

THE FAMILY STICKER CALENDAR

SEVENTEEN MONTHS

197

Hallmark



JANUARY 1997

110
2162
1981
181

196 TOTALS: 2162 MILES RUN / 180 MILES MONTH AVE
18 DAY MONTH AVE RUN / 218 DAYS RUN / 9.91 DAY MILES AVE.
24 TRACK WORKOUTS
195 TOTALS: 1988 MILES RUN / 165 MILES MONTH AVE
16.75 DAY MONTH AVE RUN / 201 DAYS RUN / 9.88 DAY MILES AVE
15 TRACK WORKOUTS

SUN

MON

TUES

WED

THURS

FRI

SAT

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

GOALS - '97

- 2,000 MILES RUN
- 3X LBS EVERY WEEK
- POSSIBLE RUNS
- ① CATALINA MARATHON...
- ② WILD WEST MARATHON...
- ③ LAKE TAHOE MARATHON...
- ④ CAL. INTERNATIONAL MARATHON... SUB 2:50
- ⑤ FOVHANA 1/2 MARATHON
- ⑥ TIUGA PASS RUN
- ⑦ RIDGECREST 50K
- ⑧ CUYAMACA 50K
- ⑨ HOLCOMB VALLEY 50K

1°

:30 4 :30 4

LAGOON @ 7:30
29:48

SICK AGAIN —
TAKING ERYTHROMYCIN
UNTIL BETTER!
NO RUNNING FOR
5 DAYS...

AS1

NEW YEAR'S DAY

2

. 4 :30

[HAIRCUT]

[REST!]

3

. 4 :30

[REST!]

4

. 4 :30

[REST!]

5

6

7

2ND RUN IN 12
DAYS... 2ND OUT
WITH FLW

8°

9

10

11

.

.

10 :14 10 :19 136 LBS

6 :47 16 :20 138 LBS

8 :10 24 :30 139 LBS

6 :30 :47 35 139 LBS

10 :40 :33 5:10 139 LBS

[REST!]

[REST!]

POLO FIELD:
(1:19:22)
OVER 40:22
BACK 38:59

LAGOON:
(1:47:13)
OUT 23:55
BACK 23:17

LAGOON:
(1:04:04)
OUT 33:01
BACK 31:02

LAGOON:
(46:43)
OUT 23:20
BACK 23:23

POLO FIELD:
(1:12:45)
OUT 36:19
BACK 36:25

.

. LBS

AS2 10 .

AS2 16 LBS

AS2 24 .

AS2 30 LBS

AS2 40 .

EPIPHANY

10

6

8

6

10

12

13

14

15°

16

17

18

.

.

1:59 15 1:59 15 AR 137.5 LBS

46 6 2:45 21 AR 140.5 LBS

:59 8 29 34 AR 139 LBS

:47 6 35 4:28 AR 138 LBS

10 1:14 45 5:42 AR 137 LBS

[REST!]

[REST!]

3:30 TRI-CITY OTHO.
DR. HELA GAE
SAN DIEGUITO V2
MARATHON COURSE
PLUS MILE 1 & BACK:
① 7:34 ② 8:03 ③ 8:09
④ 8:14 ⑤ 7:55 ⑥ 7:44
⑦ 7:53 ⑧ 8:13 ⑨ 7:43
⑩ 8:14 (1:20:14) ⑪ 7:08
⑫ 7:45 ⑬ 8:00 ⑭ 7:44
⑮ 8:14 (1:59:12) (7:57)
AVE.

[RAIN ALL AFTER
NOON...]
LAGOON:
OUT 23:04
BACK 22:42
(45:46)

DELMAR
EZ HR ROAD:
30:20 POB
7:32 FORM MILE
(59:07)

ENCINITAS
(101 ROAD)
PUCAR
BRADLEY/ALLEN

RANCHO SANTA FE
FIELD:
OUT 36:57
BACK 37:27
(1:14:24)

LBS

AS1 345

AS1 351 LBS

AS2 56

Yesterday is history.
Tomorrow is a mystery, today is a gift. That's
why we call it the present.

12 [REST!] tomorrow is a mystery, today is a gift. That's why it's called the present.	13 [REST!] Yesterday is history, today is a gift. That's why it's called the present.	14 1:59 15 1:59 15 AR 137.5 LBS 3:30 TRI-CITY OCEANO. DR. HELAGAR SAN DIEGUITO V. 2 MARATHON COURSE PLUS MILE 1 & BACK: ① 7:34 ② 8:03 ③ 8:09 ④ 8:14 ⑤ 7:55 ⑥ 7:44 ⑦ 7:53 ⑧ 8:43 ⑨ 7:43 ⑩ 8:41 ⑪ 2:01 ⑫ 7:08 ⑬ 7:45 ⑭ 8:00 ⑮ 7:44 ⑯ 8:14 ⑰ 1:59:12 (7:57) AVE. LBS AS1 337	15 46 6 2:45 21 AR 140.5 LBS [RAIN ALL AFTER NOON....] LAGOON: OUT 23:04 BACK 22:42 (45:46) LBS AS2 46	16 59 8 29 3:44 AR 139 LBS DELMAR EZ HR ROAD: 30:20 POB 7:32 FORM MILE (59:07) LBS AS1 345	17 47 6 35 4:28 AR 138 LBS ENCINITAS (101 ROAD) PUCAR BRADLEY/ALLEN LBS AS1 351	18 10 1:14 45 5:42 AR 137 LBS RANCHO SANTA FE FIELD: OUT 36:57 BACK 37:27 (1:14:24) LBS AS2 56
19 [REST!]	20 24 3:16 24 3:16 AR 138.5 LBS LSD ① MISSION VALLEY TO SOLANA BEACH: (3:15:48) 8 TO FRIARS ROAD TO SPA WORLD DRIVE - MISSION BAY 40 MT. SERRADA ROAD OVER TOP WA TAPRI TO LJS SHORES BEACH TO SOLANA 2/3 GR 156 MARTIN LUTHER KING JR.'S BIRTHDAY OBSERVED (USA)	21 3:16 24 24 3:16 [REST!] LBS AS1 357	22 48 6 30 4:44 AR 139.5 LBS EZ POB 30:08 POB 7:11 FORM MILE (47:58) LBS AS1 357	23 48 6 36 4:40 [HAIRCUT] EZ POB 7:10 FORM MILE (47:35) 2/3 GR 162	24 32 4 40 5:12 139.5 8:00 AM HAIRCUT RUN 2X SOLANA CIRCLE OLD RIVES	25 120 10 50 6:32 UCSD TRACK: 1mi @ 5:50 160 HR 1/2mi @ 2:46 164 HR 1/4mi @ 2:47 166 HR 1/4mi @ 1:16 163 HR 1/4mi @ 1:18 167 HR 1/4mi @ 1:18 167 HR 1/4mi @ 1:19 166 HR AS 138 129 AVE. HEART RATE 4 WOODOUT
26 [REST!] LBS TC8 5	27 38 5 38 5 MONDAY MOVIN SHOES NITE RUH @ RICK/ETC NEAT!	28 2:05 16 21 2:44 139.5 LBS SAN DIEGUITO HALF ② PLUS SAN DIEGUITO ROADRUN ① 7:22 ② 7:33 ③ 7:28 ④ 7:46 ⑤ 8:30 ⑥ 8:00 ⑦ 7:56 ⑧ 8:12 ⑨ 7:54 ⑩ 7:54 ⑪ 8:01 ⑫ 7:54 ⑬ 8:06 ⑭ 7:43 ⑮ 7:47 AVE NOSHIRT! NO RIBBON! (7:47) AVE LBS TC8 21	29 50 6 27 3:22 139.5 (VERY) EZ POB + (RIGHT) SHOULDER SORE LBS TC8 27	30 112 8 35 4:34 139 20:54 WARM-UP 91 HR ① 1:25 - 155 SOLANA CIRCLE: HILL REPEATS ② 1:26 - 158 ③ 1:35 - 157 ④ 1:26 - 157 ⑤ 1:25 - 160 ⑥ 1:24 - 154 ⑦ 1:16 - 166 ⑧ 1:23 - 165 ⑨ 1:21 - 117 ⑩ 1:25 - 160 ⑪ 1:24 - 154 ⑫ 1:12:22 LBS TC8 35	31 48 6 41 5:22 139 LBS LAGOON 8 OVER 24:10 BACK 23:22 MUD & BUGS!! RIGHT CALF TIGHT... LBS AS2 66	180 MILES (4MO) 8.57 MI. DAY AVE. 21 DAYS RUN 10X LBS 2/23

FEBRUARY 1997

SUN

MON

TUES

WED

THURS

FRI

SAT

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

OPTIMAL HEART RATE TRAINING ZONES

(100%) Your Maximum Heart Rate	General Fitness (65-75%) Easy, Recovery & Long Distance Runs	Strength, Stamina (83-87%) Cruise Intervals and Tempo Runs	Speed, Efficiency (90-95%) Long Intervals, Challenging Shorter Intervals
210	136-158	174-183	189-200
200	130-150	166-173	180-190
190	123-143	157-165	171-181
180	117-135	149-156	162-172
170	110-128	142-147	153-162
160	104-120	133-139	144-152
150	102-113	125-131	135-143
140	101-107	118-124	130-135

LONG: 60% 110-140
EZ: 60% 110-130
STEADY: 70% 130-150
INTERVAL: 90% 160-170

1

[RESTDAY!]

2

3

4

5

6

7

8

[RESTDAY!]

* SENT IN ENTRIES
TO SAN DIEGO

[RESTDAY!]

AHO CATALINA
MARATHON...

LLSD

SOLANA BEACH
TO CAJONIA COVE
AND BACK...
DOWN 1:40:06
BACK 1:42:07
(ROAD RUN)

POB@EZ

LAGOON:

OUT 29:26
BACK 30:09

POB@EZ

VLSD TRACK:

MILE REPEATS:

1. 5:52 (HR) 159
2. 5:57 (HR) 162
3. 5:56 (HR) 159
4. (800 REST) 4:30

AIR STREAK 143 5:55
AIR STREAK 77 160 HR
AVERAGES

GROUNDHOG DAY

2/3GR 181 128 AVE
HEART RATE

3:22:13
TOTAL

* NO LBS UNTIL
AFTER SAN DIEGO

AIR
STRUCTURE 2

180 CONT TC 8 41

2

9

10

11

12

13

14

15

LECUDIA/
ENCINITAS
@ BOB (VERY
EZ)

POB@EZ

POB@EZ

(REST!)

(REST!)

TAPER WEEK

9

10

11

12

13

14

15

TAPER WEEK
FOR SF + EZ

- 1. 5:39-165
- 2. 6:18-167
- 3. 6:33-164
- 18:31-6:10 (165 HR AVE)
- 4. 6:28-159
- 5. 6:29-154
- 6. 6:11-161
- 7. 6:27-155
- 8. 6:33-156
- 9. 6:18-149
- 10. 7:04-149 (1:04:05 10 MILES SPLIT)
- 46:37 (MIDDLE 7 MI) 6:39- (155 HR RATE)
- 11. 5:42-153
- 12. 6:20-161
- 13. 6:34-161
- 19:35-6:11 (165 HR AVE)
- 1-:41
- 1:23:24 (160 HR AVE)

AIR STREAK
TCB 67

PRESIDENTS' DAY
(USA)

23

24

25

26

27

28

(REST!)

(REST!)

*
COSTA MESA
BOUGHT AB WORKS
\$129.00

LBS
(ambulant)

LSO (3) LAJOLLA COVE
AND BACK

27 3:39 27 3:39 138.5 LBS

(3:39:26)
(8:07 PACE)

MT. SOLEDAD:
DOWN 1:48:52
BACK 1:47:16
+ EAR 3:16
131 AVE. HEART RATE

TCB 110

3

LAGOON:
OUT 32:09
BACK 31:28
1:03:38

ASZ 100

EL CAMINO REAL
RIVERVIEW
(W) BD@VEZ
O —
B —

ASZ 110

EZ POB

TCB 115

170 MILES TOTAL
17 DAYS RUN
10.2 DAY AVE.

17/20

DOWN 1:40:06
BACK 1:42:07
(ROAD RUN)

2/36R 181 128 AVE
HEART RATE

3:22:13
TOTAL

* NO LBS UNTIL
AFTER SAN DIEGO

LAGOON:
OUT 29:26
BACK 30:09

AIR STREAK
TCB 74

PoB@EZ

VLSD TRACK:
Mile Repeats:
1. 5:52 (HR) 159
2. 5:57 (HR) 162
3. 5:56 (HR) 159
4. 5:55 (HR) 159
5. 5:55 (HR) 159
6. 5:55 (HR) 159
7. 5:55 (HR) 159
8. 5:55 (HR) 159
9. 5:55 (HR) 159
10. 5:55 (HR) 159
11. 5:55 (HR) 159
12. 5:55 (HR) 159
13. 5:55 (HR) 159
14. 5:55 (HR) 159
15. 5:55 (HR) 159
16. 5:55 (HR) 159
17. 5:55 (HR) 159
18. 5:55 (HR) 159
19. 5:55 (HR) 159
20. 5:55 (HR) 159
21. 5:55 (HR) 159
22. 5:55 (HR) 159
23. 5:55 (HR) 159
24. 5:55 (HR) 159
25. 5:55 (HR) 159
26. 5:55 (HR) 159
27. 5:55 (HR) 159
28. 5:55 (HR) 159
29. 5:55 (HR) 159
30. 5:55 (HR) 159
31. 5:55 (HR) 159
32. 5:55 (HR) 159
33. 5:55 (HR) 159
34. 5:55 (HR) 159
35. 5:55 (HR) 159
36. 5:55 (HR) 159
37. 5:55 (HR) 159
38. 5:55 (HR) 159
39. 5:55 (HR) 159
40. 5:55 (HR) 159
41. 5:55 (HR) 159
42. 5:55 (HR) 159
43. 5:55 (HR) 159
44. 5:55 (HR) 159
45. 5:55 (HR) 159
46. 5:55 (HR) 159
47. 5:55 (HR) 159
48. 5:55 (HR) 159
49. 5:55 (HR) 159
50. 5:55 (HR) 159
51. 5:55 (HR) 159
52. 5:55 (HR) 159
53. 5:55 (HR) 159
54. 5:55 (HR) 159
55. 5:55 (HR) 159
56. 5:55 (HR) 159
57. 5:55 (HR) 159
58. 5:55 (HR) 159
59. 5:55 (HR) 159
60. 5:55 (HR) 159
61. 5:55 (HR) 159
62. 5:55 (HR) 159
63. 5:55 (HR) 159
64. 5:55 (HR) 159
65. 5:55 (HR) 159
66. 5:55 (HR) 159
67. 5:55 (HR) 159
68. 5:55 (HR) 159
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70. 5:55 (HR) 159
71. 5:55 (HR) 159
72. 5:55 (HR) 159
73. 5:55 (HR) 159
74. 5:55 (HR) 159
75. 5:55 (HR) 159
76. 5:55 (HR) 159
77. 5:55 (HR) 159
78. 5:55 (HR) 159
79. 5:55 (HR) 159
80. 5:55 (HR) 159
81. 5:55 (HR) 159
82. 5:55 (HR) 159
83. 5:55 (HR) 159
84. 5:55 (HR) 159
85. 5:55 (HR) 159
86. 5:55 (HR) 159
87. 5:55 (HR) 159
88. 5:55 (HR) 159
89. 5:55 (HR) 159
90. 5:55 (HR) 159
91. 5:55 (HR) 159
92. 5:55 (HR) 159
93. 5:55 (HR) 159
94. 5:55 (HR) 159
95. 5:55 (HR) 159
96. 5:55 (HR) 159
97. 5:55 (HR) 159
98. 5:55 (HR) 159
99. 5:55 (HR) 159
100. 5:55 (HR) 159

LINCOLN'S BIRTHDAY
(USA)
ASH WEDNESDAY

VALENTINE'S DAY

8-4 shift work

18

19

20

21

22

TCB 54

TUE 4:00 APT.
DR. HELGAGER

TCB 59

TCB 64

(REST!)

(REST!)

6:22
OVERALL PACE
FOR 13.1

41 5 21 232

38 5 26 3:10 140.5 LBS

1:09 8 34 4:19 141.0 LBS

48 6 40 5:07 140.0 LBS

1:13 10 50 6:20

EZ POB:
LM @ 7:34
LEGS TIGHT
BUT REALLY
NOT BAD!!!

EZ POB:
LAST 2 MI @
15:35

LAGOON (W) BD
OUT 34:28
BACK 34:24
@ EZ

(HAIRCUT RUN!)

RSF FIELD:
OUT 36:40
BACK 36:46

TCB 72

TCB 77

ASZ 82

TCB 83

ASZ 92

WASHINGTON'S BIRTHDAY
(USA)

DENTAL APT. 10:00

LSO (3) LAJOLLA COVE
AND BACK

6

11

50

27 3:39 27 3:39 138.5 LBS

1:04 8 35 4:43 138.5 LBS

1:32 10 45 6:15 140.5 LBS

1:38 5 50 7:53

LAGOON:
OUT 32:09
BACK 31:28
1:03:38

EL CAMINO REAL
RIVERVIEW
(W) BD@VEZ
O —
B —

EZ POB

TCB 110

ASZ 100

ASZ 110

TCB 115

170 MILES TOTAL
17 DAYS RUN
10.2 DAY AVE.

17/20

MARCH 1997

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

1 3¹⁰

1:18 10 1:18 10 -

UCSD TRACK:

12x400 @ 80
(400 REST)

:78 AVE

167 HR. AVE

GOOD WORKOUT!

H1 :77 (171 sec)
10 :80 (159 sec)

AS² 162

AS² 114

2⁰

3

EZPOB ⑥

4

BSF 16

5

LAGOON ⑧

JOEL

6

7

8⁰

• • • •

6:52 6:52

16 2:07 22 2:59 140°

8 1:00 30 3:59 140°

• • 30 3:59

• • 30 3:59

10 1:2 40 59 140°

(REST)

EZPOB
SOME BEACH!

GOLF COURSE
RSF @ LSD
OUT 1:03:42
BACK 1:03:45

LAGOON ⑧ JOEL
*
EXCELLENT EFFORT
FOR JOEL -

(REST!)

(REST!)

UCSD TRACK
RSF FIELD
⑥ EZ

• • •

TCB 121

LBS

AS² 130

AS² 138

WIFE
NO LBS
NO LOWER

AS² 140

350 MILES
36 DAYS -
LAST BOWLING
A. T. 3/4/97

9

10

11

12

13

14

15⁰

• • •

:40 5 :40 5 140°

5 :40

:40 5 10 120 140°
LBS

:40 5 15 200 141°

:40 5 20 240 141°

:40 5 25 3:20 140°

(6x Pic-ups)

(6x Pic-ups)

(6x Pic-ups)

BACK 1:03:45

* EXCELLENT EFFORT FOR JOEL

RSF FIELD
EZ

9

10

11

12

13

14

15

BEGIN TAPER
FOR CATALINA
MARATHON:
(REST!)

(EZ PoB)

(REST!)

1 6X STRIDES
(EZ PoB)

1 6X Pic-ups
(EZ PoB)

(6X Pic-ups)
(EZ PoB)

(6X Pic-ups)
(EZ PoB)

MOTHERING SUNDAY
(CAN.)

TCB 126 1 LITE LBS

9:45 THERAPY
(TRI-CITY)

TC9 5 10:00 TRI-CITY

TC9 10

TC9 15

TC9 20

16

17

18

19

20

21

22

1:00 THERAPY
(TRICITY)

WORK @ 12:00

3:00 TRI-CITY
THERAPY
CLEAN HOUSE
NO WORK
WORK @ 12:00 (SICK?)
HAIRCUT RUN

BOAT TO CATALINA
AM
NEWPORT
CATALINA PASS.
SERVICE
1-800-630-7744

HOTEL MACRAE
1-800-698-2266
8:15 LEAVE
\$33.00 NEWPORT
CATALINA PASS.

HOTEL MACRAE
1-800-698-2266

(REST)

(REST)

(EZ PoB)

(EZ PoB)

(REST)

(REST)

CATALINA
MARATHON
8AM
* BOAT LEAVES
AWAY @ 5AM
TO 2 HARBORS
3:42:09 53RD O/A
3RD 50-55 48TH MILE
RAW STRONG, NO WINDING!
150 HR. AVE.

ST. PATRICK'S DAY

FIRST DAY OF SPRING

BOAT BACK TO
NEWPORT 4:30 LEAVE

23

24

25

26

27

28

29

1:16 6 1:16 6
PALM SUNDAY

1:16 6

1:08 6 12 2:24

12 2:24

1:28 10 22 3:52 141 LBS

22 3:52

1:08 8 30 1:08

10K COURSE WITH
M.L. LEGS REAL
TIGHT AFTER!!!!

REST!
LEGS BETTER!!!!

LAGOON @ M.L.
EZ
LEGS OK!!!!

REST!

EL CAMINO/EST
BD
3mi @ 7:00

REST!

FISH SPRINGS
@ EZ

TCB 138

AS² 154

AS² 164

TCB 146

30

31

FISH
EZ SPRINGS

REST!

150 MILES
18 DAZE
8.3 AVE

38
18
56

500 YR TOTAL
56 DAZE
8.3 DAY AVE
166⁶ MO. AVE.
18⁵ DAYS RUN
GOOD FRIDAY
PER MONTH

18/22

TCB 153
EASTER

APRIL 1997

SUN

MON

TUES

WED

THURS

FRI

SAT

1	2	3	4	5
1:04 8 8 1:04 140° LAGOON @ EZ OUT 32:01 BACK 31:35 TOTAL 1:03:37	1:59 8 16 2:03 139° LAGOON @ EZ OUT 29:22 BACK 30:07 TOTAL 59:29	HELGAGER 10 @ 4PM 127 11 27 330 140° POLO FIELD + BANDWAGON @ BD 50:39 OUT WWWW BACK WWWW TOTAL 127:15	TRI-CITY THERAPY 3:30 27 - REST!	116 1:58 43 5:28 140° RSF GOLF COURSE H2O OUT 59:50 BACK 57:40 TOTAL 1:57:31
AS ² 172 LBSX2 APRIL FOOLS' DAY	AS ² 180	AS ² 191 LBSX1 16 LITE	LBSX2	AS ² 207

6	7	8	9	10	11	12
REST!	TRI-CITY THERAPY 3:00 4 5 4 5 140° EZ POB	5 40 10 1:21 139° EZ POB FEELING STRONG!!	MINIMAX BACKWARD WORKOUT 5 40 2:01 15 EZ POB	HELGAGER 3 (CHANGE) TO WED OF TRI 5 40 2:41 20 130° EZ POB	TRI-CITY THERAPY 20 2:41 REST!	20 2:41 REST!
	TC8 158 LBSX1 140 LITE	TC8 163 LBSX1 140 LITE	TC8 168 LBSX1 140 LITE TRI-CITY THERAPY 3:00	TC8 173		

DAYLIGHT SAVING TIME BEGINS (USA)

13

14

15

16

17

18

19

CARLSBAD 5K
2:49

LSD / RSF
H2O 1:04 22

HAIRCUT RUN @ EZ

POB @ EZ

POB @ EZ

HILL WORKOUT:
I-5
6X I-5 HILL
2:40 AVE. UP
160 AVE. RATE

FEELING STRONG!!
EZPOB
EZPOB
REST!
REST!

13 OFF
CARLSBAD 5K
18:09 / 5:49
16TH / 50-55
5:35 (172) 6:55 (177)
6:04 (179) - 176 HR. AVE.
Slow!
TC8 177
AS 117

14 TRI-CITY THERAPY 3:00
REST!

15 OFF
LSD / RSF
H2O
OUT 1:04 22
BACK 1:02 59
TOTAL 2:07 21
TC8 163
AS 223

16 1ST DAY BACK TO WORK!!!
HAIRCUT RUN @EZ
(10x60yds)
TC8 183
LBS X2

17 POB @EZ
(10x60yds)
TC8 189

18 POB @EZ
(10x60yds)
TC8 195
LBS X2

19 HILL WORKOUT:
I-5
(6x) I-5 HILL
2:40 AVE. UP
160 AVE. HRATE
AS 231

20 WABOON POB
FM @ 7:22
FELT STRONG!
TC8 201
LBS X2

21 TRI-CITY HOSPITAL THERAPY 2pm
BOSTON 8:55 AM
REST
RESTDAY!
TC8 201
LBS X2

22 LSD / RSF
OUT 1:00 11
BACK 0:59 52
2:00 03
ON OUT ONLY
AS 247
126 AVE HEAT RATE

23 POB @EZ
(10x60)
TC8 207
LBS X2

24 LABOON:
OUT 29:48
BACK 30:04
59:53
AS 255

25 POB @EZ
(10x60)
TC8 213
LBS X2

26 HILL REPEATS:
I-5 HILL
(7x) @
2:36 AVE.
159 H.AVE.
TH 2:29 @ 165
AS 263

27 PASSEVER
EARTH DAY (CAN.)
LAJOLLA 1/2 > 7:30
TOP OF TORREY TRAIL TO FLAT ROCK
BEACH BACK
STRIDES
TC8 227
LBS X2

28 HELGAGER 13:00
ESP 1200
CARLSBAD 5K
ANN 2:00
RESTDAY!
TC8 227
LBS X2

29 16 @ 7:30 125 HR. AVE
RSF / LSD
OUT 1:00:01
BACK 0:58 51
AIR #2 STRUCTURE 279

30 POB @EZ
(STRIDES)
TC8 234
LBS

4 36 40
7 240
252

(4 YEAR)
700 MI YEAR
79 DAYS RUN
8.8 DAY AVE
175 MO. AVE.
1935 DAY MO AVE
4 MO
200 MI MO.
23 DAYS RUN
8.6 DAY AVE.
8xLBS

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

31
2:29
2:25
30:12
DEEP BREATHING
LOVE
JEWELRY!

ORTHODOX EASTER

MAY 1997

SUN

MON

TUES

WED

THURS

FRI

SAT

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

881 mi. FOR YEAR
101 DAYS RUN
8.72 DAY AVE.
176.2 ^{MO} DAY AVE.
20.3 DAY MO. AVE.

181 mi TOTAL
8.2 mi DAY AVE
22 DAYS RUN
8X LBS

1

2

3

8 :56 8 :56 138° 6 :47 14 :43 140° 116 9 23 2:59 140°

LAGOON @
SUB 7:00
(55:51)

DELMAR
POB + 3mi
@ EZ

ESPN > 10:30 PM
CARLSBAD 5K
~~XXXXXX~~
BX I-5 HILL
2:34 AVE.
158 HR AVE.
272

AS² 287

TC8 240 LBS

AS² 286

NATIONAL DAY OF PRAYER
(USA)

4

5

6

7

8

9

10

WORK 11AM

MINI WINDMILL
TAPER WEEK
FOR BREAKERS
REST!

REST!

101 (SOUTH) AM
@ EZ
101 (NORTH) PM
@ EZ

EZ POB + (6)
(HAIRCUT RUN)

REST!
EZ POB??

REST!

BREAKERS 10mi.
1. 6:03 18:27-6:09
2. 3:12:24 25:04
4. 6:13 6:16
5. 6:20 6:16
6-7 12:31
8. 6:09 18:27-6:09
9. 6:09
10. 6:09

TC8 250

TC8 255

TC8 258 GOOD
AS 127 DAY!!
1st 50-54
2ND PETER 1135 BACK
13th/0A 398 FWD

NURSES' DAY
(USA)

ASCENSION

11

12

13

14

15

16

17

BODIE: MTN. BIKE
TOUR

MTN BIKE

MTN. BIKE

INSURANCE DOB
FOR CAR?

MAMMOTH:
REST!

BODIE:
MTN. BIKE
RIDE

MOTEL 6 to
MAMMOTH INN
42:02 UP
36:03 DOWN
GREAT!!

EZ POB

EZ POB

REST/POLO
OUT 37:26
BACK 37:26
-1:14:52-

11

REST!

MOTHER'S DAY

BODIE: MTN. BIKE TOUR

12

MAMMOTH: REST!

13

BODIE: MTN. BIKE RIDE
4 HRS. 22 MILES
BTWN 6,500 - 9,000

14

MOTEL 6 TO MAMMOTH INN
42:02 UP
36:03 DOWN
FEEL GREAT!!

15

EZ POB

16

EZ POB

17

REST/POLO
OUT 37:26
BACK 37:26
1:14:52

18

POB+ @ EZ

19

9-5 AVIARA INTERVIEW
2796 LOCKER AVE.
109 CARLSBAD
REST!

20

RSF/GC@LSD
1. 7:15 9. 7:09
2. 7:05 10. 6:49
3. 7:42 11. 7:31
4. 7:06 12. 7:51
5. 8:01 13. 7:28
6. 7:32 14. 7:41
7. 7:29 15. 7:36
8. 7:42 16. 7:35
9. 7:42 17. 7:40
59:56 138

21

EZ POB (STRIDES)
LM @ 6:43

22

LAGOON @ 7:30
1:14:39
41
24
65

23

EZ POB+
SOLANA CIRCLE LOOP

24

GOOD!!
I-5 HILL X
1. 2:32 5. 2:33
2. 2:36 6. 2:29
3. 2:36 7. —
4. 2:35 8. —
2:33.5 AVE.

25

EZ POB (STRIDES)
LAG 6:41

26

REST!

27

RSF/GC@LSD
1. 7:15 7. 7:19
2. 7:08 8. 7:39
3. 7:46 9. 7:12
4. 7:07 10. 6:44
5. 7:57 11. 7:27
6. 7:27 12. 7:51
7. 7:33 13. 7:33
8. 7:36 14. 7:36
9. 7:47 15. 7:36
10. 7:47 16. 7:47

28

HAIRCUT APT.
(STRIDES)
LM @ 6:32
STILL HOT!!

29

LAGOON
7 AM @ 7:02
LM EZ
STILL HOT!

30

EZ POB
SOLANA LOOP
COOLING OFF!
FINALLY

31

I-5 HILL X
1. 2:31 5. 2:31
2. 2:32 6. 2:31
3. 2:34 7. 2:29
4. 2:28 8. 2:25
AVE 2:30.125

TC9 96 LBS
U/LX2

MEMORIAL DAY OBSERVED (USA)

AS3 50 HOT TODAY!
8 @ 59:40
16 @ 59:51
TOTAL 1:59:31

TC9 101 LBS
U/LX2

AS2 58

TC9 107 LBS
UX2

MEMORIAL DAY (USA)

AS3 68
MOST EXCELLENT!

JUNE 1997

SUN	MON	TUES	WED	THURS	FRI	SAT
1 REST	2 REST	3 EZPOB	4 EZPOB	5 EZPOB	6 REST	7 REST
• • • • • • • • • • [REST DAY!]	• • • • • • • • • • [REST DAY!]	39 5 39 5 140° WALK EZPOB	59 7 1:38 12 140° WALK LAGOON w/ JIM I-5 HILL @ 2:09* * HILL RECORD	59 8 20 23 EZPOB⁺	• • 20 23 [REST DAY!]	• • 20 23 WALK [REST DAY!]
• • •	• • •	TC9 112	TC9 119	TC9 127	• • • •	• • • •
TAPER WEEK FOR 8K						
8	9	10	11	12°	13	14
1:11 10 1:11 10 WALK 8K BALBOA PARK 1st 50-54 / 171 910/A 5:39B 28:45 / 5:46 GOOD EFFORT / BAD SPRINT	• • 1:11 10 BIG BEAR MTH. BIKE [REST DAY!]	13 149 23 3:00 136° WALK TORREY PINES TRAILS w/ JOHN BEACH BACK!	2 • 23 3:00 WALK [REST DAY!]	1:16 2 25 3:16 2mi @ 15:30 LEGS HEAVY	3:37 5 30 3:53 140° EZPOB @ 36:38 L2mi @ 14:17	1:14 10 40 5:07 139° POLO FIELD: OUT 36:44 BACK 37:42 TOTAL 1:14:26
AS 135 1ST MILE 6:04 TC9 124	• • •	TC9 142 LBS up	• • LBS	TC9 144	TC9 149 LBS	AS3 18
FLAG DAY (USA)						
15	16	17	18	19	20°	21
1:16 6 46 139° WALK MAKE APT. DR. WOMAN 4 PHYSICAL	• • 6 46 WALK JOLT COLA (44/100/4)	1:56 16 22 2:12 136° FELT STRONG!!	23 3 25 3:07 138° 5K DOWNTOWN 6:30 BEACHWAY AND HARBOR	1:15 10 35 4:19 138° POB	3:39 5 40 3:54 139° I-5 HILL: WORKOUT 1:23 2:28	1:20 10 50 6:14 140°

[REST DAY!]

AS 135 1GT MILE 6:04
TC9 129
BEACH BACK!
RESTDAY!
2mi @ 15:30
LEGS HEAVY
EZPOB
@ 36:38
L2mi @ 14:17
Polo Field:
OUT 36:44
BACK 37:42
TOTAL 1:14:26
AS3 78
FLAG DAY (USA)

15 6:46 6:46 1395
POB +
S^{x6} MILE @ 6:30
TC9 155 LBS
FATHER'S DAY (6)
16 6:46
[i RESTDAY!]
17 1:56 16 22 212 1365
JOLT COLA (44 PACE)
FELT STRONG!!
S.T., GREG, PAUL
RSF/LSD
@ 7:30
OUT 58:38
BACK 57:05
TOTAL 1:55:43
AS III 94 7:14 PACE
18 23 3 25 30 1380
POB
S MILE @ 6:28
TC9 158 LBS
19 1:15 10 35 419 1380
5K DOWNHILL
6:30 BEAUBAY
AND HARBOR
POLO FIELD
@ 7:30
1:14:32
(7:27 PACE)
AS III 104
20 39 5 40 454 1390
POB
S MILE @ 6:20
TC9 162 LBS
21 1:20 10 50 6:14 1400
I-5 HILL:
WORKOUT
1. 2:31
2. 2:28
3. 2:31
4. 2:26
4X AVE. 2:29
AS III 114
FIRST DAY OF SUMMER (10)

22 [i RESTDAY!]
23 [i RESTDAY!]
24 235 20 235 20 1375
RSF/LSD
@ 7:30
OUT A.I. OVER
BACK RSF
TOTAL 2:35
AS III 134 PACE
25 4 24 32 307 1395
POB
S MILE @ 6:35
30 ON/30 OFF
TC9 166 LBS
26 1:12 10 34 419
LAST DAY FOR
15K - 17#
POLO FIELD
@ 7:30
OUT 36:14
BACK 35:53
TOTAL 1:12:07
AS III 144
27 48 6 40 507
(HAIRCUT RUN)
POB
S MILE @ 6:23
BANDON/30 OFF
1:00 ON
TC9 172 LBS
28 1:20 10 50 6:27 1400
I-5 HILL
WORKOUT -
1. 2:20
2. 2:20
3. 2:21
4. 2:14
4X AVE 2:18 15
AS III 154

29 [i RESTDAY!]
30 6:55 16 16 6:55
SAN JACINTO
HIKE
WASON
4.15 to top
2:40 DOWN
6:55
AS III 170
176 MILES 4 MO.
20 DAYS RUN
8.8 DAY AVE
8X LBS
1057 YR. MILES
121 DAYS
8.2 DAY AVE
176 1/2 MO. AVE.
20 1/2 DAYS PER MO.
XLR8
ENERGY
DRINK
FOR TAHOE
MARATHON
BAXTER
13:56 1219
20:12
2732
3437
4153
4903
5602
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

JULY 1997

15:27
56:33
13:00
89:00

TRAIL 1904
HUT 1909

SUN

MON

TUES

WED

THURS

FRI

SAT

CORONADO INDEPENDENCE DAY 15K
Men's Age Group Winners
17-under: Jared Hersch, 1:02:55. 18-24: Luis Felipe Mun-
zo, 53:55. 25-29: Ben Nichols, 52:58. 30-34: Alexander
Hetherington, 51:52. 35-39: Tom Tarara, 56:29. 40-44: Bob
Hawker, 54:36. 45-49: Matthew Smith, 56:26. 50-54: John
Montgomery, 56:33. 55-59: James Callaway, 1:02:55.
60-64: Jerry Albert, 1:05:47. 65-69: Dick Robinson, 1:10:28.
70-over: Richard Arellano, 1:13:29.
Women's Age Group Winners
17-under: Brenda Cohen, 1:21:29. 18-24: Tracie Andru-
siak, 59:58. 25-29: Elizabeth Skane, 1:06:16. 30-34: Cynthia
Castle, 1:00:13. 35-39: Jill Horne, 1:00:56. 40-44: Carey
Guerrero, 1:04:26. 45-49: Sandra Marshall, 1:07:16. 50-54:
Mary Anne Stevens, 1:11:14. 55-59: Ursula Rains, 1:09:56.
60-64: Imma Dyson, 1:12:38. 70-over: Mary Storey, 1:37:25.
Wheelchair Results
Don Hyslop, 45:04. Frank Ilagan, 46:52. Dan Cro-
57:10.

1 ①

2

3

4 ②

5

5:40 5:40 139

5:40

5:40

1:25 13 18 2:05 139

18 2:05

POB @ EZ
⑤ 200m

[REST!]

[REST!]

CORONADO 15K
1. 5:47 20TH O/A
2. 6:02 1st 50-54
3. 6:01 6:01 PACE
4. 5:58 FELT GOOD!
5. 6:19 STRONG
6. 6:06 TRU-OUT!!
7. 6:05 PR. 56:25
42:30 194
8. 6:08 6:03
9. 6:05
3. 1:56
56:33
TC9 181
AS 144

[REST!]

TC9 177

CANADA DAY
(CAN.)

INDEPENDENCE DAY
(USA)

6

7 ②

8 ④

9

10

11 ⑤

12 ⑥

EARLY TO WORK
(8-4)

LEAVE MT. WHITNEY
AFTER WORK...

CALL BY 6:00
TO CONFIRM 6TH
TUE

N/S 260
800 824-9317

#75860
#75859

MT. WHITNEY

5:15 to top
4:15 BACK
:30 REST
AT TOP

MT. WHITNEY

ALABAMA HILLS
RUN

BEAUTIFUL!!
SUNRISE RUN!

REST!
TIRED!!

REST!

LAGOON
1 WARM-UP
6 @ 7:28
1 WARM-DOWN

POB
F.MILE @
6:37

TC9 188

AS III 178

[150T
20 REPS]

LBS

TC9 193

138

13 ⑦

14

15 ⑧

16 ⑨

17 ⑩

18 ⑪

19 ⑫

8 8 1:00

8 1:00

6:47 14 1:47

8 1:00 22 2:47 38

5 27 3:25

8 58 35 4:23 40

5 40 5:03

START 2 DAY
ENDUROX
BRICK II

LAGOON

POB

NEW SHOES??
COAST RUN
8 @ 7:23

POB

SUNRISE RUN! TIRED!! REST! LAGOON 1 WARM-UP 6@ 7:25 1 WARM-DOWN POB F.MILE @ 6:37

13

14

15

16

17

18

19

1:00 8 8 1:00

8 1:00 6 :47 14 1:47

8 1:00 22 2:47 38 5 27 3:25

8 :58 35 4:23 :40 5 40 5:03

BRICK WORKOUT I

(LBS) THEN LAGOON 1 mi WARM-UP (8:27) 1. 7:00 4. 6:54 (140LBS) 2. 7:24 5. 6:57 3. 6:50 6. 6:48 1 mi WARM-DN (9:31) [59:55]

[REST DAY!]

POB+ 5 mile @ 6:22

START 2 DAY ENDUROX BRICK II LAGOON 1 mi WARM 8:57 6@ 4:41 1 mi WARM-DN 9:33 1:00:12 TOTAL

POB (2) PLU MI @ 13:07 7 X 1 MIN ON 6 X 1 MIN OFF

NEW SHOES!! COAST RUN 8@ 7:23 MAY NOT BE ENOUGH SHOE!

POB @ EZ

AS III 186 LBS

TC9 189 139LBS

AS3 194 LBS

TC9 204 25 CRUNCHES (ALL)

ELO I 8 LBS

TC9 209 140°

20

21

22

23

24

25

26

(PORTAL)

(DOV ULLA) # 77992

(14)

(15)

12:00 22 22 12:00

10 1:15 32 13:15

32 13:15

32 13:15

3 1:24 35 13:39

35 13:39

REST DAY!

MT. WHITNEY RAIN, SNOW, LIGHTNING! TOP BACK 12:00 TOTAL REST AT TOP 5 min. RUN 1:15 FROM TOP TO BTM OF SWITCH BACKS

ALABAMA HILLS CLOUDS and RAIN DIFFERENT

REST DAY!

REST DAY!

HAIRCUT @ 8 AM HAIRCUT RUN @ EZ

REST DAY! 8 AM WORK!!

OLD GR'S 1:15 FROM TOP TO BTM OF SWITCH BACKS

AS3 204

AIR STREAK I 3

14th Annual Mammoth Chart House Road Run. 5K/10K, 8am, Chart House, Mammoth. 1-800-266-6466 JULY 27

27

28

29

30

31

7 :50 7 :50

7 :50

7 :50

47 6 13 1:37 10 1:19 23 2:56

TURF TO SURF 5K 1. 5:48 2. 5:50 3. 5:53 18:06 2ND 50-54 20TH O/A OUT 300

REST DAY!

REST DAY!

SOLANA LOOP: 5 mile @ 6:46 4X1 MIN.

POCO FIELD: OUT 30 22:06/7:22 BACK 30 21:34/7:11 TOTAL = 7:16.5 mi AVE.

MOOTOTALS 162 MILES RUN 18 DAYS 29.04Z RUN 9 MI DAY AVE 5X LBS 5X LBS (7 MONTHS) YR. TOTALS 1239 TOTAL MILES 17 MONTHS 4 YR 1741 MI AVE 139 DAYS RUN 8.76 DAY AVE 34X LBS 4.05 MI AVE

JUNE 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 31 729 755 22:06 6:58 6:44 21:34 7:25 7:11 AUGUST 5 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 22

TC9 203 STREAK 6

ELO 14 LBS AS3 214

AUGUST 1997

SUN

MON

TUES

WED

THURS

FRI

SAT

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

~~7:00 AM~~
~~11:20~~
~~2:00~~
~~1:57 AM AVE.~~
~~1:58 DAY~~
~~8.9 DAY AVE.~~
~~5:00 LBS~~
~~(5.5 AVE)~~
~~(5.5 X 1.5 HILL)~~
~~10 X 5.5 AVE.~~

-416
+550
134

-16
+212
16
6

① 3X HILL I-5
12X I-5 @ 2:23.76
② 12X (1) MILE @ 5:52.21
③ LSD
④ 51 MILES @ 8:03 AVE.
3X POLO FIELD 3's:
18mi @ 6:58
8X LBS

MONTH:
200 MILES 4 MO
19 DAYS RUN
AVE 10.5
8X LBS

YEAR:
1419 TOTAL
8 MO
177.3 MO. AVE
158 DAYS
8.9 DAY AVE.
42X LBS
55X I-5 HILL
10 X = 5.5 AVE.

1 SOLANA LOOP
⑤ MILE
6 :46
6 :46
10 1:23 16 2:09

SOLANA LOOP
⑤ X5 MILE @ 6:25

2 I-5 HILL
⑤ X5
48:40 WARM-UP
LA 600N
④ I-5 HILL X4
1. 2:24.87
2. 2:24.74
3. 2:28.77
4. 2:22.01
AVE. 2:25.15
①

3°

4 REST

5 LSD: 25 MILES
(8:22 PACE)

6 SOLANA LOOP
⑤ MILE

7 POLO FIELD

8

9 I-5 HILL
⑤ X5
50 X

25 3:29 25 3:29 6 :48 31 4:17 10 1:19 41 5:36 41 5:36 1:27 10 51 7:13

REST!

REST!

MT. LAGUNA:
SUNRISE HIGHWAY
1:45:02 DOWN
1:44:54 BACK
3:28:56 TOTAL
HOT!!! 85° @ 11:30
START MI 19 @ 7:50
TO MILE 31.5 AND BACK
FINISH ABOUT 11:50!

SOLANA LOOP
X4
⑤ MILE @ 6:41

1mi WARM 9:08
3 @ 21:10 / 7:03
2mi @ 18:26
3 @ 20:49 / 6:57
1mi WARM DN 9:52

REST!
TIRED!!!

50:57 WARM-UP
LAGOON @
I-5 HILL X4
1. 2:24.67
2. 2:21.21
3. 2:25.28
4. 2:23.26
AVE. 2:23.62

X2 LBS
R20

ELO I 45 GOOD EFFORT! TC 9 29 LBS R20

X2 LBS
R20

X2 LBS
R20

FRIENDSHIP DAY (USA)

* H2O IN COOLERS
TO RINSE OFF
X LBS OK SHES??

01:53 SEC-FASLER
FROM B/2

10

11°

12 TRACK
⑤ 1mi @ SUB 6
7

13

14 POLO FIELD
@ 7:30

15

16 LAGOON
HILL WORKOUT
10/55

15 1:40 15 1:40 8 1:00 23 2:40 10 1:18 33 3:58

10 1:18 33 3:58

10 1:18 33 3:58

10 1:18 33 3:58

10 1:18 33 3:58

UCSD TRACK:
MILE REPEATS
1. 5:39
2. 5:39
3. 5:55
4. 5:55
5. 5:55
(1mi REST) 6. 5:55

EZ HR:
SOLANA LOOP!
(PLUS)
-22.00 16:21
16.21
X1
LBS
R20

POLO FIELD:
1mi WARM 9:11
3 OUT @ 20:37 / 6:52
2mi @ 18:03
3 BACK @ 20:49 / 6:56
1mi WARM DN 9:21
TOTAL: 1:18:03

REST!
HILL AVE.
1673 ÷ 55 = 30.4
X 2
LBS
R20

I-5 HILL
WORKOUT X4:
1 2:26.61
2 2:24.11
3 2:21.30
4 2:14.42
AVE 2:21.61

REST!

REST!

ASSUMPTION

STRONG!

REST!		LAGOON: SUNRISE HIGHWAY 1:45:02 DOWN 1:44:54 BACK 3:28:56 TOTAL HOT... 85° 11:30 START W/ 19 @ 7:50 TO MILE 31.6 AND BACK FINISH ABOUT 11:50!		SOLANA LOOP X4 5 MILE @ 6:41		1 mi WARM 9:05 3 @ 21:10 / 7:03 2 mi @ 18:26 3 @ 20:49 / 6:57 1 mi WARM ON 9:52		REST!		T-5 HILL X4 AVE. 2:23.62 1. 2:24.61 2. 2:21.11 3. 2:25.28 4. 2:23.16	
X2 LBS R20		ELO I 45		X1 LBS R20		X2 LBS R20		X2 LBS R20		X2 LBS R20	
10		11		12		13		14		15	
REST!		REST!		UCSD TRACK: MILE REPEATS 1. 5:39 2. 5:39 3. 5:55 4. 5:55 5. 5:55 6. 5:55 (1 mi REST) 5:55		EZ HR: SOLANA LOOP! (PLUS) 5.1 22.00 16:21 16.21		POLO FIELD: 1 mi WARM 9:11 3 OUT @ 20:37 / 6:52 2 mi EZ 18:03 3 BACK @ 20:49 / 6:56 1 mi WARM ON 9:21 TOTAL: 1:18:03		REST!	
X2 LBS R20		X2 LBS R20		X2 LBS R20		X1 LBS R20		X2 LBS R20		X2 LBS R20	
17		18		19		20		21		22	
REST!		MAKE APT FOR PHYSICAL SEPT 2		LSD: 25-30 MILES (26 MILES) BIG BEAR: 3:30 > 26 MILES 13 OUT 1:41:38 13 BACK 1:39:24 TOTAL 3:21:02 7:44 AVE XCELLENT DAY!! 77°-50° LOW 30		1.800 11:823 21:731 2.737 12:734 22:734 3.743 13:738 23:745 4.754 14:742 24:736 5.750 15:715 25:746 6.750 16:807 26:715 7.806 17:724 8.718 18:753 9.756 19:734 10.738 20:734 11.756 21:455		REST!		EZ HAIRCUT RUN PLUS	
X2 LBS R20		X2 LBS R20		X2 LBS R20		X2 LBS R20		X2 LBS R20		X2 LBS R20	
24		25		26		27		28		29	
EZ HR LAGOON		REST!		UCSD TRACK: 6 X 1 MI @ SUB 6		EZ POB+		POLO FIELD		EZ POB+	
AS3 273		AS3 273		AS3 275		TC9 232		AS3 283		TC9 236	
31		31		31		31		31		31	
REST!		REST!		MILE REPEATS: (MILE REST) 1. 5:51.33 2. 6:00.45 3. 5:56.81 4. 5:57.05 5. 5:54.73 6. 5:49:00 AVE 5:54.45		269.37 269.37 29.37 4.8 SUC AVE 5:50		DR. 9:30 WORMH PHYSICAL		1 mi W/U 8:57 3 OUT @ 20:53 / 6:58 2 mi EZ 17:30 3 BACK @ 20:59 / 6:59 1 mi W/D 9:25 TOTAL: 1:17:26	
X2 LBS R20		X2 LBS R20		X2 LBS R20		X2 LBS R20		X2 LBS R20		X2 LBS R20	

SEPTEMBER 1997

SUN

MON

TUES

WED

THURS

FRI

SAT

1

2

3

4

5

6

REST WEEK
FOR TIOGA PASS
RUN!!!

RESTDAY!

EZ POB

EZ POB

EZ POB
STEADY!!!
FEELING STRONG!

RESTDAY!

RESTDAY!

(OFF)

OFF
(12-8)

(12-8)

12-8
(OFF)

(OFF)

(OFF)

TC9 241

TC9 246

TC9 251

LABOR DAY

7

8

9

10

11

12

13

27 3:41 27 3:41

27 3:41

1:08 8 35 4:49

35 4:49

35 4:49

35 4:49

35 5:40 5:24

TIOGA PASS
RUN: 20K

up 1:44:28
DN 1:40:30
TOTAL 3:24:58
2mi WARM-UP
25 MILBS (OFF)

RESTDAY!!

* 1:44:28
OVER 50
COURSE RECORD
TH OVERALL
60 RUMBERS (OFF)

LA GOOTH
(10) ERHST
OUT 34:00
BACK 33:46
(LEGS HEAVY)
(OFF)

AS3 299

4:30 PM
DR. WORMAN

REST!

REST!
RIGHT FOOT
(BALL) SORE
SHOES DONE
(AT WORK)

MORE
REST!
FOOT BETTER
BUT STILL NO
RUNNING!!

POB
EZ DOWN
STEADY BACK
LAST MIOG 37

LBS
(20KREP)

TC9 270

* FOOT MUCH
BETTER!!

14

15

16

17

18

19

20

MT. WHITE/ RUN ??
7:00 AM
22 MIB (5)

38 5:38 5

38 5

1:16 10:54 15

HAIRCUT
RUN @ EZ

ROAD

TEMP 0 Run
16:00 WARM UP
300T @ 19:37
17:46 MIDDLE @ EZ

EZ POB+

POLO FIELD!!!
I-5 Hill
1. 2:29 20
2. 2:22 61
AVE 2:25.43
* GOOD WEEK!!

25 MILES (OFF) COURSE RECORD 50 TTH OVER 60 RUNS (OFF) OUT 34:30 BACK 33:46 (LEGS HEAVY) (OFF) REST! RIGHT FOOT (BALL) SORE SHOES DONE (AT WORK) REST! MORE REST! FOOT BETTER BUT STILL NO RUNNING!! LBS (20XREP) TC9 270 * FOOT MUCH BETTER!!	35 4:49 35 4:49 35 5:40 5:24 POB EZ DOWN STEADY BACK LAST MI @ 6:37					
MT. WHITNEY RUN ?? 14 7:00 AM 22 MIB (5) 38 5 :38 5 EZ POB TC9 215 LBS (15XREP) 2	15 38 5 REST!	6X MIB @ SUB 6:00 16 1:16 10 1:54 15 UCSD TRACK: 1. 5:40 37 2. 5:34 12 3. 5:31 33 AVE. 5:27 35 WOW!!! WHERE DID THOSE COME FROM?? ZOOM 50 XCELENT! TC9 279 FET STRONG! HAIRCUT RUN @ EZ TIED! ROAD TEMP @ Run 16:08 WARM UP 3 OUT @ 19:37 17:46 MIDDLE @ EZ 3 BACK @ 19:20 17:38 WARM DOWN DELMAR ROAD AST1 18 WOW!! PUSHED MYSELF!! SHOES NICE AND SOFT!	17 48 6 2:42 21 18 1:31 12 4:13 33 19 1:49 6 5:02 39 20 1:29 11 50 6:31 POB EZ DOWN STEADY BACK LAST MI @ 6:37 1. 2:29 20 2. 2:22 67 AVE 2:25 93 * GOOD WEEK!! TC9 290			
21 REST! LBS	22 REST!	23 3:22 26 3:22 26 BIG BEAR LSD (26 MILES) 5 mi > 39:11 10 mi > 1:17:46 13 mi > 1:41:00 16 mi > 2:04:04 20 mi > 2:13:12 26 mi > 3:12:06 * 1.06 MORE SPL 2ND 1/2 HEAD WIND BACK!!! GOOD FEELING AST1 50 SECRET 7:00 AM FIN. 11:00 AM	24 1:06 8 4:28 34 THE ALPINE PEDAL PATH 5 MI @ B BIG BEAR HWY 138 EXCELLENT!! 34 MI ABOVE 6700 TWO DAZE AST1 58	25 34 4:28 ROAD REST DAY RAIN!!	26 1:48 6 40 5:16 EZ POB+ SOLANA LOOP LM @ 7:11 1ST DAY OF SAW PALMETTO! AST1 64 LBS	27 10 50 1:08 6:24 50 @ 34:14 10 @ 34:15 (1:08:29) 10 @ 7:00 101 SOUTH TO TORREY!!! SOLID!!! AST1 74
HEAD COLD!!! BE CAREFUL! 28 REST ON EZ POB ?? DOUBLE TUG BETTER	29 REST!	30 2:00 15 15 2:00 EZ SOLANA BEACH/LAGOON DELMAR LOOP @ B.D. AST1 89	MAIN SCHEDULED TRAIN WARRYS 17 DAZE 170 MILES 10.8 DAY AVE. 5X LBS 1:41 16 57 1:41 1:41 3:22 YEAR TOTALS 1589 TOTAL MILES 9 MONTHS 176.5 PER MONTH 175 DAYS RUN 9.08 DAY AVE. (47X LBS) 57X 2-5 HILL 11X 1-5 WOODS 5.10X 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			

OCTOBER 1997

SUN

MON

TUES

WED

THURS

FRI

SAT

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

* TAKE
STEAMER TO
LAKE TAHOE

START TAPER
FOC LAKE TAHOE
MARATHON

RESTDAY!

RESTDAY!

EZ 1/2 HR.

RESTDAY!

LBS STILL 5

ROSH HASHANAH

LBS

5

6

8:50^①
DENTIST

7

8

9^①

10

11

5 :38 5 :38

5 :38 5 :45 10 :23

5 :46 15 :203

15 :203

15 :203

EZ 1/2 HR.

POB

LZ MI @ 14:20

RESTDAY!

EZ 1/2 HR.

RESTDAY!

DRIVE TO
MAMMOTH!
WIND/SNOW
FLURRIES

EZ 1/2 HR.
MAMMOTH
AROUND THE
NEIGHBORHOOD
COLD/WIND

RESTDAY!

RESTDAY!

CUYA MACA 50K

ST2 10

ST2 15

ST2 20

YOM KIPPUR

DR. GRIESMAN
(3:30 PM)

12

13

14

15^⑩

16

17

18

5 :45 30 :345 8

3:36 38 7:21

38 7:21

7 :56 45 8:17
(CHAIR 15)
MAMMOTH
TOWN

MAMMOTH
TOWN LOOP
5.1 MILES
7:30

1st DAY BACK
HAIR CUT RUN
@ EZ

EZ POB
@ EZ

ST2 10
DR. GRIESMAN (3:30 PM)
ST2 15
RESTDAY!
DRIVE TO MAMMOTH!
WIND/SNOW FLURRIES
EZ 1/2 HR.
MAMMOTH AROUND THE NEIGHBORHOOD
COLD/WIND
ST2 20
RESTDAY!
CUYA MACA 50K
ST2 25
RESTDAY!
YOM KIPPUR

12

13

14

15

16

17

18

30 3:45 30 3:45 8 3:36 38 7:21
LAKE TAHOE MARATHON
* TOP 20 O/A
50 + 10.
SUB 3 HOURS: 16 MIN.
3:12:59 8TH O/A (7:21)
12:50+ COURSE RECORDED
STII 50 250+ RUNNERS COLD
NATIONAL CHILDREN'S DAY (USA)
COLUMBUS DAY (USA)
START 233 FINISH

HIKE (DARNEL'S LAKE) TO MTH.
LAKE @ M.C.
ST./ED and MARY (EDS MOM)
FELL SCRAPED (CASH)
LEG GOOD IN BUT CUBZAI NICE!!
LEFT FOR MAMMOTH... ASAP WHEN FINISHED! NEED SOME SPACE!! (SLEPT 10 HRS.)

RESTDAY!
SLEPT 8 HRS.

(CHAIR 15)
MAMMOTH LAKE TOWN LOOP @ EZ
MAJASTIC VIEW DRIVE!!!
STI 96
NICE DAY!!!
DECIDED TO STAY ANOTHER NITE!

MAMMOTH TOWN LOOP
5.2 MILES
OUT @ 7:30
COLD 30°

1ST DAY BACK
HAIRCUT RUN @ EZ

EZ POB @ EZ

19

20

21

22

23

24

25

(RESTDAY!)

DAN THE WINDOW MAN
(RESTDAY!)
JIM PRINTER

UCSD TRACK
3x1mi @ 5:30
1mi. 6:15
2mi. 6:29
1mi JOG BTWN

EZ POB SOLANA LOOP!

ROAD
TEMPO RUN:
2EZ @ 8:00
2HARD @ 6:39
2EZ @ 8:00
2HARD @ 6:28
2EZ @ 8:00
13:15 and 12:55

EZ POB SOLANA LOOP!

POLO FIELD (LAGOON)
I-5 HILL
1 2:33
2 2:21
AVE 2:27

STI 116
ZOOM I 55

STI 122 LBS

STI 132

STI 137 LBS

STI 148

26

27

28

29

30

31

6 1:48 6 1:48

6 1:48

10 1:30 16 2:18

6 1:47 22 2:57

12 1:31 34 4:26

50 6 40 5:16

SOLANA LOOP @ EZ
FM @ 7:01

RESTDAY!

UCSD TRACK:
4x1mi @ SUB 6:00
1mi. 5:39:33
2mi. 5:40:03
3mi. 5:33:86
4mi. 5:35:92
AVE. 5:37:28

SOLANA LOOP @ EZ

TEMPO RUN ROAD
2EZ 16:05 (11:44)
3 @ 20:06 (6:42) (15:44)
2EZ 17:43 (13:44)
3 @ 19:20 (6:27) (15:44)
2EZ 17:43 (11:44)
2EZ 1:30:59 (6:19) (15:44)

SOLANA LOOP @ EZ

STI 154 LBS

STI 158
ZOOM I 61.5

STI 164 LBS

STI 178

STI 56 LBS

70X LBS

FELT STRONG!
I THINK THE NEW TRACK IS FASTER!

GOOD!

HALLOWEEN

MONTHLY
160 MILES Run
20 DAYS
8.0 MILE DAY AVE
7X LBS

YEAR
1749 MILES Run
10 MONTHS
174.9 MO. AVE
195 DAYS Run
8.96 DAY AVE

DAYLIGHT SAVING TIME ENDS (USA)

NOVEMBER 1997

SUN

MON

TUES

WED

THURS

FRI

SAT

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

1

10 1:26 10 1:26

I-5 Hill:
1 2:19³¹
2 2:16⁶³
3 2:18⁹³
4 2:18⁷⁶
AVE 2:18⁴⁰

ST2 66

ALL SAINTS' DAY

2

DR. GREISMAN

3 4:00

4

5

6

7

8

NYC MARATHON
7:30 ESPN
(2:08:11) KENYA
RESTDAY!

RESTDAY!
*RETURN SHOES??
*P/O WATCH
@MOUNTAIN SHOES
*SEND IN ENTRY!

UCSD TRACK:
1 5:36.26
2 5:34.87
AVE 5:35.56

BEGIN TAPER
FOR 50 MILE
RESTDAY!

E2POB
HAIRCUT RUN
LM @ 7:24

RESTDAY!

E2POB
L2Mi @
1 7:08
2 7:08

ST2 70
65

P/O PICTURES
@ ARROWHEADS

UST/E # 10:30-2:30

1/2
LBS

ST3 5

ST3 10

R3524203-1005
-10%
\$45.99

14

15

MOTEL 6

10

11

12

13

10 1:19

HELEN KLEIN 50
7:23:52 @ 8:52
RAIN/WIND ALL DAY

LEAVE FOR
SACTO 1/2 way!

MOTEL 6

MOTEL 6

SEND IN ENTRY!
AVE 5:35-56
ST2 70
65
PIU PICTURES
@ ARROWHEADS
REST DAY!
5 MILE
EZPOB
WALKOUT RUN
LM @ 7:24
REST DAY!
EZPOB
L2 MI @
1 7:08
2 7:08
ST3 10

9
LAST DAY OF WORK!!!
REST DAY!
10
40 5 5 :40
EZPOB
@ 8:00
ST3 15
11
5 :40
REST DAY!
VETERANS DAY (USA)
REMEMBRANCE DAY (CAN.)
12
1:24 7:14 3:37 5:01
3:46 8:11
5 :39 10 1:19
LEAVE FOR SACTO 1/2 WAY!
EZPOB
ST3 20

13
100% AARP
6PM TO CANCEL
10 1:19
MOTEL 6
REST DAY!
14
R3524203-1005
-10%
\$45.99
10 1:19
MOTEL 6
REST DAY!
15
27
60
57
MOTEL 6
HELEN KLEIN 50
7:23:52 @ 8:52
RAIN/WIND ALL DAY
10MPH GUST TO 20
1/2 OF RAIN
TWO DAY! WOW?
ST2 95 COMPLETE CHANGE @ 25 MILES
ST3 45
20TH O/A (LOT OF) 2ND 50-59
#41 99
R3607629-1005
11/15/15TH

16
REST DAY!
17
REST DAY!
18
1:14 8 8 1:14
LAGOON
@ BD
@ EZ!
ST2 103
19
STOP ASPRINS/ADUI
5:14 8 14
1ST DAY BACK TO WORK
REST DAY!
20
1:05 8 16 2:19
LAGOON
@ BD
@ STEADY
8:05
ST2 111
21
REST DAY!
22
107
25
132
1749
1981
16 2:19
REST DAY!
23
Polo Field
1:14 10 10 1:14
① 8:07 ② 6:55 ③ 7:46
④ 7:08 ⑤ 7:52 ⑥ 7:28
⑦ 6:57 ⑧ 7:43 ⑨ 6:58
⑩ 7:39 11:14:09
ST2 121
30
REST DAY!
24
10 1:14
REST DAY!
LBS
141 MILE??
25
Polo Field
1:14 10 20 2:28
① 8:04 ② 7:00 ③ 7:34
④ 7:02 ⑤ 7:58 ⑥ 7:30
⑦ 6:59 ⑧ 7:10 ⑨ 7:10
⑩ 7:41 11:14:21
ST2 131
X 2:00 PM
ULTRASOUND
XZAM
X ENEMA @ 8AM
X ANTIBIOTICS
@ 11 AM
26
REST DAY!
LBS
27
3:40
10 1:22 30 8:59
① 7:17 ② 7:13 ③ 7:22
④ 7:26 ⑤ 7:29 ⑥ 7:13
⑦ 7:36 ⑧ 6:38 ⑨ 7:15
⑩ 6:56 11:29:09
ST3 55
THANKSGIVING (USA)
28
REST DAY!
LBS
29
1:15 10 40 5:13
① 8:05 ② 7:06 ③ 7:35
④ 6:55 ⑤ 7:51 ⑥ 7:28
⑦ 7:15 ⑧ 7:22 ⑨ 6:56
⑩ 7:54 11:14:32 7:27 AVE.
ST2 141
144 TOTAL WD.
13 DAYS RUN
11.0 DAY AVE
74 X LBS
1883 TOTAL YEAR
208 DAYS RUN
9.0 DAY AVE.

DECEMBER 1997

TRAIN STATION

1 YEAR

1883 MILES

208 DAYS

9.05 AVE MILES/DAY

1 YEAR TOTALS -

2085 TOTAL MILES

227 DAYS RUN (210 '96)

9.18 AVE MILES PER RUN

(9.90 '96)

SUN

MON

TUES

WED

THURS

FRI

SAT

248 MILES RUN
210 DAYS
10.43 DAY AVE MILES

1

2

3

4

5

6

REST DAY!
REST DAY!

16 12:07 16 2:07

RSE GGO LSD

① 8:39 ② 7:31
③ 8:18 ④ 7:39 ⑤ 8:22
⑥ 7:54 ⑦ 7:44 ⑧ 8:01 ⑨ 7:40
⑩ 7:04 ⑪ 7:43 ⑫ 7:56
⑬ 7:34 ⑭ 7:54 ⑮ 7:38
⑯ 8:32 = 2:06:17
7:53 59 AVE
WET IN LAEDON. (2 STRS)

ST2 147 EZ RUN
NO H2O
NO PROBLEM

HAIRCUT RUN
@ EZ
STRIDES LZMI
① 14:28 ⑧

ST3 60

1:35 12 33 4:25

RSE GGO LSD

① 7:58 ② 7:29 ③ 8:12
④ 7:28 ⑤ 8:25 ⑥ 8:05
⑦ 7:53 ⑧ 8:06 ⑨ 7:40
⑩ 7:52 ⑪ 7:38 ⑫ 7:45
1:34:36 @ 7:53 04

ST2 159 ②

CANCEL BY NOON ON
CATALINA IF NECESSARY!

DELMAR
P.O.B
STRIDES LZMI @
14:11 ⑧

ST3 65

TORREY PINES
@ LSD
RAIN RUN!!
TO THE MAX...
UP 48:56
BACK 46:29
TOTAL 1:35:25 ③

ST3 77

70 53.00
LAST DAY OF WORK!

REST DAY!

8 STARTS ML
VACATION

QUEEN MARY
REST DAY!

BOAT TURNED
AROUND!
6' REAS

IMMACULATE CONCEPTION

9 53.00
CATALINA

1:37 10 10 1:37

7:11 29 TT1
(TIM)
(CATALINA) AVALON
AIRPORT RUN
UP AROUND AND
BACK THRU AVALON.
(4)

ST3 87

10 55:41 53.00
CATALINA

3:02 20 30 4:39

(CATALINA)
AIRPORT RUN
UP 1:34:30
BACK 1:28:30
NICE!

ST3 107 ⑤

11 NO BOATS TO LONG
BEACH!
SANTA ANA
WINDS!!!
CATALINA A

3:00 30 7:39

1 HIKE -
SUMMIT ROAD
@ M.L.
AND BACK DOWN
DIVIDE ROAD
LAST 4 MILES OF
CATALINA MARATHON

ST3 115

12

40 38 7:39

REST DAY!

13

1:19 10 50 1:58

- POLO FIELD -
① 8:35 ② 7:23
③ 7:59 ④ 7:23 ⑤ 8:07
⑥ 7:50 ⑦ 7:28 ⑧ 7:55
⑨ 7:24 ⑩ 8:34
1:18:57 AVE 7:53
GOOD! ⑥

ST2 169

14

19 MILES FOR
2000!

15

6:52 6:52

16

20 2:14 20 2:14

17

2001

1:44 14 20 2:36 10

① 8:04 ② 7:05 ③ 7:46
④ 7:07 ⑤ 7:21 ⑥ 7:16
⑦ 7:18 ⑧ 6:58 ⑨ 7:23

18

2011

1:20 30 3:56

EZ POLO FIELD
@ 8:00

19

30 3:56 1:23 11 41 5:19

REST DAY!

20

GY FLEMING
CATALINA
COOP
1. 7:22 2. 7:11 3. 7:16
4. 7:23 5. 7:42 6. 7:14

14

RESTDAY!

15

EZ LAGOON
@ 8:00

16

CUYAMACA
STATE PARK
MTN. BIKE
8.9 MPH AVE
32.0 MAX MPH
50° WIND GOOD DAY!

17

1:44 14 20 2:36
① 8:04 ② 7:05 ③ 7:46
④ 7:07 ⑤ 7:21 ⑥ 7:16
⑦ 7:18 ⑧ 6:58 ⑨ 7:23
⑩ 7:11 ⑪ 7:20 ⑫ 7:33
⑬ 7:26 ⑭ 8:20
1:44:28/7:27
FAT STRONG!
⑦

18

EZ COLOFIELD
@ 8:00
LEGS A LITTLE
HEAVY!
0:40:01 OUT
0:39:13 BACK ⑧

19

RESTDAY!

20

GUY FLEMING
CATALINA
COOP
1.722 2.711 3.716
4.723 5.742 6.714
GUY FLEMING
COOP 9:15
7.714 8.646 9.727
10.707
STRONG! ⑨

21

RESTDAY!

22

6:00 AM BOAT
LONG BEACH
CATALINA
7:30

X MISSED 12:30 BOAT
BY 5 MIN.

RESTDAY!

23

SUMMIT > 32:47
MID RANCH > 17:57
*
(20.43)
MILES
FOR YEAR!

21 2:50 21 2:50
LSD > AIRPORT
RUN
up 1:30:42
BACK 1:19:40
TOTAL 2:50:22

ST3 147
BEAUTIFUL
DAY - EZ
RUN!! HA!
CATALINA

24

2:30 PM BOAT
CATALINA
3:45
LONG BEACH

1:46 9 30 4:36
CASINO WARM-UP 6:30
SUMMIT ROAD
#2 (35:53)
THEN LAST 5.2
MILES OF CAT. 26.2
WALK/RUN IN TIRED
LEGS FROM 23RD.

ST3 156
CATALINA

25

EZ POB

26

EZ POB

27

POLO FIELD
① 8:35 ② 7:40 ③ 8:17
④ 7:27 ⑤ 8:16 ⑥ 8:36
⑦ 7:17 ⑧ 7:46 ⑨ 7:39
⑩ 27 1:20:08

ST2 209

28

REST!

29

11 1:51 31 4:05
MTN. BIKE
SAN JUAN TRAIL
(16.2 MPH MAX)
10.9 MILES RIDE
100% SINGLE TRACK
5.9 MPH AVE
1:51:11
MASON > 110% EFFORT
WONT QUIT EVEN THOUGH
NOT REALLY HAVING FUN!

30

1:28 11 11 1:28
GUY FLEMING
TRAIL
HILL TRAIL SECTION:
(14:19)
LAST 3 MILES:
8.6:44 ②
9.7:44
1:27:44

ST3 174

31

2100 YR. TOTAL
MILES RUN!
GUY FLEMING
TRAIL #2
REST!

196
2162 MILES RUN
FOR YEAR
218 19.9 DAY AVE.
DAYS
197 2095 2100
2100 208 DAYS
229 DAYS
9.1 DAY AVE
175 MILES PER MO.
RUN AVE

AVE. 4.19 DAYS RUN
PER WEEK
YEAR

21 DAYS RUN

202 MILES RUN
19 DAYS RUN
10.63 AVE

31 MILES
MTN. BIKE

2085 MILES
FOR YEAR

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					