

PRESSCRIPTIONS



198

Robert
Tanenbaum
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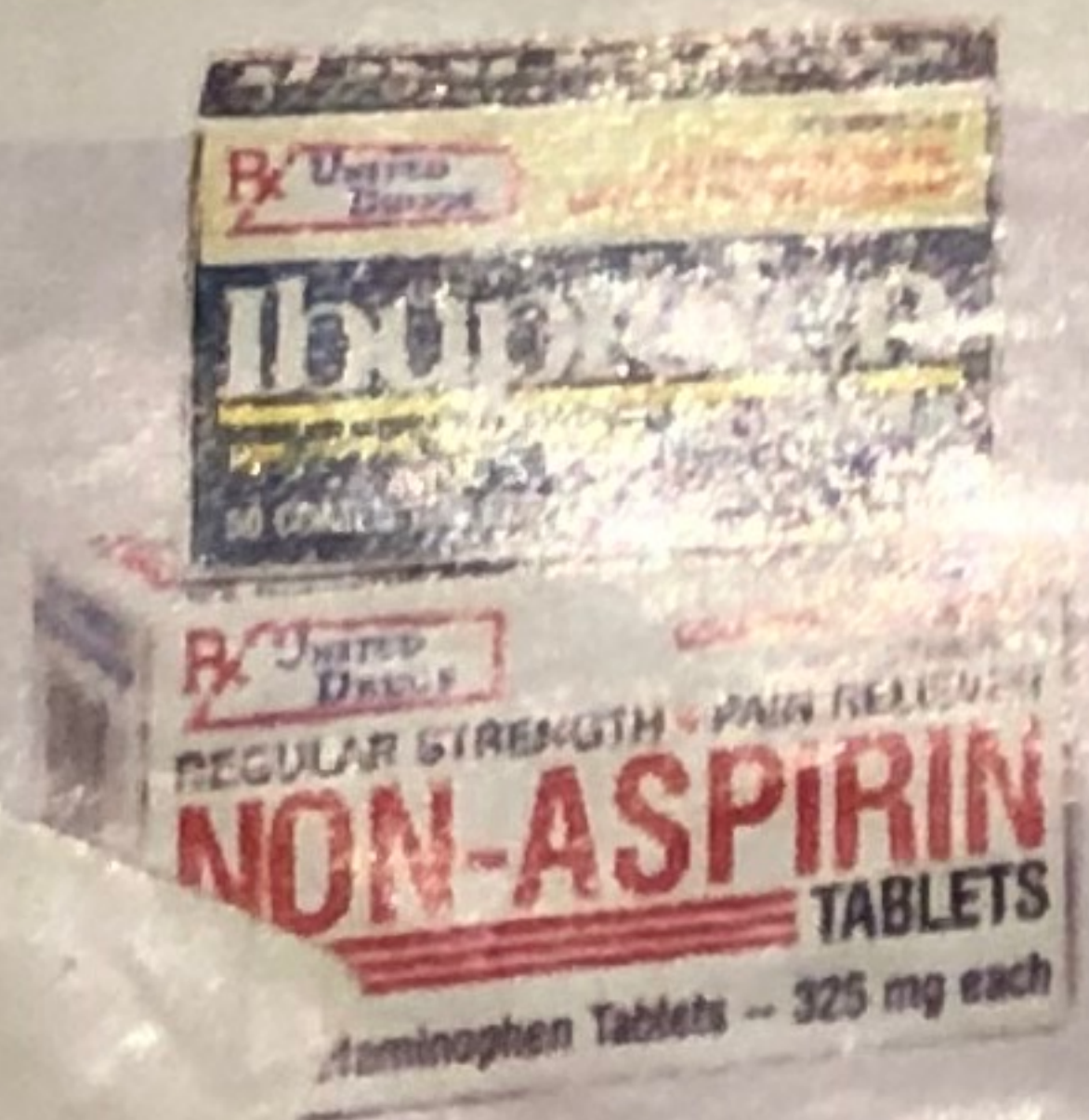
1998 Pharmacy Calendar



"Tender Loving Care"

December 1997							January 1998							February 1998						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7	8	9	10	11	12	13	14
14	15	16	17	18	19	20	15	16	17	18	19	20	21	22	23	24	25	26	27	28
21	22	23	24	25	26	27	22	23	24	25	26	27	28							
28	29	30	31																	

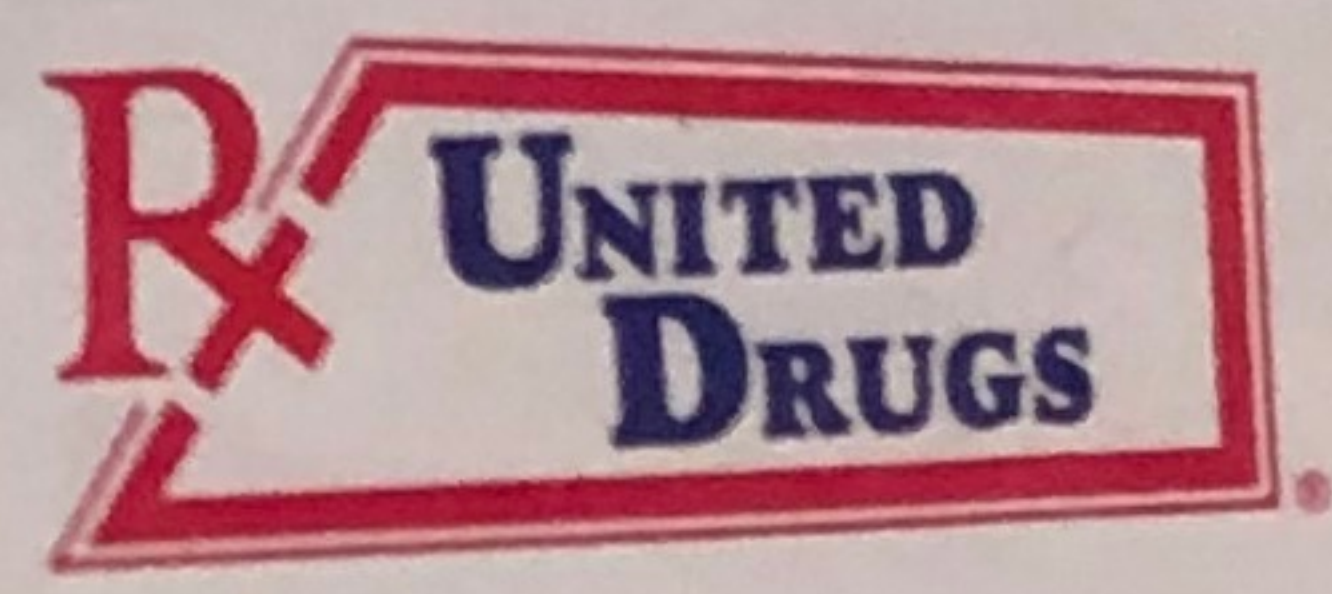
4	•	•	•	•	•	•	2	10	15	15	200	104	8	23	3:04	7	•	23	3:04	8	1:03	31	4:07	15	2:00	46	6:07	19	11:13	59	7:20			
REST!							EZ PACE TO TOP OF TORREY TRAILS TO THE GATE 1:10 AND BACK... NICE DAY! (2)							EZ LAGOON * SHOES MUCH BETTER! AIR STRUCTURE TRAIL							REST!							EZ LAGOON SOLANA LOOP (W) BD						
•	•	•	•	•	•	•	ST3	212	LAST RUN IN THE SHADON GUNP...	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•			
11	•	•	•	•	•	•	12	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•			
REST!							REST!							REST!							REST!							REST!						
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		
18	•	•	•	•	•	•	18	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		
REST!							DR. APT. TRI-CITY WARSHAWSKY 1:45 PM REST!							TORREY PINES TRAILS GF H2O 4418 up down ALL AROUND GOOD!! (6)							TORREY STATE BCH @ EZ BCH/TRACKS							TORREY STATE BCH @ EZ						
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		
25	•	•	•	•	•	•	26	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		
REST!							REST!							ORIFLAME BIKE CANYON @ KEN EZ!!! LOTS OF STOPS, LOTS OF FUN!!!							TSBH20 EZ							GUY FLEMING TRAIL (BX 4) MONT. DELMAR						
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		

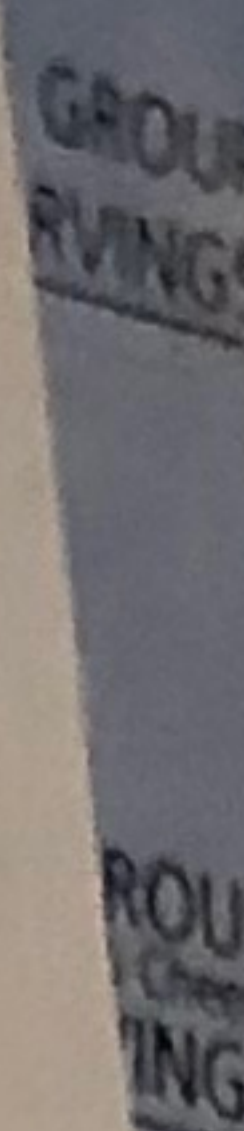


All pain relief products created equal. It's best to choose the one that's right for your family's symptoms. Aspirin is great for relieving fever,

aches, pains, strains and inflammation. Acetaminophen reduces fever and pain, but not inflammation, and it's easier on your tummy. Ibuprofen is another effective aspirin alternative that doesn't upset your stomach.

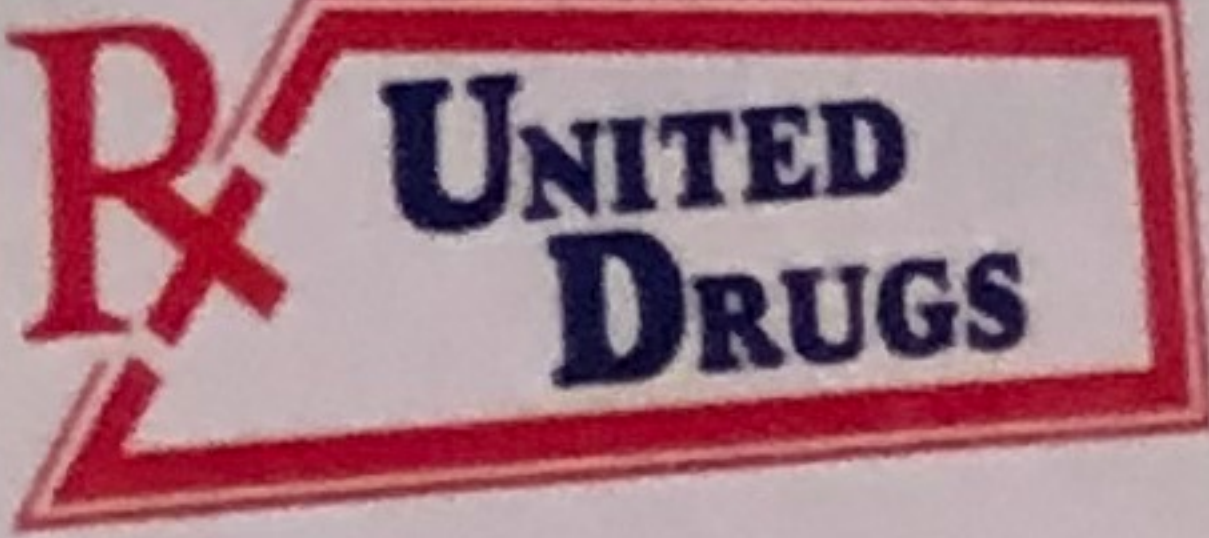
Check pain reliever labels carefully for ingredients, instructions about usage and dosage. Or, simply ask your pharmacist what he or she suggests. They're always there to help... at times when you need it most.

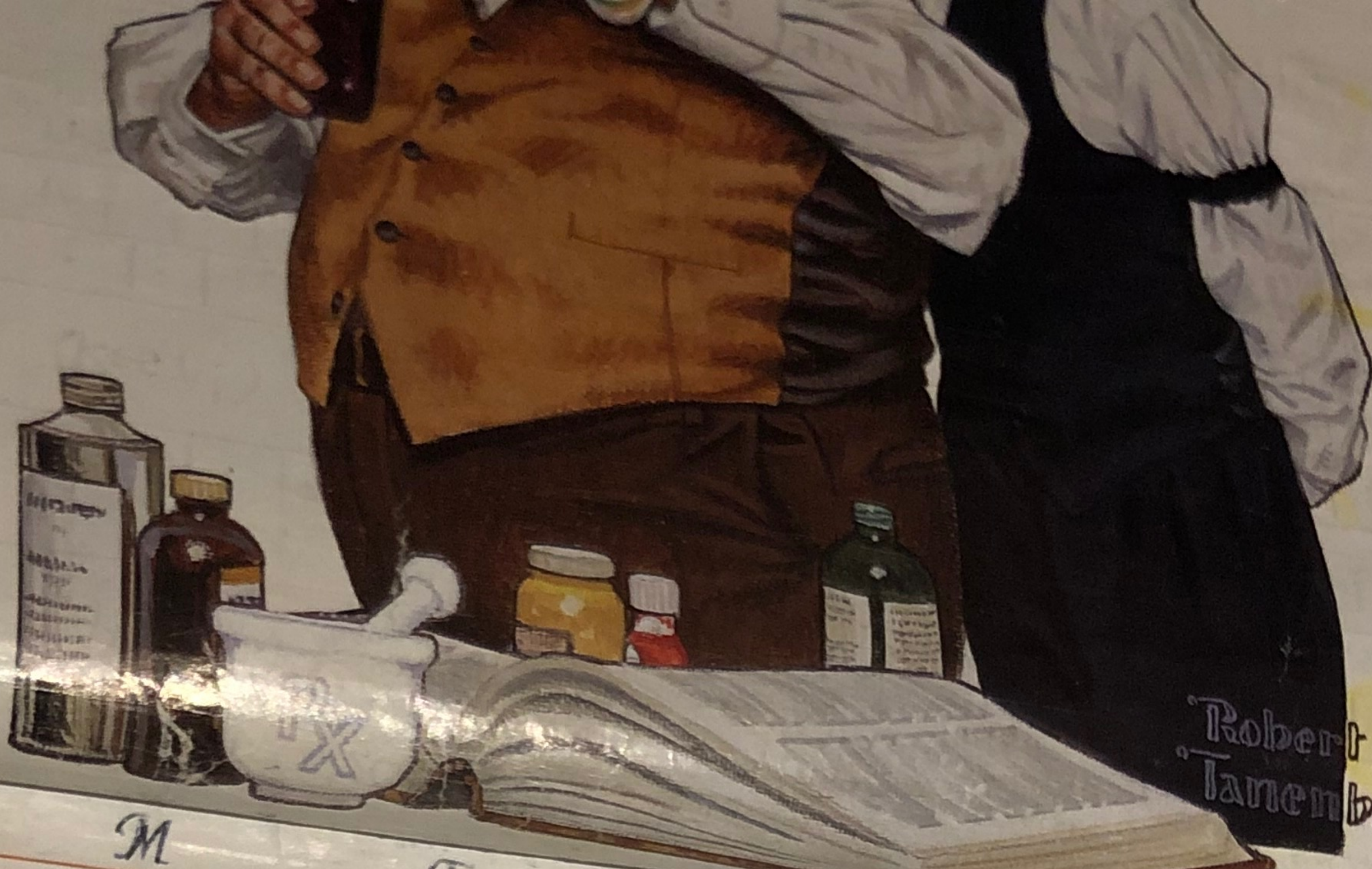




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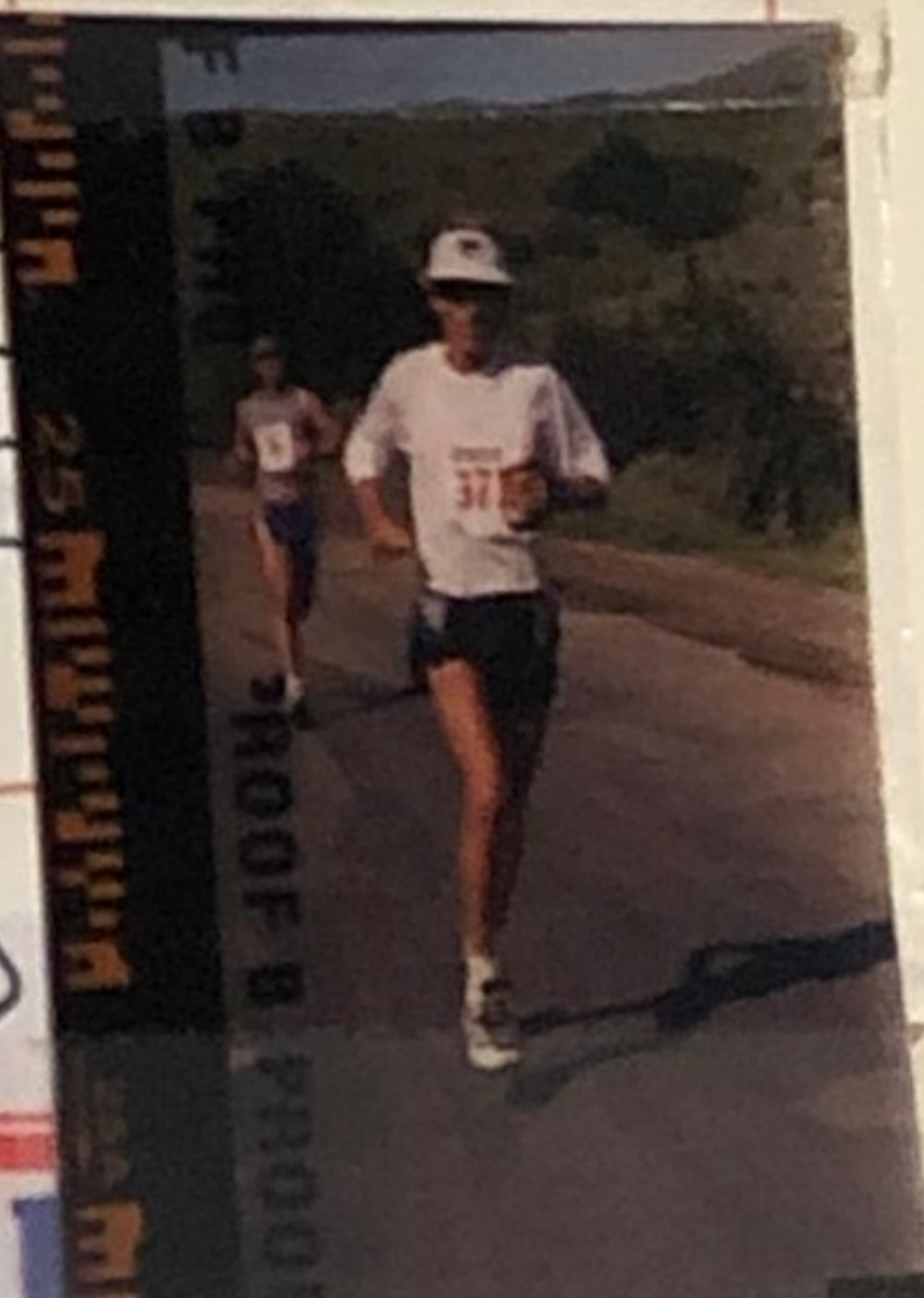
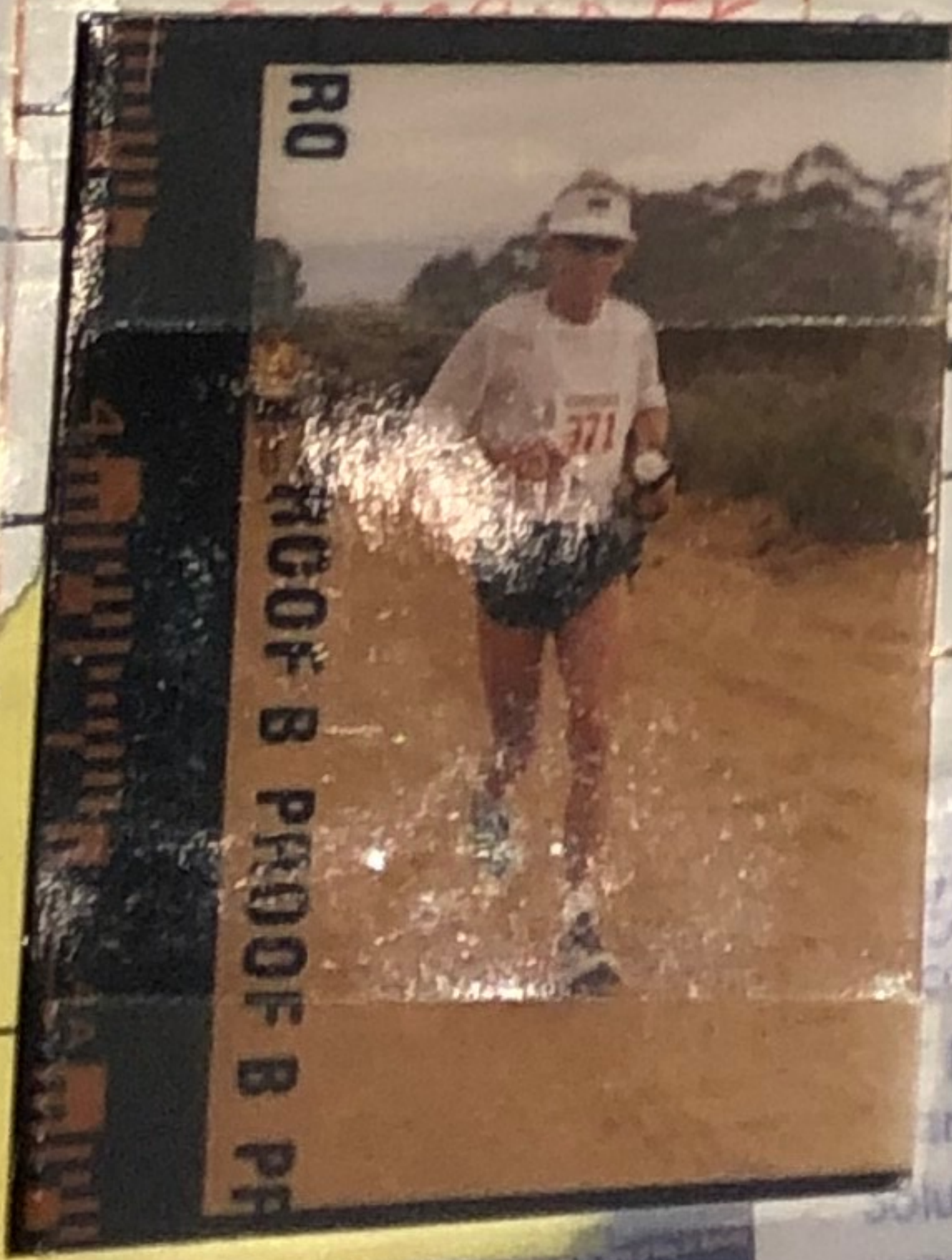
March 1998						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				





Robert Tanenbaum ©

1	2	3	4	5	6	7
REST!	REST!	E2 POB	HAIRCUT RUN	REST!	E2 POB	E2 POB
REST!	REST!	AST2/60	AS2/63 1/2 LBS	REST!	AS3/6	AS3/11
REST!	REST!	5:42/5:42	4:42/5:10/1:24	12 M.L. S.D. AIRPORT 10:30 AM	13 0:45 DEPART #RMT 6872	3:33/27/37/4:57
REST!	REST!	E2 POB	E2 POB	MARY REST!	REST!	700+ TOTAL RUNNERS CATALINA MARATHON =
15	16 M.L. S.D. AIRPORT 7:30 PM	17	18	19	20	21
CATALINA LOOP @ M.L. and FRANCESCA	REST!	REST	E2 POB LEGS NOT TOO BAD!!	TPSB @ BD @ EZ	HAIRCUT RUN @ EZ	REST!
AS2/98 NICE!!	AS2/98	AS3/161 -	AS3/211 -	AS2/113	AS2/116 LBS	AS2/90 VERY GOOD DAY!
22	23	24	25	26	27	28
1:21/1:12/1:10	1:10/1:21	1:23/1:12/1:20	1:20/2:44	1:36/1:43/1:20	1:30/4:20	1:26/1:44/1:46
STEADY (MEDIUM) TPSB H2O	REST!	STEADY (MEDIUM) TPSB H2O	REST!	STEADY (MEDIUM) TPSB H2O	REST!	TPSB H2O
AS2/126 9:58 DAR HILL	AS2/136 9:51 DAR	AS2/136 9:51 DAR	AS2/146 8:32 DAR PR	AS2/156 RAIN WIND!		
31	32	33	34	35	36	37
REST!	REST!	REST!	REST!	REST!	REST!	REST!
1:1 LBS	1:1 LBS	1:1 LBS	1:1 LBS	1:1 LBS	1:1 LBS	1:1 LBS



429 MEN FINISHED
220 WOMEN FINISHED

649 TOTAL
25th 9A
3:30



YEAR TOTALS
540 MILES
22 DAYS
10.40 DAY AVE

5 mi 38:36 7:43
10 mi 35:10 7:02 1:13:46 7:23
15 mi 41:19 8:16 1:55:05 7:40
20 mi 39:34 7:55 2:34:39 7:44
25 mi 40:09 8:02 3:14:48
1:2 = 8:40



"Special Delivery"

Robert R. Latham



E GROUP
SERVINGS

GROUP
& Cheese
SERVINGS

ETS
LY

S	M	T	W	T	F	S
- YEAR - 725 MILES 70 DAYS 10.35 DAY AVE 33X LBS	Body Parts 200 MUSCLES 206 BONES 70% H ₂ O	- MONTH - 180 MILES 18 DAYS 16.9 DAY AVE 7X LBS	(1:43:29) * 2X TWEAKED BACK!			
5	6	7	8	9	10	11
• • • •	• • • •	• • • •	• • • •	• • • •	• • • •	• • • •
REST! Palm Sunday Daylight Saving Time Begins	REST!	REST!	REST!	REST!	REST!	REST!
12	13	14	15	16	17	18
• • • •	• • • •	• • • •	• • • •	• • • •	• • • •	• • • •
REST!	REST!	REST!	REST!	REST!	REST!	REST!
19	20	21	22	23	24	25
• • • •	• • • •	• • • •	• • • •	• • • •	• • • •	• • • •
REST!	REST!	REST!	REST!	REST!	REST!	REST!
26	27	28	29	30	31	
• • • •	• • • •	• • • •	• • • •	• • • •	• • • •	
REST!	REST!	REST!	REST!	REST!	REST!	

RIGHT

March 1998

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 1998

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				

Experience a Clear Day.

Ask your doctor or pharmacist for a \$5.00 rebate coupon for Claritin 10mg (loratadine).

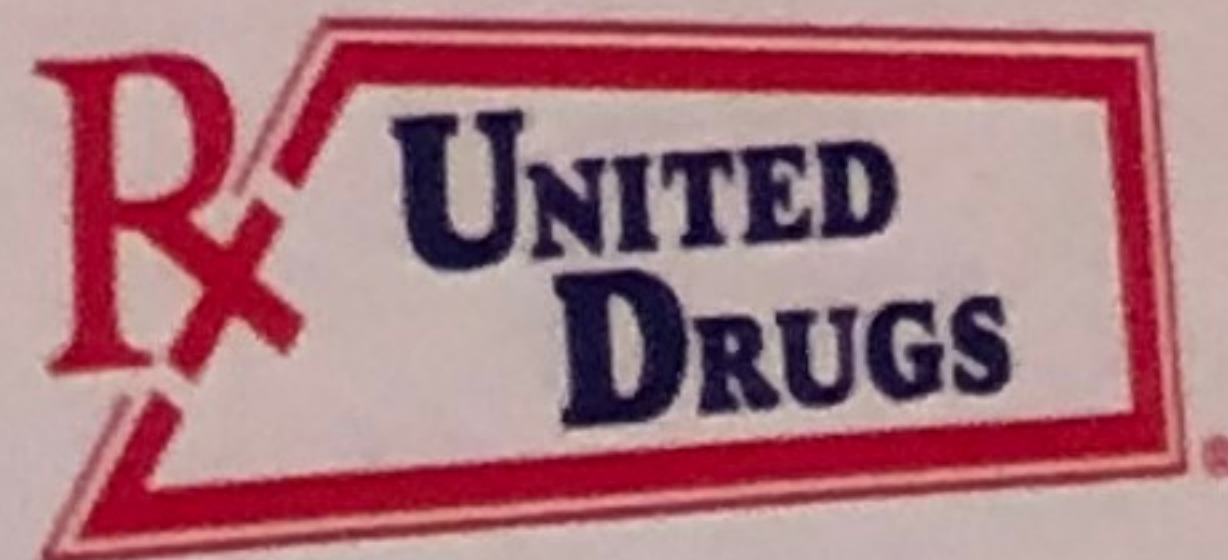
For important FREE information Call 1-800-CLARITIN (1-800-252-7484) www.claritin.com

UNITED DRUGS



②

can't always eat a well-rounded diet – or have special nutritional needs – ask your pharmacist about vitamin supplements. They could be just what the doctor ordered to keep you feeling your best.





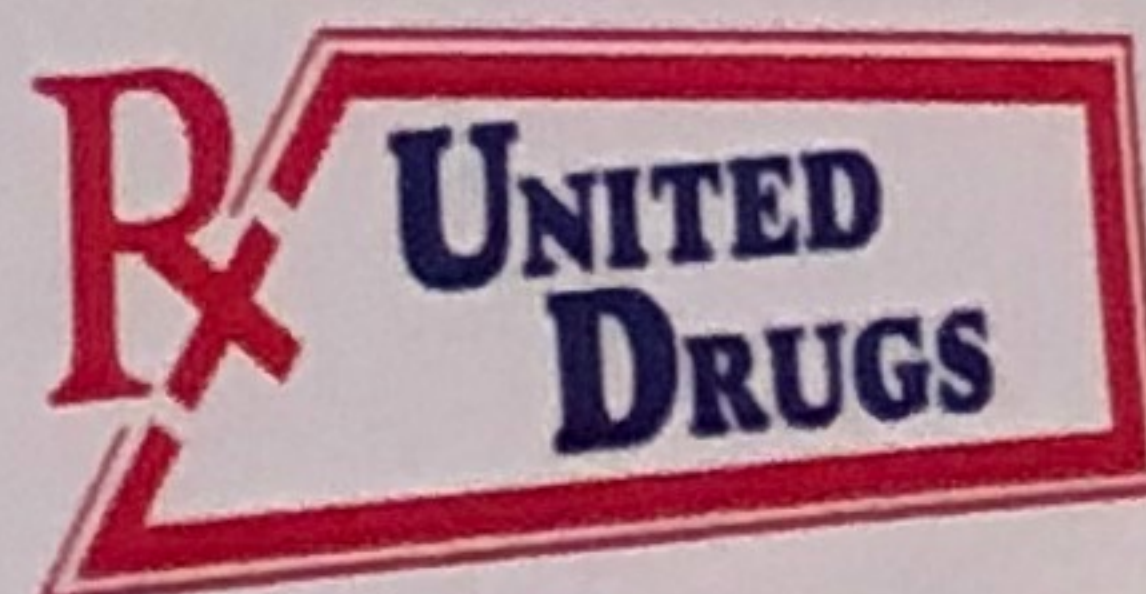
"Cat's Meow"

S		M		T		W		T		F		S	
YEAR		179 mi. MO. 21 DAYS 8.5 DA-AVE. 8X LBS		June 1998		1 (First Quarter)		2		3		4	
1057 MILES 1170 DAYS 9.03 DA-AVE. 59X LBS				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		1:46 10 10 1:46		:30 4 14 2:16		1:23 10 24 3:39		1:08 15 15 1:5	
5		6		7		8		9		10		11	
RESTDAY!		RESTDAY!		1:53 12 1:53 12		1:48 6 2:41 18		:30 4 22 3:11		1:00 8 30 4:11		:30 4 34 4:41	
12		13		14		15		16		17		18	
RESTDAY!		RESTDAY!		1:59 15 1:59 15		:30 4 19 2:29		1:26 11 30 3:55		1:26 11 41 5:16		:30 4 45 5:46	
19		20		21		22		23		24		25	
RESTDAY!		RESTDAY!		1:59 15 1:59 15		:30 4 19 2:29		1:26 11 30 3:55		1:26 11 41 5:16		:30 4 45 5:46	
26		27		28		29		30		31		August 1998	
RESTDAY!		RESTDAY!		1:59 15 1:59 15		:30 4 19 2:29		1:26 11 30 3:55		1:26 11 41 5:16		:30 4 45 5:46	

If a summer cold is one of your pet peeves, don't let it keep you from doing the things you enjoy most. Remember, good cold care practices can be used year-round to make you feel better fast. Drink plenty of fluids

to stay hydrated and cleanse impurities. Rest in bed if you're running a fever. Use a cool mist humidifier to quiet a cough. Most importantly, when choosing over-the-counter cold relief medications, target your summer cold

symptoms for best results — a decongestant for a stuffy nose, lozenges for a sore throat, and a cough elixir for a nagging cough. Other medications may include ingredients you don't need and side effects you don't want.





"One With Nature"

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July 1998

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September 1998

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 GOOD SESSION @ Y

1:30 | 4 | 1:30 | 4
LIFECYCLE 15:00
STAIRS 15:00
POOL 30:00

1 LBS

2 0

3 1:30 | 4 | 5:30

4 Y.M.C.A. POOL 3:30
LIFECYCLE 15:00
MASTER 15:00

5 1 LBS

6 AS 7/4 | 145

7 1 LBS

8 2:00 | 15 | 50 | 18:09

9 HULLY GULLY PLUS
1 HR TO TOP OF HILL = 600 D

10 AS 7/4 | 195

11 1 LBS

12 1:58 | 15 | 48 | 7:19

13 HULLY GULLY PLUS
DOWN BACK

14 AS 7/4 | 243

15 1:59 | 15 | 51 | 6:52

16 HULLY GULLY
DOWN 38:38
BACK 18:00

17 AS 7/4 | 284

18 1 LBS

19 AS 7/4 | 284

20 1 LBS

194 mi Run
9.23
21 DAYS
7X LBS

194 mi Run
9.23
21 DAYS
7X LBS

6901 > 5180
4 | 24 | 315 | 30
Y.M.C.A. POOL 3:30
LIFECYCLE 15:00
MASTER 15:00

1:45 | 13 | 500 | 11:37

2 HULLY GULLY

3 AS 7/4 | 145

4 1 LBS

5 14 D

6 46 | 5 | 35 | 6:09

7 EZ POB

8 AS 7/4 | 180

9 STAIRS

10 1 LBS

11 1 LBS

12 1 LBS

13 1 LBS

14 1 LBS

15 1 LBS

16 1 LBS

17 1 LBS

18 1 LBS

19 1 LBS

2:10 | 14 | 2:10 | 16
EZ HULLY GULLY
PLUS - GUY REMING
ETC. @ MAC (GOOD)

3 AS 7/4 | 128

4 11

5 3:58 | 20 | 3:58 | 20

6 BALDY PEAKS
COURSE - MT. BALDY
HULLY SHIT!

7 AS 7/4 | 165

8 MAC

9 AS 7/4 | 170

10 OK!

11 AS 7/4 | 175

12 GOOD!

13 1 LBS

14 1 LBS

15 1 LBS

16 1 LBS

17 1 LBS

18 1 LBS

19 1 LBS

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187 1 LBS

188 1 LBS

189 1 LBS

190 1 LBS

191 1 LBS

192 1 LBS

193 1 LBS

194 1 LBS

195 1 LBS

196 1 LBS

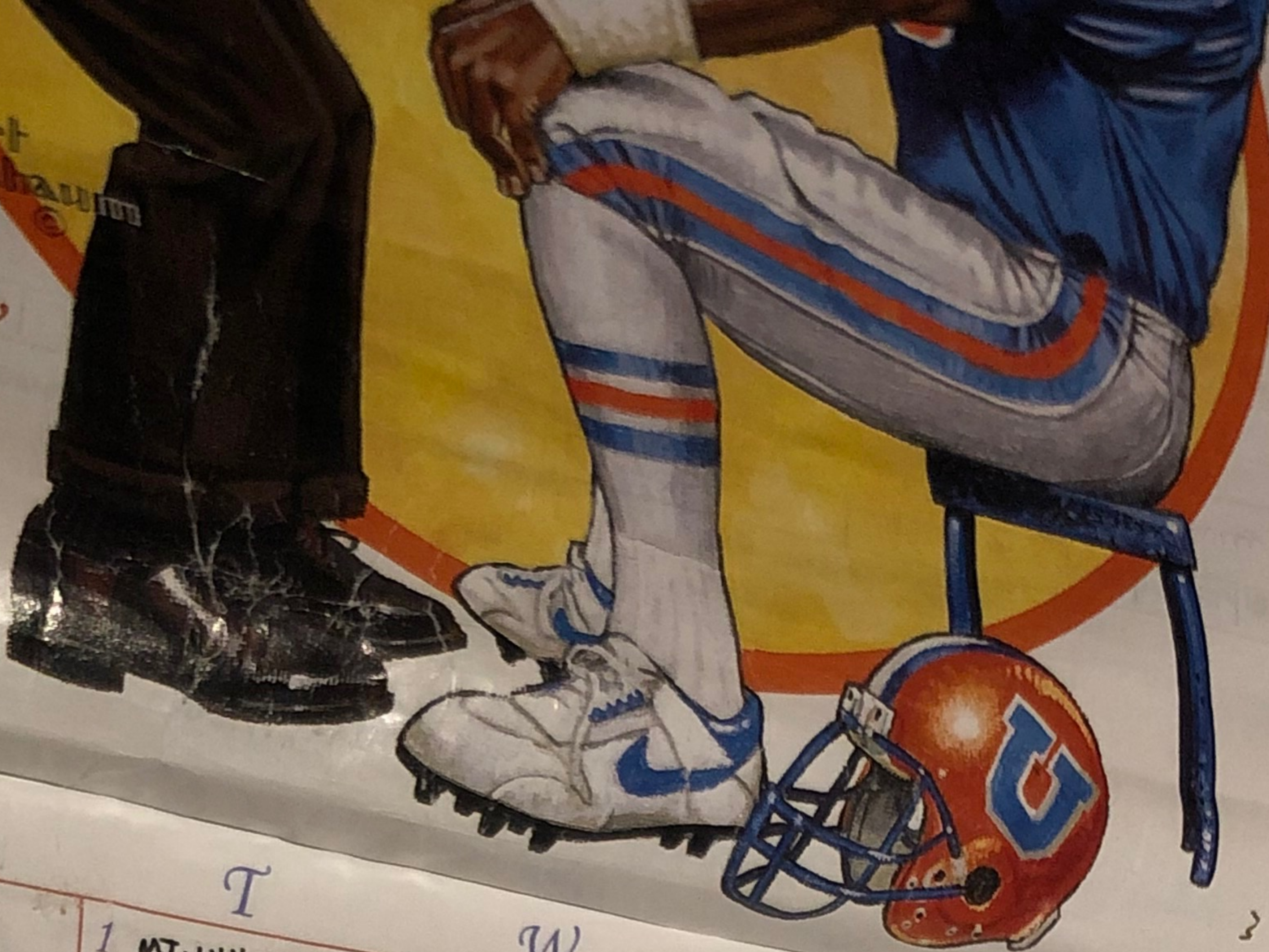
197 1 LBS

198 1 LBS

199 1 LBS

Robert
Lanenhaupt

"Open Wide"



S	M	T	W	T	F	S
142 MILES 14 DAYS 10.1 AVE 5XUBS	* NEW SHOES FOR BALDY 32mi.	1 MT. WHITNEY (w) LOUIE, etc. 15:00/20/15:00/20 LONG TOUGH BUT GOOD DAY!	2 ALABAMA HILLS YES! AS92/10/1/	3 REST!	4 REST!	5 EZPOB 16 AS92/26/1
6 Full Moon • • • •	7 D.O.B. • 48 6 48 6 EZPOB	8 REST	9 P.O.B. • 51 6 11:39 12	10 REST!	11 REST!	12 BALDY PEAKS 32mi RUN 5th QA 1st 50+
13 Last Quarter • • • •	14 WWW. ENVIRO- SPORTS @ wener • • • •	15 WWW. ENVIROSPORTS .COM (WEBSITE) • • • •	16 X.M.C.A. 10:00 LIFECYCLE 10:00 STAIRS 10:00 TREADMILL - LBS	17 EZPOB OB GOOD!!	18 REST!	19 8 15 DEL MAR HAIRCUT
20 New Moon • • • •	21 11:00 AM WINDSHAW • • • •	22 IRON MTH (w) MASON • • • •	23 REST!	24 OBSTKL COURSE THRU DEL MAR 26:01 D 25:58B	25 REST!	26 25:14 B DMOBCURSE 20:15 D (STAIRS)
27 REST!	28 First Day of Rosh Hashanah • • • •	29 AS92/91/GOOD!	30 First Day of Yom Kippur • • • •	31 AS92/98	32 AS92/98	33 AS92/98
28 First Quarter 9:30/16/16/9:30 MT. WHITNEY	29 11:45/10/26/11:15 WILD WEST 10 MILE COURSE	30 1:16/9/35/12:31 OBCURSE +	31 AS92/108 RAIN, WIND, HIGH COLD 30S	32 AS92/117 Yom Kippur	33 AS92/117	34 AS92/117

103057
154mi
15 DAYS
5XUBS 10.2 AVE

August 1998

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
%	%	25	26	27	28	29

October 1998

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					

Experience a Clear Day.

Claritin

10mg (loratadine) TABLETS

For important FREE information
Call 1-800-CLARITIN
(1-800-252-7484)
www.claritin.com

151 MILES
15 DAYS
5XUBS

UNITED DRUGS



September 1998							November 1998							Country Gardens							Southwest Inn -							T F S						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	Country Gardens	Southwest Inn -	T	F	S	T	F	S	T	F	S	T	F	S	T	F	S	T	F	S	
1	2	3	4	5	6	7	1	2	3	4	5	6	7	Country Gardens	Southwest Inn -	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17		
8	9	10	11	12	13	14	8	9	10	11	12	13	14	Country Gardens	Southwest Inn -	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
15	16	17	18	19	20	21	15	16	17	18	19	20	21	Country Gardens	Southwest Inn -	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	
22	23	24	25	26	27	28	22	23	24	25	26	27	28	Country Gardens	Southwest Inn -	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	
29	30						29	30						Country Gardens	Southwest Inn -	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	

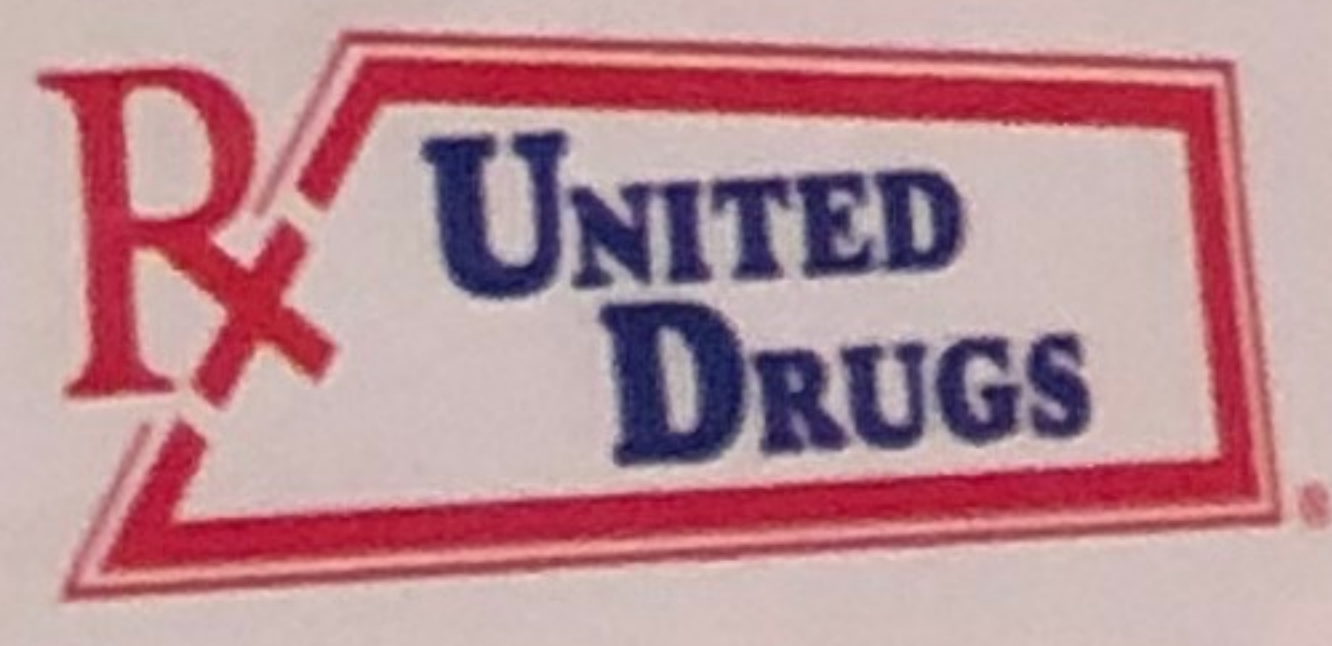
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THE TOP OF
MT. SAN JACINTO
FROM PALM SPRINGS

two aspirin and call in the
may be good advice for many
to children, aspirin
over-the-counter
aspirin to

those recovering from chicken pox or
the flu. That's why there are special
non-aspirin formulas for children and
infants that effectively and safely relieve
their symptoms. Parents should also
consult a physician before combining

aspirin with any other medications.
The best and safest way to medicate
your child or infant is to have a
pediatrician or pharmacist you can
call for advice — one who knows
your child's complete medical history.





S				M				T				W				T				F				S			
1	.	.	.	2	.	.	.	3	.	.	.	4	O Full Moon	.	.	.	5	.	.	.	6	.	.	7	JULIAN 10K		
REST!				REST!				1:44 5:44 5				1:48 6:11 1:32				REST!				REST!			1:10 10 21 242				
.	.	.	.	.	.	.	.	EZ POB				EZ POB											39:28 7TH 9A				
8	.	.	.	9	.	.	.	AS 9/2/298 Day				AS 11/4/6	FEELING LOOSE!!!	.	.	.							1ST 50+ NATGUY UNIV				
.	.	.	.	.	.	.	.	10				11	D Last Quarter	.	.	.							STRONG ON BOTH SIDES				
REST!				REST!				1:23 10 10 1:23				1:40 15 15 2:03										OF HILLS... 12 MAT TUR NABD					
.	.	.	.	.	.	.	.	RANCH SANTA FE				EZ POB										AS 11/4/10					
.	.	.	.	.	.	.	LBS	LAGOON @ 8:00				FEELING HEAVY!										COOL/WINDY					
15	.	.	.	16	.	.	.	AS 11/4/20				AS 11/4/24	LBS	AS 11/4/35	—							NIKE					
.	.	.	.	.	.	.	.	17 (3)				18		19	New Moon	1:15:33							14				
REST!				REST!				1:04 18 18 1:04				1:45 15 13 1:49		1:16 110 23 2:05								NO BUENO!					
.	.	.	.	HE'S BACK →				UCSD TRACK:				SSS		VILLAGE CRTS								JUST FEELING SQUATS					
.	.	.	.					3X1 MILE / 400 REST				GREAT WORKOUT!		STEADY!!!								21 (2)					
								5:55 / 5:59 / 5:46						1:15:33								UCSD TRACK					
								NIKE				AS 11/4/51	LBS	AS 11/4/61	GOOD!							2X1 M 800 REST					
22				23				AS 11/4/46				25 W		26								1) 6:06 (2) 5:59					
								24 8:00 OUT (55:33)				24 1 3 19 2:32		1:40 15 24 3:12								AS 11/4/66					
								52:43 7:30 BACK														LBS					
REST!				REST!				2:08 16 16 2:08				HAIRCUT RUN		EZ DEL MAR								AS 11/4/70					
.	.	.	.	.	.	.	.	LSD @ 9:30				DEL MAR		FM @ 7:38								GOOD!!					
.	.	.	.	.	.	.	.	RSF/LAGOON														28 SADDLEBACK					
.	.	.	.	.	.	.	.	AS 11/4/86	TOO MUCH MOMENT BEFORE			AS 11/4/89	—	AS 11/4/91	THANKS TO STILL HEAVY LEGS!							DEL MAR					
.	.	.	.	.	.	.	.	JULIAN 48				JULIAN 10K's		# MILES RUN 129								NO FM!					
.	.	.	.	.	.	.	.	SPLITS				192 (7TH) 39:35		# DAYS 18								AS 11/4/99					
.	.	.	.	.	.	.	.	1. 6:07				193 (6TH) 38:43		National													
.	.	.	.	.	.	.	.	2. 6:20 2:107				196 (5TH) 39:08		AUG 6.8													
.	.	.	.	.	.	.	.	3. 6:05				198 (7TH) 39:21		Diabetes													
.	.	.	.	.	.	.	.	4. 6:59						Month.													
.	.	.	.	.	.	.	.	5. 12:39																			
REST!				MAC'S LOOP!!!										5X LBS													
				GOOD!!										1530 FOR YEAR													
				AS 11/4/105										193 DAY													

October 1998

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

November 1998

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
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19	20	21	22	23	24	25
26	27	28	29	30	31	

December 1998

S	M	T	W	T	F	S
			1	2	3	4
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19	20	21	22	23	24	25
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October 1998						
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December 1998						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1530 FOR YEAR

193 DAY

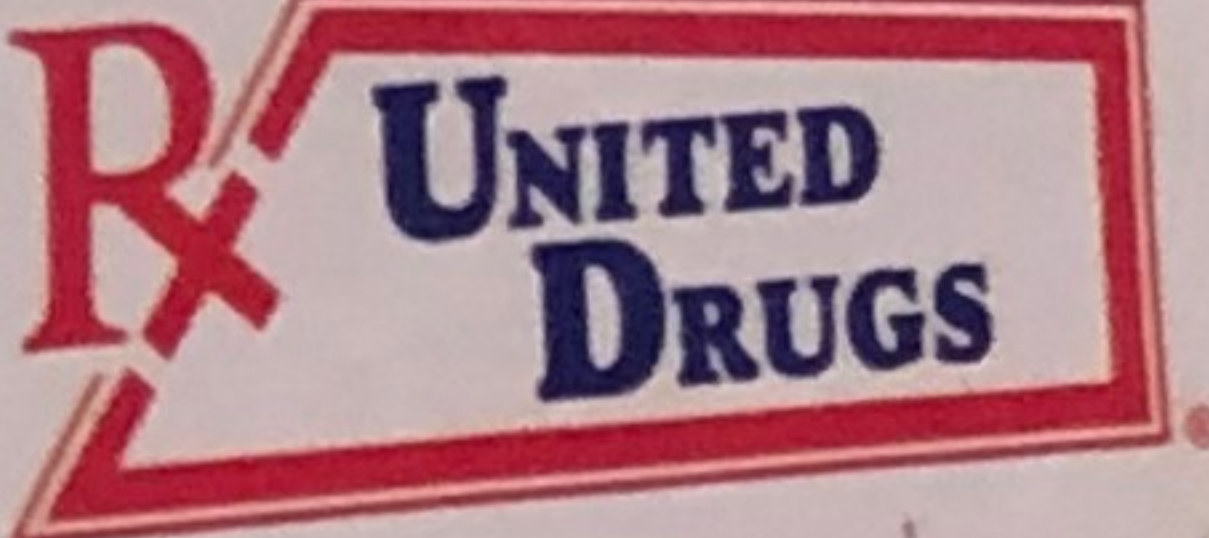
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CRAMPS
BETTER MIX PACS
SOCKS?

30S to 50S
10-15 mph wind
200 + START
2ND 50 GUY 24 MIN
BACK
MAC SAVED ME 10 min

6 HIGH DESERT
50K

33 14:2 | 33 14:2 |
4:05:57 11TH O/A
1st 50+ COURSE RECORD
PASSED 4 GUYS (1st 50+)
AS114 | 148 | TOOK 20 MI
TO CLEAR
PUMPING

13
REST!

14
REST!

15
1:53 | 14 | 14 | 1:53
GUY FLEMING LOOP
HULLY GULLY / COAST
BACK!
EZ + 2
4K STAIRS 2X1
2X2

AVE. 85.6
mi
AVE. 5:42 PACE.

UCSD TRACK
12-22-98
1:78
2:79
3:79
4:76
5:78
6:78
7:78
8:78
9:78
10:78
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48:78
49:78
50:78

5 CALIFORNIA INN
#55328-51750
2 PM C/I 24HR CANCEL
1:10 | 1:12 |
REST!
12
7:32 | 4:04 | 6:29
WINNERS CIRCLE
© EZ
AS114 | 163 | LEGS!
GOOD!

20
REST!

21
8-1:04 | 1:04 | 8
EZ (MAC) and
THE DOGS !! GREAT !!
AS114 | 205 |

22
154 | 6 | 14 | 1:58
UCSD TRACK
1:78 2:79
3:79 4:76 = 78 AVE
5:12
LIKE
AS114 | 211 | GOOD!
400 YDS
GAS!

23
41 | 5 | 19 | 239
EZ POB / 14TH ST.
AS114 | 216 |

24
REST!

25
14TH ST. & BACK!
FELT GOOD!
AS114 | 221 |

26
14TH ST.
GOOD!
38:58
AS114 | 226 |

27
REST!

28
REST!

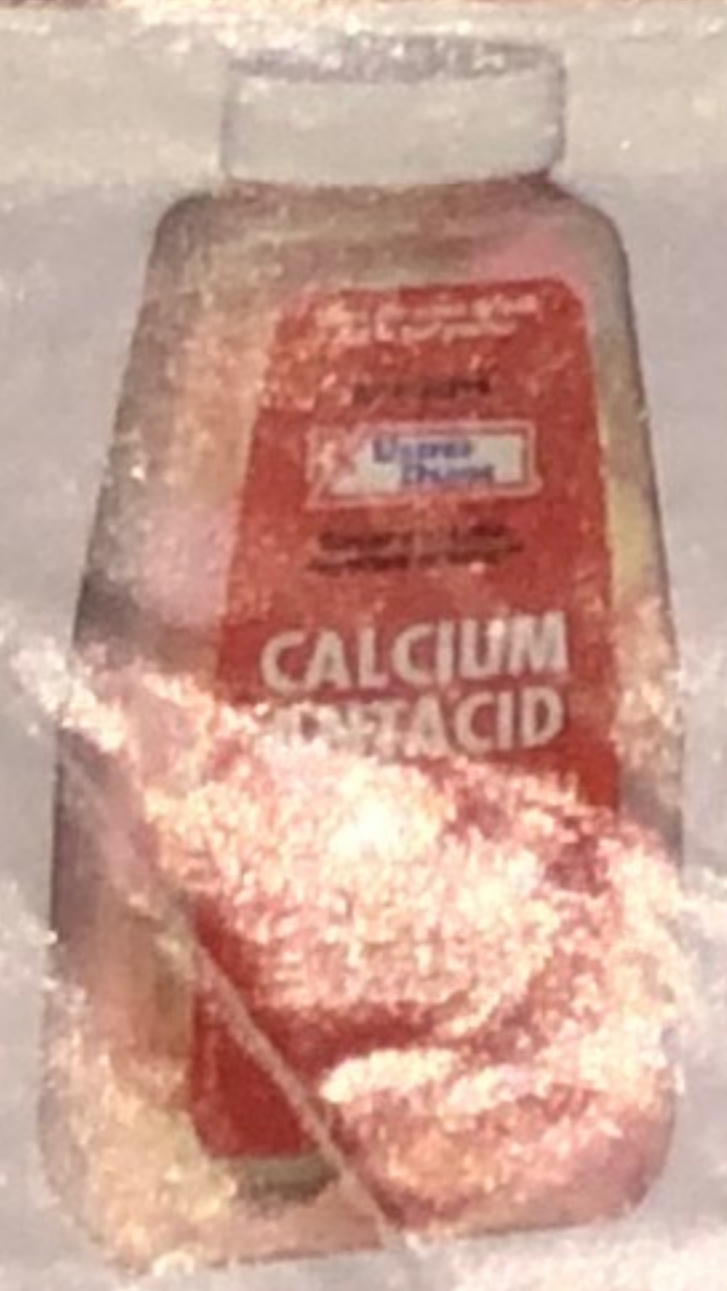
29
3 | 24 | 3 | 24
EZ DELMAR
STRIDE X 8 BACK
AS114 | 229 |

30 HOLIDAY 5K
10 | 1:20 | 13 | 1:44
17:50 2ND 50+
HAL 17:47 5:39
GOOD RACE!
NILES
AS1 | 235 |

31
EZ DM
LEGS OK!
AS1 | 238 |

November 1998

7 mi DAY AVE
January 1999
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
31



YEARN
1674 MILES
212 DAYS
7:09 AM
142 MILE
JAN 27
COLORED
10:12 AM
3XUBS

DR. WORMAN
2:30 PM

United DRUGS