MO. EATING PROBLEM 13	2082 14	8 1:03 16 2:06 BEACH @ EZ	8 1:03 16 2:06 LAGOON	8 1:03 16 2:06 LAGOON	8 1:03 16 2:06 LAGOON	8 1:03 16 2:06 LAGOON
JOELS B-DAY 15	16	17	18	19	20	21	22	23	24	25	26
[REST]	[REST]	16 1:59 16 1:59 LSD @ R.S.F. 2 HRS AS 1 250	LAGOON @ EZ	10 1:14 34 4:17 RSF/POLO FIELD: O 36:54 B 37:34 AS 1 268	8 1:03 42 5:20 LAGOON @ EZ	10 1:30 52 6:50 UCSD TRACK: 12:00 @ 1:32 (400 REPS) AS 1 280	[REST]	[REST]	[REST]	[REST]	[REST]
22	* CAR HIT WHILE PARKED ON ACACIA (PM) 23	24	25	26	27	28	29	30	31		
[REST]	[REST]	26 3:37 26 3:37 RSF/LSD (2X 20 REPS) LAGOON LAST GUY @ 4:45:56 AS 1 300	LAGOON	10 1:08 38 5:47 RSF/POLO FIELD: O 34:07 B 34:08 AS 1 318	8 1:03 38 5:47 REST! 2172	8 1:03 38 5:47 SICK	[REST]	5K DOWNTOWN FIU 30	FW 31		
REST FIU 29	5K DOWNTOWN FIU 30	FW 31	REST								



NOVEMBER

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

JANUARY

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

154 MILES 4 MO.