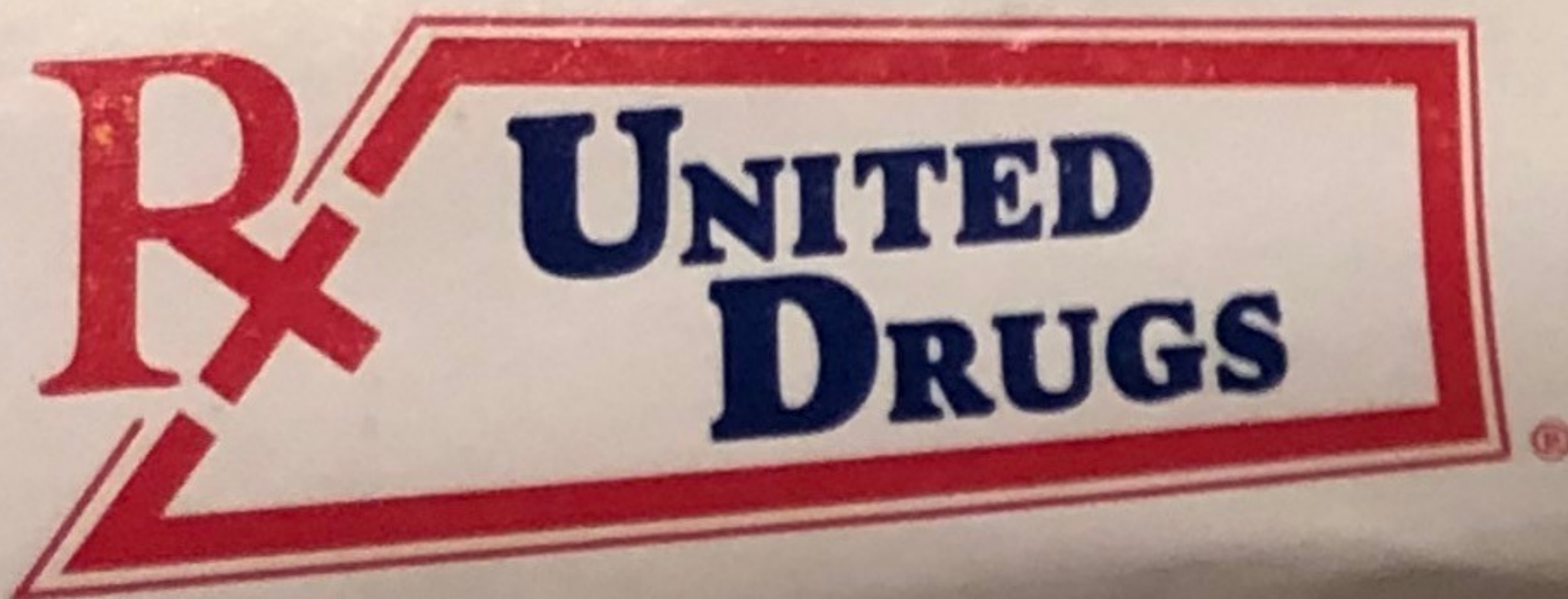


CURRIER & IVES

1999 Pharmacy Calendar



CLARK'S

**RANCHO PARK PHARMACY &
MEDICAL SUPPLIES**

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(760) 436-2011 • Fax: (760) 436-3042

142 mi
20 DAYS
7.1 AVE.
5X LBS
4K STAIRS = 4000

CENTRAL-PARK, WINTER

19

JANUARY

99

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Skating on a crisp winter's day awakens the senses, stirs the imagination and renews the spirit.

82.24 79.58
80.15 77.00
80.12 77.00
80.12 77.00
(29.86) AVE

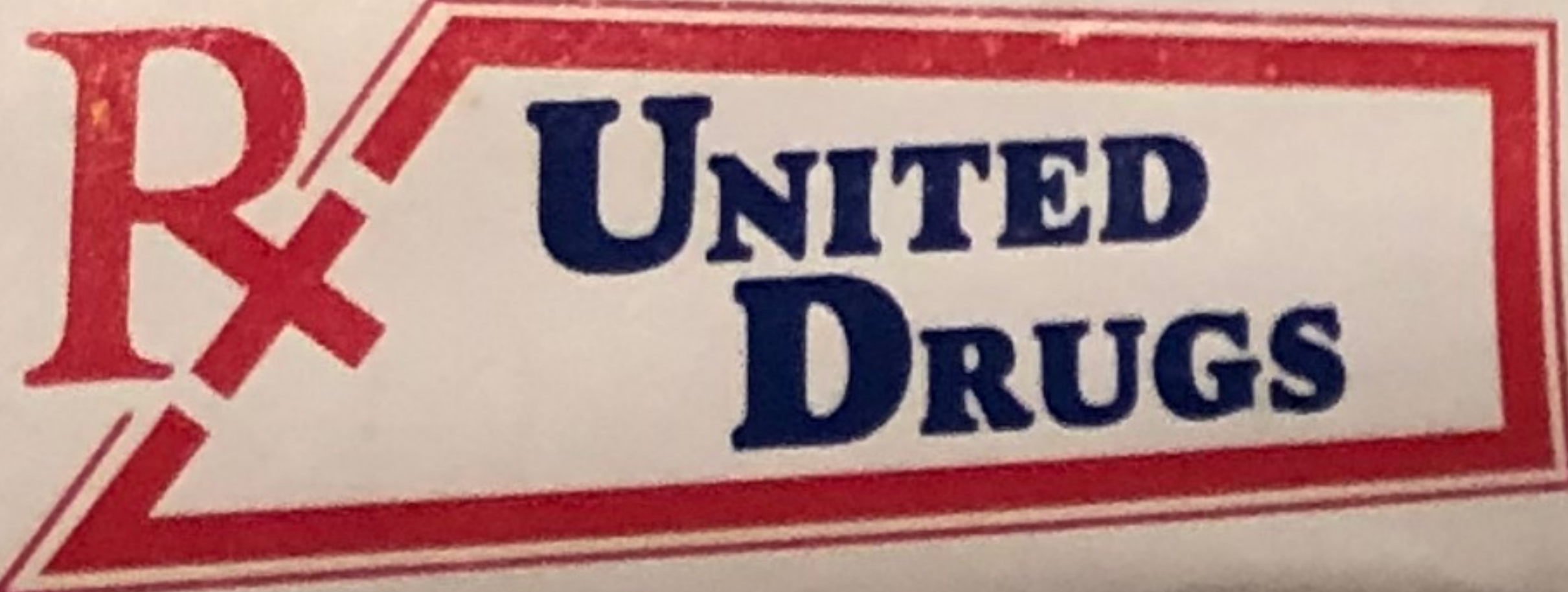
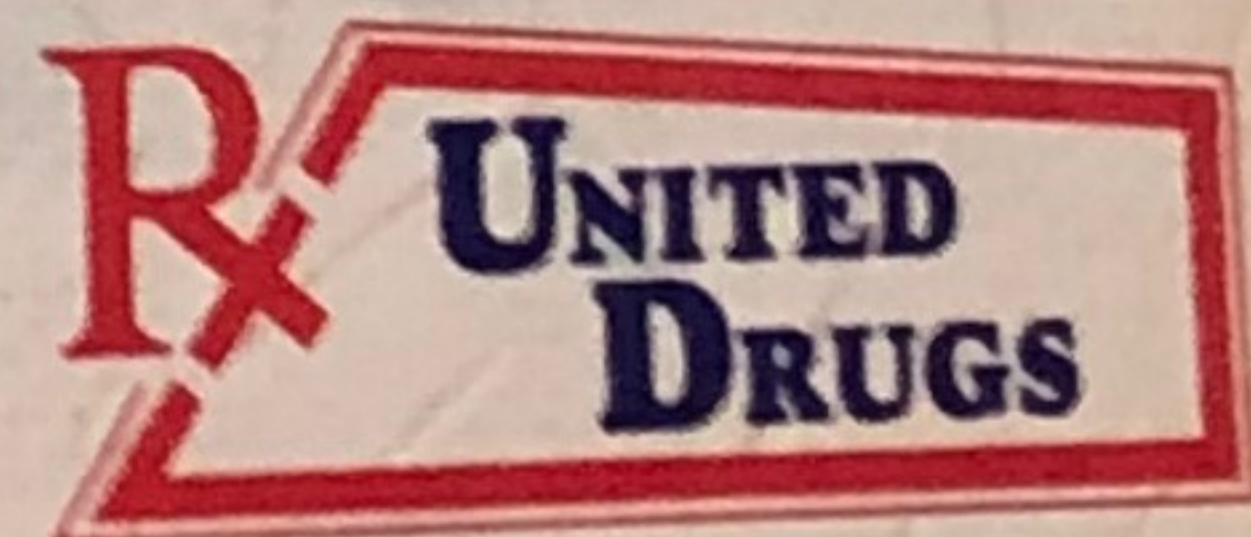
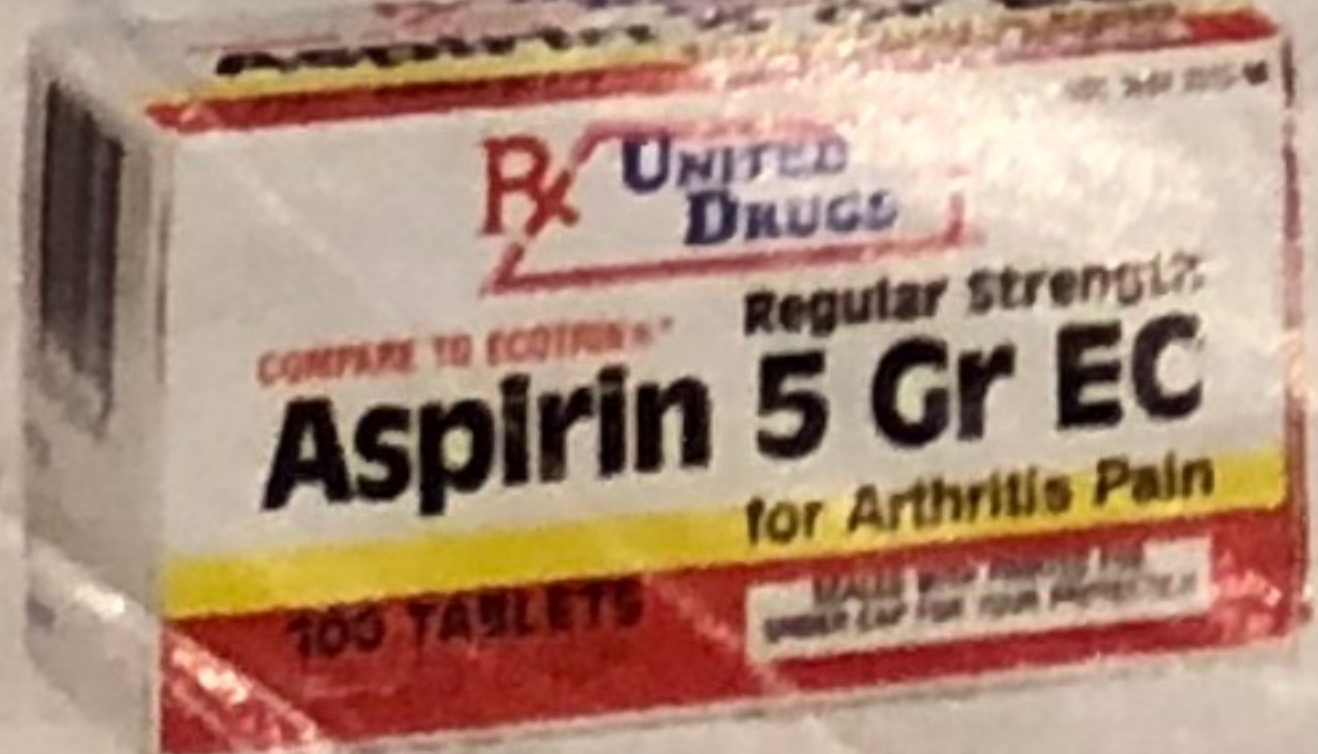
DECEMBER 1998

FEBRUARY 1999

3	:23	3	:23	8	:59	11	:22
EZ DEL MAR				DEL MAR HEIGHTS			
16TH ST.				HULLY GULLY, GOOD!			
AS114 241		STRONG!		AS114 249		BEFORE	
1	New	5:000°		2	Full Moon		

REST!	REST!	2:06 15 16 2:06	4 24 20 2:50	1 14 9 4:04 29	53 6 4:57 35	38 5 6:35 40
3	4	LSD ALABAMA HILLS	VERY EZ ED GARDNERVILLE	CVE RUN GARDNERVILLE	EZ ALABAMA HILLS	14TH ST. 7:03 PM
		AS114 262 102:54	AS114 269 LRDY!	AS114 278 8:30 2:00 2:00	AS114 284 LRDY!	AS114 289
REST!	REST!	5 REAL NICE SUNDAY/50'S	6 VERY COLD! 20'S/30'S	7 5:30 AM RUN 20'S 0 FELT LIKE 7:00	8 15-25 MPH WIND WILD!! 40°	9 GOOD! Last Quarter
10	11	UCSD TRACK: BX 400:79 AVE PM (REST) EZ DYN	EZ DELMAR 2X STAIRS ①	1:30 12 3:45 28 HULLY GULLY * (TERRIBLE) 44:06 20:00	EZ DELMAR 2X STAIRS ②	UCSD TRACK 800'S X 2 AVE 2:45 1:00 X 4 AVE 78
		AS114 241	AS114 LBS	AS113 12 STEADY!	AS113 16 LBS	AS113 24 GOOD!
		12 STEVE SCOTT THERE 4X 400:58 WOW!!	13	14 X 1:29:57 NEW COURSE	15	16 2:46:34/2:45:53 1:20/1:19/1:14/1:16
REST!	REST!	6 47 6 1:47	1 1 6 1:47	4 31 10 1:16	10 1:16	16 2 12 1:32
17 New Moon	18 Martin Luther King, Jr. Day	EZ DELMAR TO 3MI	REST!	EZ DELMAR 2MI MARK 4 BX 50yds	REST!	EZ DELMAR BX 50yds STRONG
		AS113 30 OK!	20	AS113 34 STEADY	AS113 34	AS113 36
		19 DR. WORMAN	21	22	23	
140 5 5 :40 STEVE SCOTT MILE 5:09 47:050 75 10+	5 :40	7 1:51 12 1:19	1:33 15 1:52	1:00 7 22 2:52	1:34 25 3:26	12 1:28 1:25 4:51
24 1st Quarter	REST DAY!	DEL MAR HETS. UP TO HULLY GULLY BACK :30 TO DIRT :24 BACK	EZ DELMAR 4X STAIRS 500' 500'	DEL MAR HETS VIA HULLY GULLY ROAD BACK DHM 6:22	EZ DELMAR 4X STAIRS 500' 500'	HULLY TO H-20 1:28:37 * COURSE RECORD
REST	RAIN!!	AS113 41	AS113 51 LBS	AS113 58	AS113 61 LBS	AS113 12 GOOD!
31 Full Moon	25 100% RAIN!! (WANA)	26	27	28	29 11:45 DE KURTZ	30

Good times... you're moving freely, enjoying every moment... and why not? You've got your minor arthritis pain under control. Aren't you glad you remembered all pain relievers are not created equal?



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THE ROUTE TO CALIFORNIA

19 FEBRUARY 99

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 REST DAY! 4.22 08 1:26 76 548 84 1542	2 REST DAY! 1:44 5:44 5 EZ BEACH BEAUTIFUL SAND AS113 105 GROOMING	3 UCSD TRACK 1m: 5:46 1m: 5:51 1/2m: 2:56 1/2m: 2:54 1/4m: 1:22 1/4m: 1:21 AS113 82 NO SHIRT Morning Day T	4 1000 STAIRS EZ DEL MAR (32.11) (32.11) AS113 86 LBS	5 HULLY GULLY TO H2O RAIN/MAC + DOGS... 12 AS113 98 EZ HULLY H2O	6 REST DAY! GROOM STRAW/WK 5. 1:43 1:5 2:12	7 EZ/GROOM? SHILL STIFF! AS113 100 BOTTOM T
8 REST DAY! 1:00 8 1:00	9 Last Quarter 8	10 10:00AM DENTIST 9	11 EZ DEL MAR AS113 110 GOOD! 10	12 REST DAY! 1:30-2 LBS	13 EZ DEL MAR STAIRS X 6 AS113 115	14 REST DAY!
15 SAN DIEGO TO 5K 12:00 9A 408 17:56 150+ 12mi 5:16 12mi 5:16	16 REST DAY! 1:20 10 1:20	17 EZ CREST CANYON BEACH TRACKS BACK AS113 130 LBS GOOD! 16 2:00 HAIRCUT New Moon	18 5:48 23 3:08 SC STAIRS (S SAND) AND S (STAIRS X 10) 7:14 SMILE AS113 135 LBS	19 12 1:28 35 4:36 HULLY GULLY 1:28 100 CRO AS113 147 40:20 BAC	20 REST DAY! 35 4:36	21 UCSD TRACKS 1m: 5:39 1/2: 2:14 7 1/4: 1:16 1/4: 1:15
22 Valentine's Day 14	23 Presidents' Day 15	24 16 2:04 16 2:04 LSD/PSFGC. Loop @ EZ AS113 166 8:00 PACE	25 3:32 19 2:36 STAIRS X 2 (128 LBS) AS113 169 LBS	26 1:11 10 29 3:47 HULLY GULLY STEADY 10 T AS113 171 STRONG!	27 32 4:33 4:17 STAIRS X 2 AS113 181 LBS	28 57 8:41 5:14 WEDNESDAY TODAY 8X HAIRPS.
29 REST DAY! 21	30 REST DAY! 1:50 sit-ups 22	31 LSD 2HRS First Quarter 23	1 DAY ONE 24 STOPPED!	25 36:21 DH 34:57 BIZ	26 3	27 UCSD TRACK 4 9:41

JANUARY 1999

S	M	T	W	T	F	S
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

MARCH 1999

S	M	T	W	T	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	31			

Bill SUMNER ??

* 2/18

130.5 LBS!

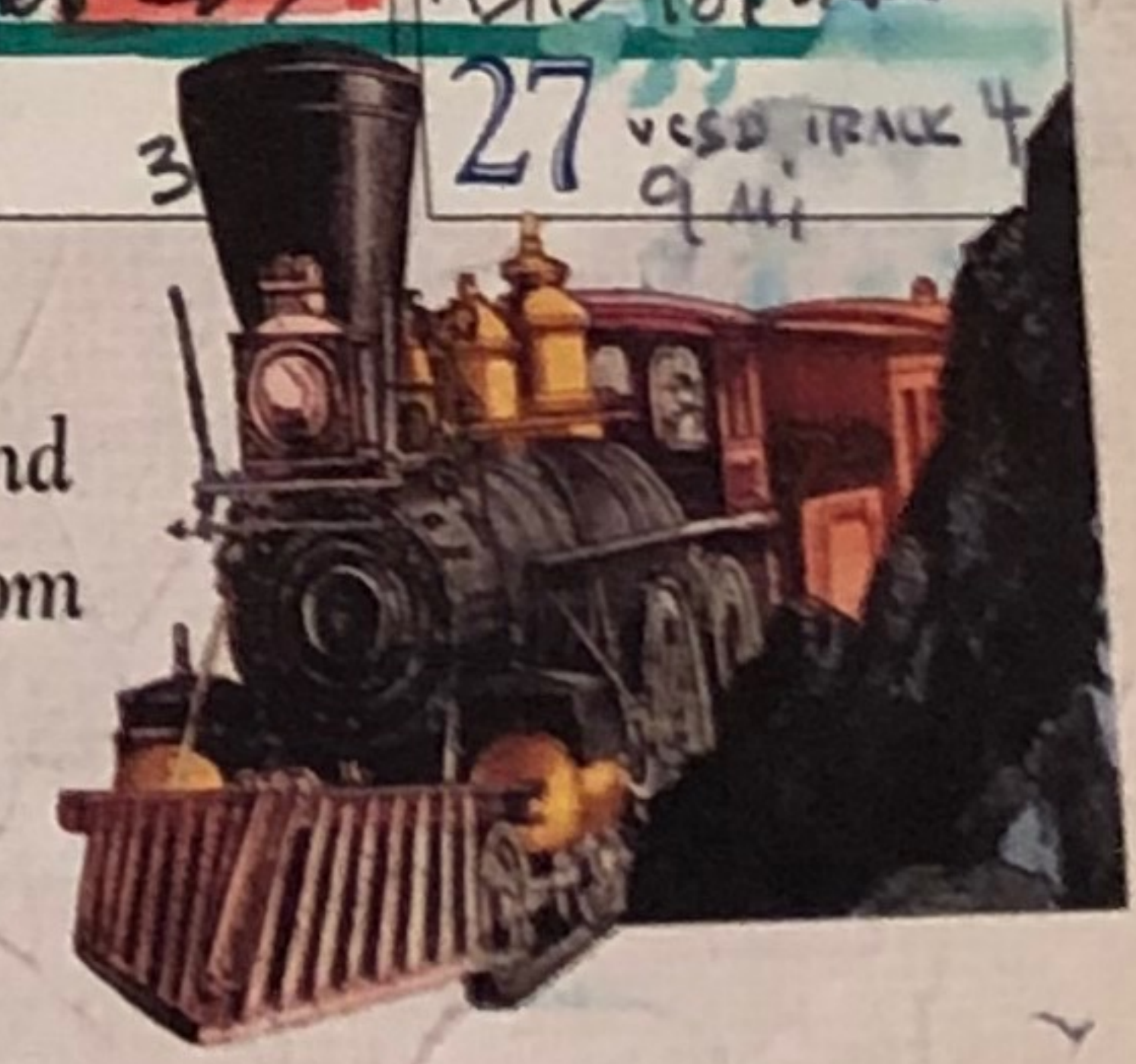
Body weight

2/17

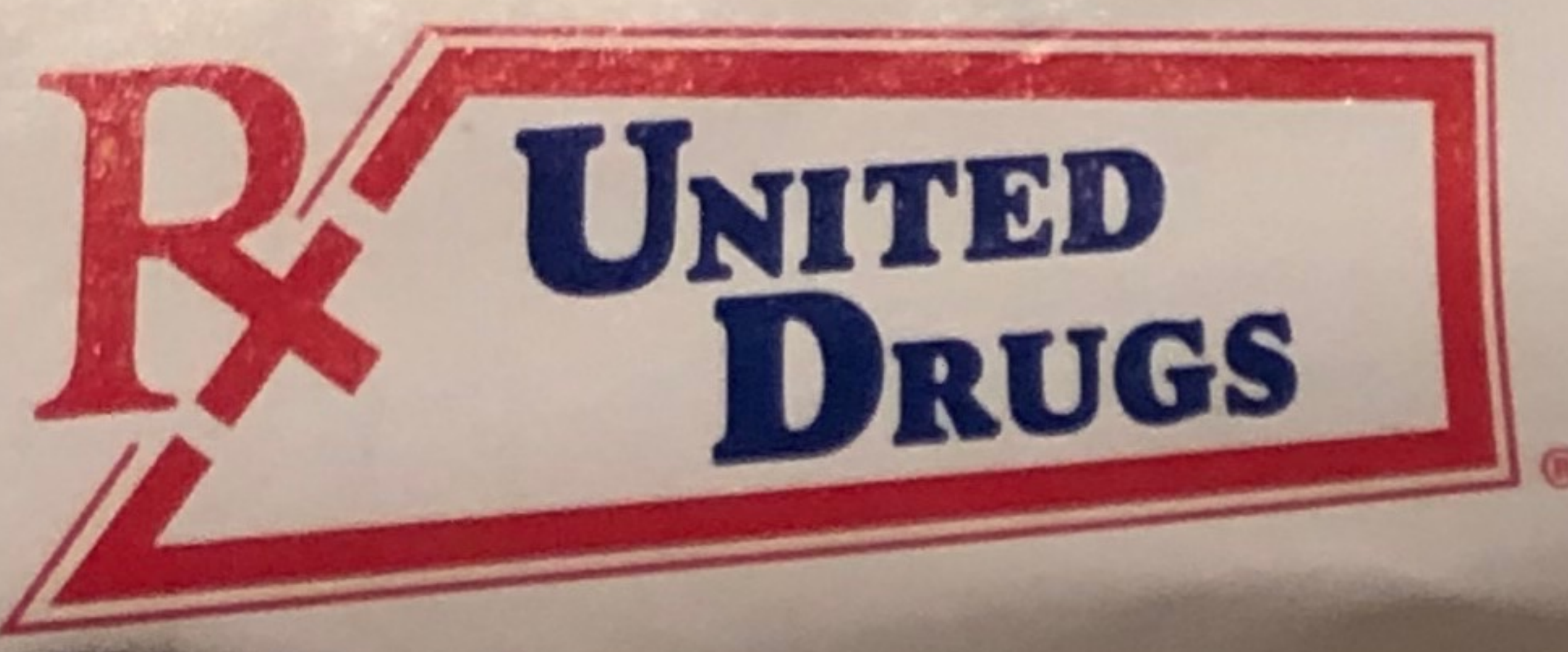
128 LBS

Indulging in a wonderful weekend getaway offers welcome relief from your everyday cares and stress.

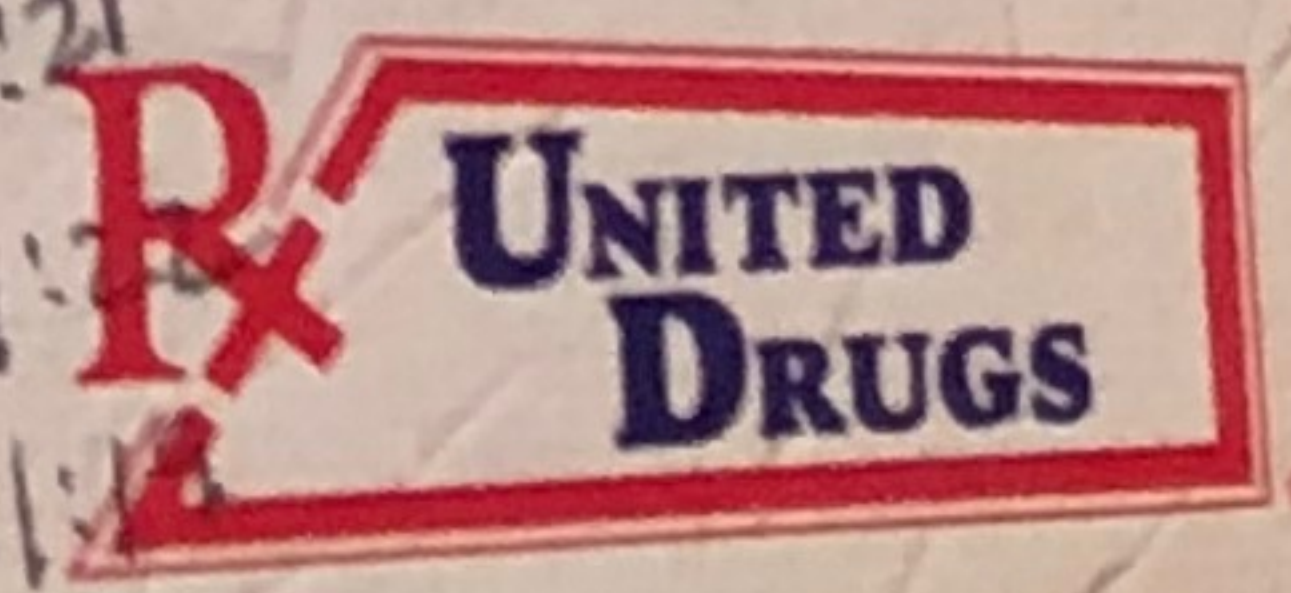
ENDURANCE = 65-75%
STAMINA = 80-85%
CRUISE INTERVALS = 85-90%
3-7 min @ Low Recovery
SPEED = 90-95%
SPRINT = 95-100%

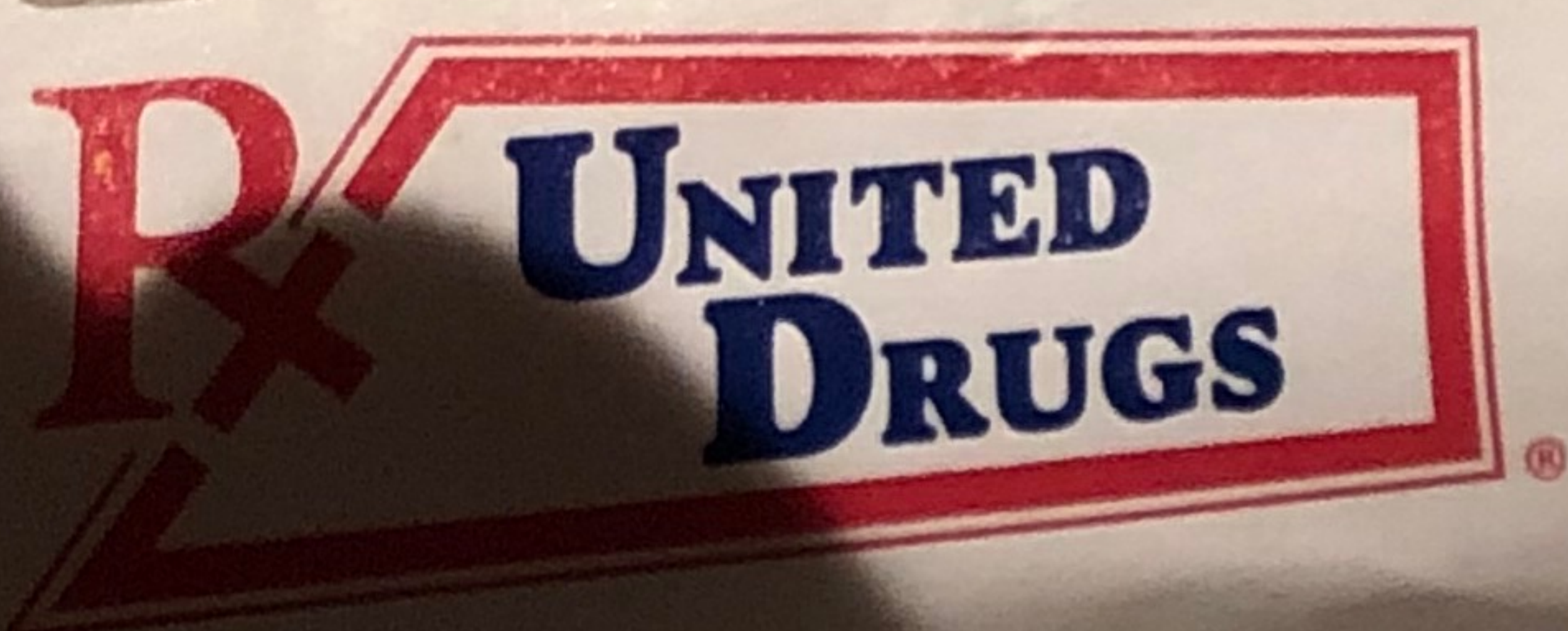


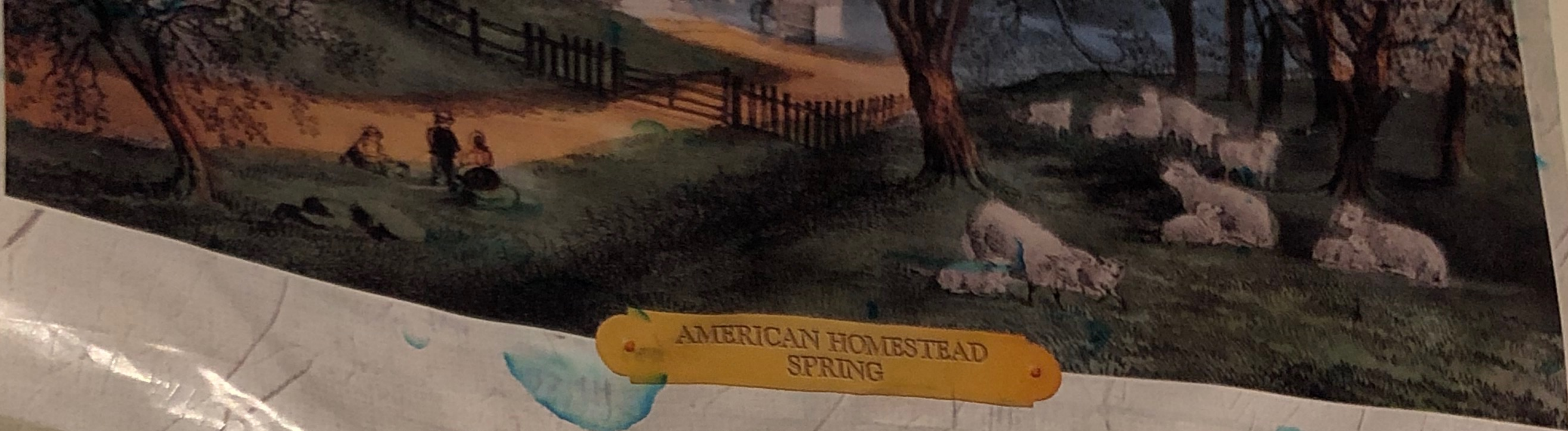
Each good night's sleep is a wonderful getaway... to a renewed body, mind and spirit! Now there's gentle, effective help for the occasional sleepless night, due to the daily stresses of life, to minor aches and pains. You deserve a fresh, new day - every day!



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AMERICAN HOMESTEAD
SPRING

19

APRIL

99

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Enjoying the warm weather
with a balance of rest and
activity results in a burst of
energy that is springtime!

1974 OVER

MARCH 1999

MAY 1999

1:15 10 15 10	1:50 5 15 2:05	1:10 8 23 3:15
HULLY GULLY	POB/SAND/STAIRS	CREST CANYON X 5
AS 113 285	AS 113 285 LBS	AS 323 21 GOOD!
1 First Day of Passover	2 Good Friday	3 STRETCHING PROGRAM WORKING!

1:10 10 35 5:42	1:55 6 41 6:37	1:25 10 51 8:04
HULLY GULLY	DELMAR	HILL REPEATS
CRK 1:09:56	STAIRS/SAND	CREST CANYON X 8
8 AS 323 56 STEADY GOOD!!	9 AS 323 62 LBS	10 AS 323 72

1:10 10 35 5:42	1:55 6 41 6:37	1:25 10 51 8:04
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3:43 20 3:43 20	6:10 3:43 20	4:45 5 1:45 5
NOBIE CANYON -	RESTDAY!	DELMAR
MAC	STRETCHING	STAIRS/SAND
6-8" SNOW 1:30		
2:00 UP / 1:43 DOWN		
BEAUTIFUL!!!!		
5 AS 323 44 GOOD!	6	7 AS 323 46 LBS

3:43 20 3:43 20	6:10 3:43 20	4:45 5 1:45 5
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At their natural, healthy best, children practically glow with springtime energy... but, when
children aren't feeling well, physicians recommend acetaminophen, instead of an aspirin
product, as an over-the-counter solution.

37
18
45
138/10/7.6
30K SPLITS
10K 40:23
20K 1:20:47
30K 2:01:10
@ 6:30 PACE
4X LBS
10K 43:30
20K 1:27:00
30K 2:10:30
@ 7:00 PACE

UNITED
DRUGS

UNITED
DRUGS

CLARK'S

RANCHO PARK PHARMACY &
MEDICAL SUPPLIES

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AMERICAN NATIONAL
GAME OF BASEBALL

19 MAY 99

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Retreating from a too-busy schedule
to develop personal interests lets
you fully enjoy leisure hours.

161:43

MAY 1999

JUNE 1999

RESTING

1.1.1.

2:58 | 20 | 2:58

WILD WEST
MARATHON
DLF/PROPER @ 20

2AS13 | 156 |

REST...
LEGS SORE!!

3.1.1

REST...
LEGS SORE!!

4.1.1

REST...
LEGS BETTER...

5.1.1 LBS

HAIRCUT RUN
DEL MAR
@ EZ

6AS13 | 159 |

DEL MAR
@ EZ
PM @ 7:38

7AS13 | 163 | LBS

BEACH RUN
@ EZ
LEGS BETTER!!

8AS13 | 168 |

:36 | 5 | 5 | :36

POB!!!
L2M1 @ 7:04/6:33

9AS13 | 173 | LEGS
Mother's Day OK!

RESTDAY!

10.1.1 LBS

LSD/RSF
GOLF COURSE LOOP
12:00 DENTIST

11AS11 | 15 | 2:03:33

STAIRS/SAND

12AS11 | 20 | LBS

HOLLY GULLY:
@ STEADY!
* 1:13:33 TOTAL

13AS11 | 30 |

RESTDAY!

14.1.1 LBS

UCSD (MOON) TRACK:
6X 800/400 REST
① 2:58 ② 2:57 ③ 2:58
④ 2:56 ⑤ 2:57 ⑥ 2:58
2:57.3 AVE GOOD!!

15AS11 | 35 |

:45 | 5 | 5 | :45

STAIRS
SAND

16AS11 | 40 |

RESTDAY!

17.1.1 LBS

LSD/RSF
GOLF COURSE LOOP

18AS11 | 57 | STEADY

STAIRS/SAND

19AS11 | 62 | LBS

TOTAL 1:08:50
HOLLY GULLY:
34:58 DOWN
33 54 BACK

20AS11 | 72 | FLYING

HAIRCUT RUN
@ VERY EZ

21AS11 | 75 | LBS

UCSD (SPRING) TRACK:
4X 1200 @ 400 REST
① 4:15 ② 4:15
③ 4:22 ④ 4:10 (4:15.5 AVE)

22AS11 | 80 |

.1.1.1.

23 REST

.1.1.1.

REST!

30 Fall Vorn

3 months stopped...
REST!! X2

24 1 LBS

:42 | 5 | 5 | :42

NO WINDOWS
EZ DM

31AS11 | 85 |

1:17 | 10 | 1:17 | 10

DENTIST @ 11:30
UCSD TRACK (SPRING)
3X 1 MI @ 800 REST AVE.
① 5:43 ② 5:40 ③ 5:35 = 5:39

25AS11 | 85 |

:45 | 5 | 5 | 2:02

STAIRS
SAND X1

26AS11 | 90 | LBS

1:08 | 10 | 25 | 2:10

HOLLY GULLY:
@ STEADY
34:17 DOWN
33:44 BACK

27AS11 | 100 | TOTAL 1:08:10

.1.1.1.

RESTDAY!

X2

28.1.1 LBS

1:06 | 8 | 33 | 3:16

UCSD TRACK (SPRING)
8X 400/200 REST
① 8:2 ② 8:1 ③ 8:0 ④ 8:0
⑤ 7:9 ⑥ 7:9 ⑦ 7:8 ⑧ 7:7
8:0:17 AVE.

29AS11 | 104 | GOOD!

165/20/8.25

(11X LBS)

So many things to enjoy... few precious leisure hours! Is it any wonder we overdo things
at times and our bodies rebel? For the discomfort of acid indigestion and intestinal distress,
there's safe, dependable help!



CLARK'S

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MEDICAL SUPPLIES

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UNITED
DRUGS

91 RACES

12TH 0/4 49
2ND 40-49
2:16.10 / 18.6 miles

91 RACES

N.12 → LAKE POWAY
30K (X/C)
2:16.18 12TH 0/4
2ND 40-49

10 → CATALINA
MARATHON
DNF @ 5:52
DNF @ 7:14 5:52

19 JULY 99

Running
25TH CORONADO INDEPENDENCE DAY RUN
15K Age Group Winners
17-anders: (male) Rankin 54:49, (female) Rivas 1:08:55, 18-24: (m) Kees 53:53, (f) Grim 1:03:12, 25-29: (m) Bell 56:08, (f) Fitzgerald 1:02:13, 30-34: (m) Sheremeta 54:44, (f) Demarco 1:05:59, 35-39: (m) Fruebis 53:35, (f) Lamott 1:06:11, 40-44: (m) Stoppelmoor 55:32, (f) Christensen not available, 45-49: (m) Aponte 58:19, (f) (name) gomery 57:31, (f) Riepenburg 1:07:19, 55-59: (m) Keim 1:01:03, (f) Rains 1:11:48, 60-64: (m) Albert 1:08:52, (f) Dyson 1:13:12, 65-69: (m) Verdin 1:11:20, 70+ (m) Devine 1:11:35.

Discovering how to enjoy life more and experience stress less, enhances the quality of daily living.

JUNE 1999

S	M	T	W	T	F	S
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			

AUGUST 1999

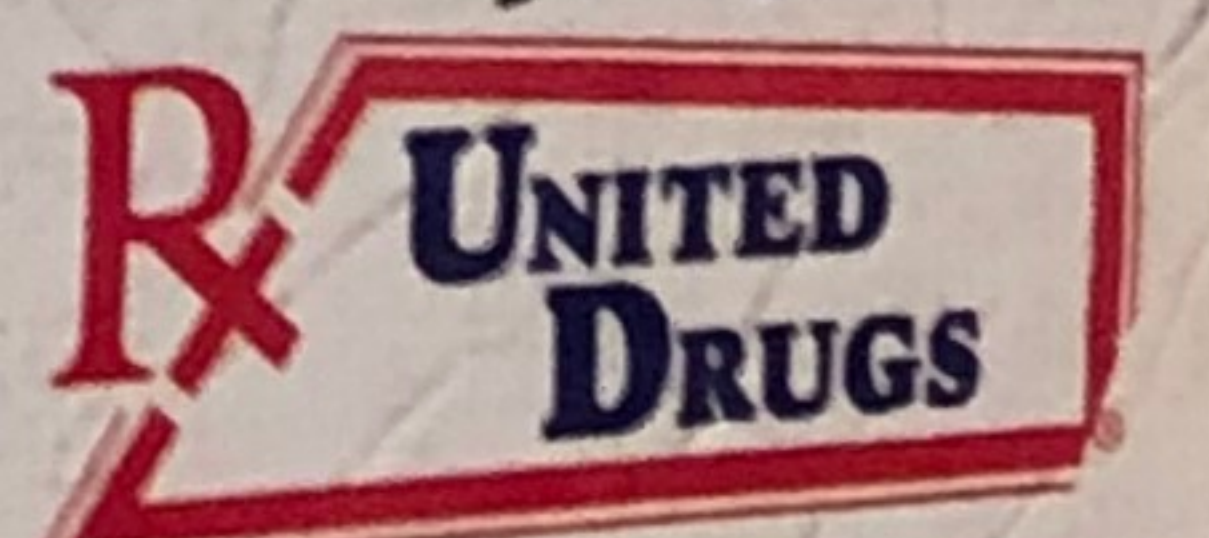
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST DAY! 4 Independence Day	8:30/20 9:45/33 DIRTY BAYARD @ 15K CORONADO 15K 5:57 27 6:01 31 6:12 35 6:11 31 6:18 36 6:24 41 6:24 41 6:30 46 6:37 51 5:55 250 57:31 26:10 NIKE 5/16 1874/0A 130+	9:45/33 DAY HIKE @ SAN JACINTO Big loop! BLISTERS @ #1?	9:45/33 REST DAY! BLISTERS BORT HEELS	1:37/5 1:14/10 EZ POB (ROAD) 1:51/24 2:51/24	1:14/10 EZ POB (ROAD) REST DAY! 3:11/46
11:04/16 1:04 REST DAY! BLISTERS BETTER!	11:04/16 1:04 REST DAY!	11:04/16 1:04 RSF/G.C. LOOP 1:04:10	11:04/16 1:04 SAND/STAIRS 4X7 FLIGHTS	1:26/12 34 3:19 TPSB 10 @ 1:13 15mi @ 35:00	1:44/6 40 4:03 SAND/STAIRS
18:00/32 12:30 REST DAY!	18:00/32 12:30 SAN JACINTO Round valley	18:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	18:00/32 12:30 REST DAY! BOY SORE ALLOWER!	18:00/32 12:30 DEL MAR/POB SAND DOWN	18:00/32 12:30 DEL MAR/POB S/Down
19:00/32 12:30 REST DAY!	19:00/32 12:30 SAN JACINTO Round valley	19:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	19:00/32 12:30 REST DAY! BOY SORE ALLOWER!	19:00/32 12:30 DEL MAR/POB SAND DOWN	19:00/32 12:30 DEL MAR/POB S/Down
20:00/32 12:30 REST DAY!	20:00/32 12:30 SAN JACINTO Round valley	20:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	20:00/32 12:30 REST DAY! BOY SORE ALLOWER!	20:00/32 12:30 DEL MAR/POB SAND DOWN	20:00/32 12:30 DEL MAR/POB S/Down
21:00/32 12:30 REST DAY!	21:00/32 12:30 SAN JACINTO Round valley	21:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	21:00/32 12:30 REST DAY! BOY SORE ALLOWER!	21:00/32 12:30 DEL MAR/POB SAND DOWN	21:00/32 12:30 DEL MAR/POB S/Down
22:00/32 12:30 REST DAY!	22:00/32 12:30 SAN JACINTO Round valley	22:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	22:00/32 12:30 REST DAY! BOY SORE ALLOWER!	22:00/32 12:30 DEL MAR/POB SAND DOWN	22:00/32 12:30 DEL MAR/POB S/Down
23:00/32 12:30 REST DAY!	23:00/32 12:30 SAN JACINTO Round valley	23:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	23:00/32 12:30 REST DAY! BOY SORE ALLOWER!	23:00/32 12:30 DEL MAR/POB SAND DOWN	23:00/32 12:30 DEL MAR/POB S/Down
24:00/32 12:30 REST DAY!	24:00/32 12:30 SAN JACINTO Round valley	24:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	24:00/32 12:30 REST DAY! BOY SORE ALLOWER!	24:00/32 12:30 DEL MAR/POB SAND DOWN	24:00/32 12:30 DEL MAR/POB S/Down
25:00/32 12:30 REST DAY!	25:00/32 12:30 SAN JACINTO Round valley	25:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	25:00/32 12:30 REST DAY! BOY SORE ALLOWER!	25:00/32 12:30 DEL MAR/POB SAND DOWN	25:00/32 12:30 DEL MAR/POB S/Down
26:00/32 12:30 REST DAY!	26:00/32 12:30 SAN JACINTO Round valley	26:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	26:00/32 12:30 REST DAY! BOY SORE ALLOWER!	26:00/32 12:30 DEL MAR/POB SAND DOWN	26:00/32 12:30 DEL MAR/POB S/Down
27:00/32 12:30 REST DAY!	27:00/32 12:30 SAN JACINTO Round valley	27:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	27:00/32 12:30 REST DAY! BOY SORE ALLOWER!	27:00/32 12:30 DEL MAR/POB SAND DOWN	27:00/32 12:30 DEL MAR/POB S/Down
28:00/32 12:30 REST DAY!	28:00/32 12:30 SAN JACINTO Round valley	28:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	28:00/32 12:30 REST DAY! BOY SORE ALLOWER!	28:00/32 12:30 DEL MAR/POB SAND DOWN	28:00/32 12:30 DEL MAR/POB S/Down
29:00/32 12:30 REST DAY!	29:00/32 12:30 SAN JACINTO Round valley	29:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	29:00/32 12:30 REST DAY! BOY SORE ALLOWER!	29:00/32 12:30 DEL MAR/POB SAND DOWN	29:00/32 12:30 DEL MAR/POB S/Down
30:00/32 12:30 REST DAY!	30:00/32 12:30 SAN JACINTO Round valley	30:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	30:00/32 12:30 REST DAY! BOY SORE ALLOWER!	30:00/32 12:30 DEL MAR/POB SAND DOWN	30:00/32 12:30 DEL MAR/POB S/Down
31:00/32 12:30 REST DAY!	31:00/32 12:30 SAN JACINTO Round valley	31:00/32 12:30 SAN JACINTO LITTLE ROUND VALLEY RACK BROKE...	31:00/32 12:30 REST DAY! BOY SORE ALLOWER!	31:00/32 12:30 DEL MAR/POB SAND DOWN	31:00/32 12:30 DEL MAR/POB S/Down

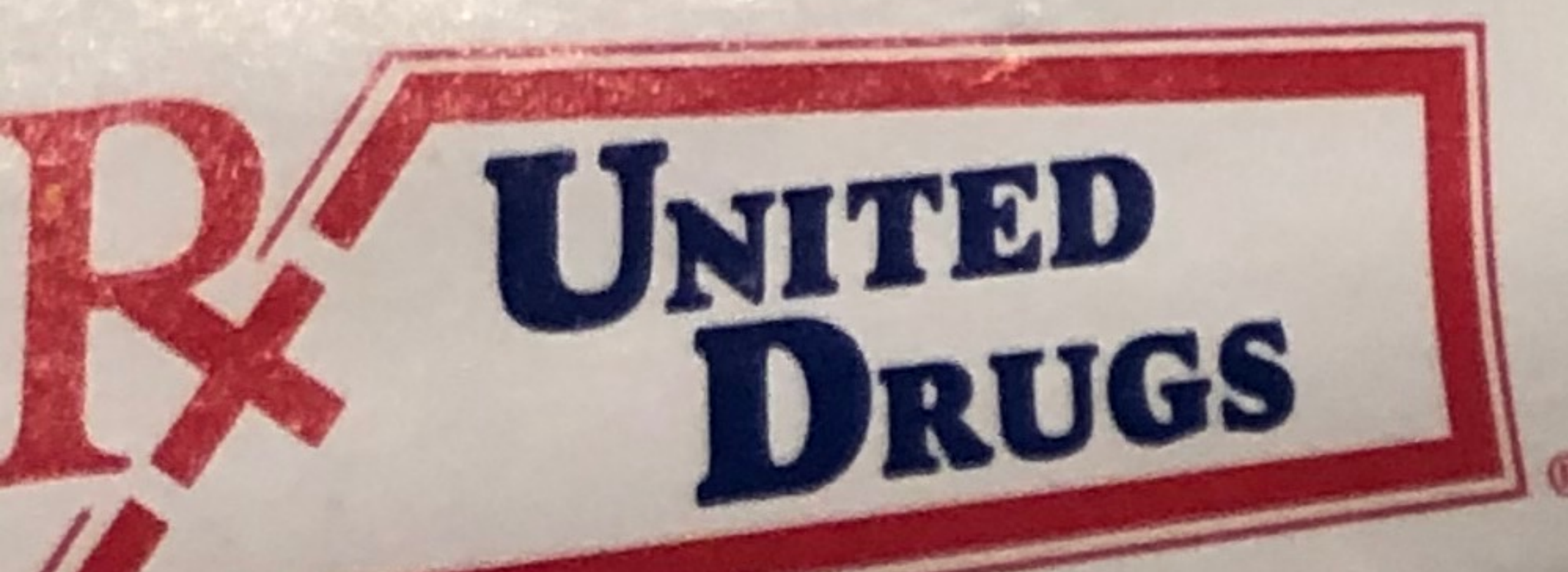
163 TOTAL MILES
1904/5/910 AVE
5X LBS

TENNIS TOURNEY
31-8TH

Good times... you're moving freely, enjoying every moment... and why not? You've got your minor arthritis pain under control. Aren't you glad you remembered all pain relievers are not created equal?



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FARM AND FIRESIDE

19

AUGUST

99

4 DAYS / 3 RITES (CAL. 7 MILES TOTAL JMT) 29 doors AVE. 15.2 MILES PER DAY / 7 HRS. 15 MIN DAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 5:00 10 5:00 HAPPY ISLES START @ 1 PM - GOOD CLIMB OUT INSECTS TO MAX - PACK HEAVY! 15:10 7:19 42 camp 7:19 34 sunrise	18 8:30 28 13:30 MAC of JMT CATHEDRAL PASS PAST TUDOR MINE MONOS GOOD DAY OF HIKING 2:10 6:00 60 camp 2:10 4:19 60 at 7:19 34 sunrise	16 8:30 44 22:00 OVER DOOR HILL PASS TO RUBY LAKE 05:00 OUT AT 7:00 - ANOTHER GOOD DAY OF HIKING 3:10 7:19 76 TOO FAST 7:19 4:08 76 MDCG! 4:08 9:03 76 MDCG!	18 7:00 62 29:00 ROADS MIDDLE STOIR CATESE BURGL DECIDED THIS WAS NOT FUN ANYMORE WENT TO 4:10 9:30 93 MOTEL 7:19 1:00 93 GOOD 1:00 9:03 93 THING!	• • 62 29:00 BEST DAY! SAW BARRY AT FISH CAMP... 5. • • • 3:30 4:30 40 9:33 3:45 8:45 40 13:18	7:56 22 7:56 22 MT. WHITNEY RUN 2:57 UP GOOD!! 3:57 DOWN 3:57 DOWN 100 SUMMIT 6:10 11:50 10 min 7:19 13:18 46	7:56 22 7:56 22 MT. WHITNEY RUN 2:57 UP GOOD!! 3:57 DOWN 3:57 DOWN 100 SUMMIT 7:19 13:18 46
AM: 1:19 10 1:19 10 PM: 1:09 8 2:28 18 MAMMOTH INN: UP 3:30 4:56 DN 3:31 7:10 8:20 MARKLEVILLE: UP 3:30 5:00 to 6:00 DN 3:31 7:10 8:20 8:12 40 6000 8:12 98 DOUBLE 3:11 9 5:11 9 1:35 6 4:46 15 PM VIRGINIA CAKES TO TOP OF RIDGE AMT FALL AC UP 1:49 DN 1:22 1:22 91	50 6 24 5:18 2501 BAC KIRKWOOD 50:06 SKI LODGE TO CAPLES LAKE 9:12 64 8:00 H:46 15 MACLETTENHANT WE RESIDAY! 16. • • • • • • • REST! 22. • • • • • • • REST! 29. • • • • • • • REST!	6 6:55 36 9:03 MARLETTE LAKE HIKE @ M.L. and DOBS! FUN!! 10:10 46 12:10 46 10:10 46 12:10 46 8:00 22 37 12:46 MT. WHITNEY #2 POWERWALK 4:19 UP 15:00 TOP 3:44 DN GREAT! 17:10 148 MICE!! 2:00 4 2:00 4 SAN GORGONIO SAN GORGONIO DISTANCE 55:42 24:10 124 4 not 7:19 124 4 good!! 1:11 9 1:11 9 LAGOON AT LONGSIGHT EZ 31:10 124 4 not 7:19 124 4 good!!	• • 36 9:03 REST DAY! 11. • • • • • 37 12:46 1st DAY OF WORK! REST! 18. • • • 56 6 10 2:56 STAIRS 22:00 SAND 7:18 FORM MILE 55:42 25:10 120 10 LBS JULY 1999 S E P T E M B E R 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 1999 S M T W T F S 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	• • 62 29:00 FREEEL PEAK AM ED GREAT HIKE SUPER TRAIL 2:30 12:10 68 12:10 68 12:10 68 12:10 68 57 17 44 13:43 STAIRS X 28 EIGHTS SAND 21:00 F.MILE 7:19 56:49 19:10 98 LBS HOLLY GULLY LBS HEAVY!! LMB @ 6:52 26:10 120 10 LBS 1st 2st. 98 HIKE 107 RUN	• • 13:18 46 REST DAY! 13. • • • 44 6 50 14:27 2 @ 14:49 2 @ 7:14 / 6:35 2 @ 15:06 (4:07) 20:10 104 600! 24 3 23 4:36 HAIR CUT RUN EZ KINDA TIRED! 27:10 133 • 27:10 133 • 1:19 10 33 5:55 POLO FIELD STEADY!! WIFGS HEAVY! 28:10 148 • 28:10 148 •	17 2:07 63 15:25 DEVILS OVERLOOK 7:00 1/2 MARATHON 50:00 DOWNHILL SUMMIT 50:00 14:10 85 13:30 136 1:18 10 60 15:45 39:29 DOWN 38:04 BACK HOLLY GULLY 21:10 14 EZ 1:19 10 33 5:55 POLO FIELD STEADY!! WIFGS HEAVY! 28:10 148 • 28:10 148 •



12 FOR 250

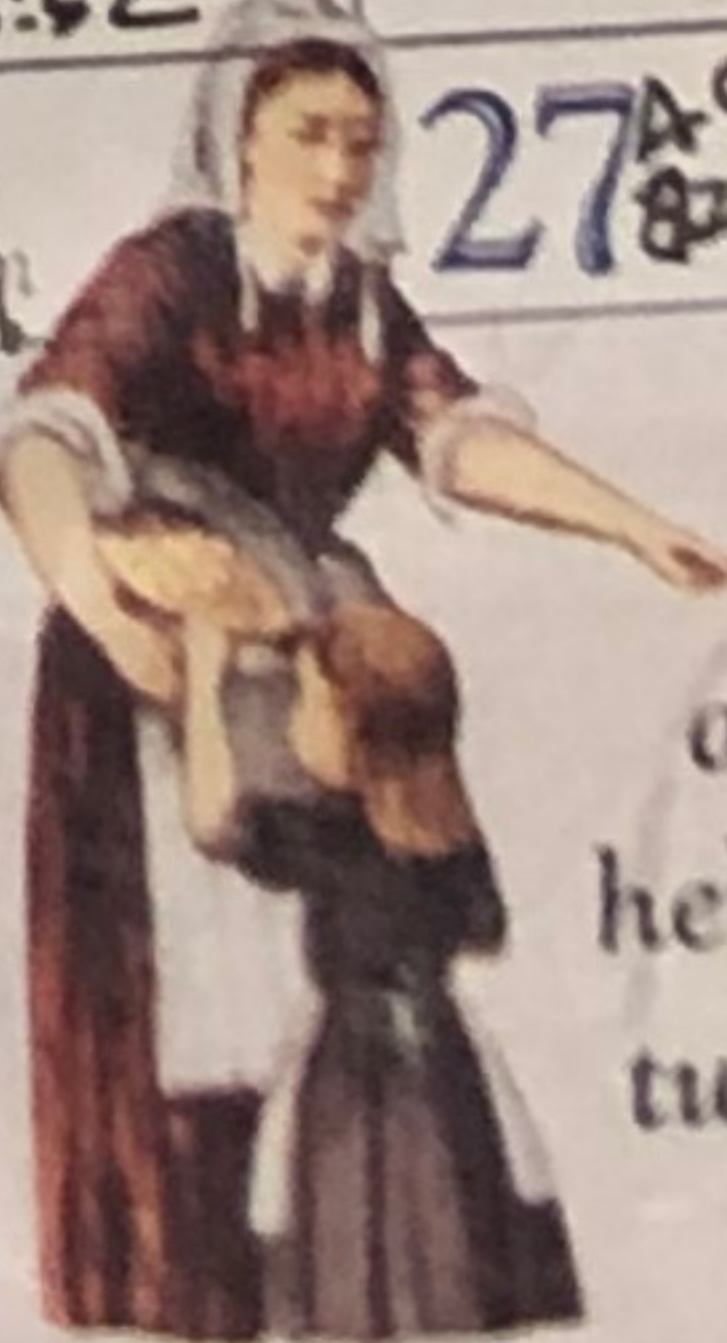
100 MILES RUN/HIKE 7 DAYS
14.28 DAY/AE) APPROX JMT

Big dreams create big stresses, but stress symptoms - like the discomforts of acid indigestion and upset stomach - can be managed with a good antacid. Help you enjoy your dreams.

CLARK'S

RANCHO PARK PHARMACY &

UNITED DRUGS



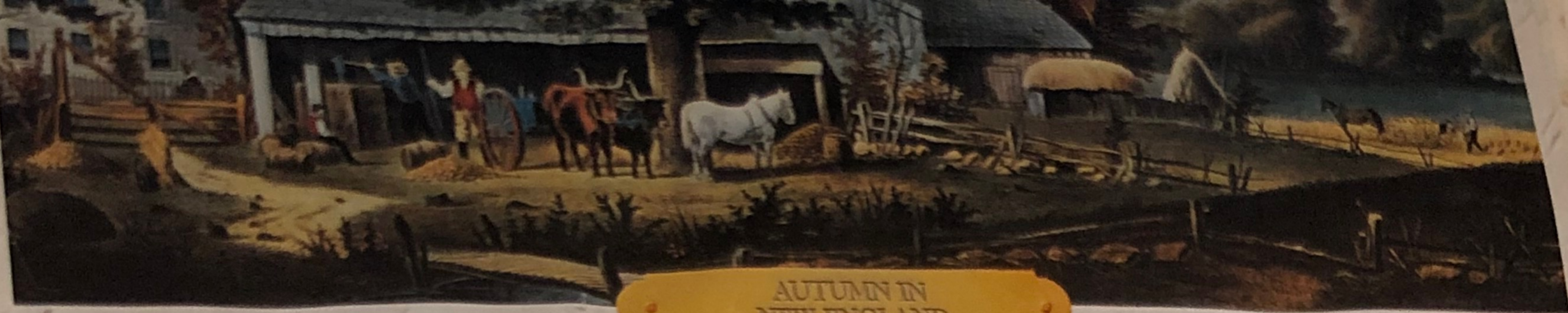
Accepting your abilities and doing any job well, helps you achieve your goals, turning dreams into reality.

39:29
1:17:33

1:19:29

35:24
38:04

51:84
15
34



19 OCTOBER 99

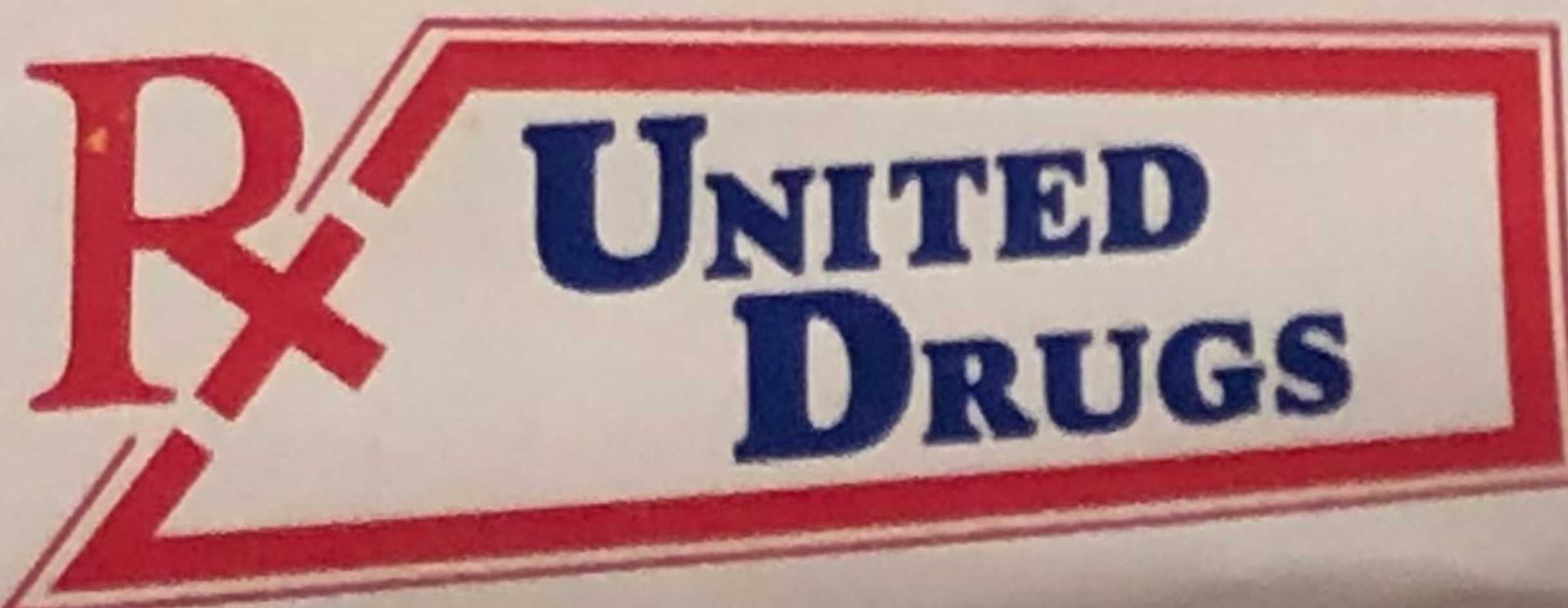
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 3 RACES @ 4 WKS 27 DAYS Feasting on the abundant harvest that fall brings gives you a sense of living better today.		3 20 27 127	4 7 28 28 127	 SEPTEMBER 1999 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	23 3 3 23 EZ BEACH DOWN ROAD MILE BACK 6:29 1 AS 122 283 OK!	24 3 6 47 EZ BEACH ROAD MILE @ 6:34 2 AS 122 284 GOOD!
Rest Day! 3	Rest Day! SS BD PRESENT 4	23 3 3 23 EZ BEACH ROAD MILE @ 6:13 WORK @ 12:00 5 AS 122 289 GOOD!	23 3 6 46 EZ BEACH ROAD MILE @ 5:55 1 MI WARM UP 1 MI WARM DOWN 6 AS 122 291 GOOD!	. 6 46 Rest Day 8-4 7	. 6 46 Rest Day OFF 8	18 300 24 3:46 4TH O/A 200 1ST 50-54 :49 2ND 46-49 :49 9 LAST TIME 43 JUAN CARLOS CLONES 1:51 2ND
Rest Day! 10	Rest Day! 11 Columbus Day	1:09 8 8 1:09 BEACH TRACKS SO. AND BACK FM MILE @ 7:32 12 AS 122 300 FATIGUE SORE THROAT 109	1:40 5 13 1:49 10:00 WARM-UP 10:00 SAND 1 MI @ 7:00 DELMAR 13 AS 122 305 LBS	1:40 5 18 2:29 10:00 TO SAND 10:00 SAND 1 MI @ 6:27 10:00 WARM DOWN 14 AS 122 310	. 18 229 Rest Day! 15 LBS	1:20 10 28 3:19 POLO FIELD @ 8:00 16 AS 122 320 EZ!
Rest! 17 First Quarter	Rest! 18	1:40 5 140 5 EZ POB FM @ 7:03 19 AS 122 5 OK!	1:24 3 8 1:05 EZ POB HAIRCUT RUN 20 AS 122 18 -	 Rest! 21	 Rest! 22	1:28 10 18 2:33 TRAM ROAD RUN 15 O/A 2ND 50+ 8:10 / 8:48 / 9:03 / 6:57 23 AS 122 17 6 TUTTLE HILL 32:42 1ST 50
24 REST! Holly Gully Daylight Saving Time Ends 31 Last Quarter 5	 REST 25	1:20 10 10 1:20 POLO FIELD @ EZ 26 AS 122 8:00 FREE	1:40 5 15 2:00 EZ DELMAR SAND / FM @ 6:40 DAY ONE 27 AS 122 5 LBS	1:08 10 25 3:08 HOLLY GULLY DOWN 34:13 BACK 34:03 28 AS 122 15 LM @ 6:49	. . 25 3:08 REST! LIGHT HEADED ??? 29 LBS	1:06 10 35 4:14 UCSD TRACK 1 MI 5:38 2 MI 5:38 AS 122 24 GOOD! 8:10 / 8:48 / 9:03

100/16/6.34 4X LBS

LIFE IS SHORT...
DON'T MISS IT!

1:08:16

Cold... you don't have to nit you at each change of season! Be prepared with a cold care plan that targets specific symptoms - a decongestant, a stuffy nose, lozenges for a sore throat, and a cough syrup for a nagging cough.



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10/23 TRAMP ROAD RUN
3.1 15TH O/A
2ND 50+

11/6 JULIAN 10K
5TH O/A
1ST 50+



HOME, SWEET HOME

19

NOVEMBER

99

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCTOBER 1999 S M T W T F S 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						
DECEMBER 1999 S M T W T F S 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 DAY!	BCH / ROAD BACK FM @ 6:07	HARCUT RUN @ EZ	REST DAY!	REST DAY!	JULIAN 10K 5TH Q/A 200+ 1ST OVER 40	
1. . . .	AS 10/27/31 mac	AS 10/27/34 GOOD!	4. . . .	5. . . .	GCR 16 GREAT 10/27/38 DAY!	
. . . .		16 2:08/16 2:08	4 :32/20/2:40	1:22/10/30/4:02	1:15/10/40/5:17	
REST DAY!	LSD / RSP @ 8:00	EZ SOANA-BCH NO HILLS / FLAT @ OVER	HULLY GULLY @ EZ PWACK CIC @ 3:10	REST DAY! 13:10 WALK / 6:58 RUN	HULLY GULLY DOWN 38:07 BACK 37:04	
7. . . .	8 New Moon	AS 10/27/54 GOOD!	AS 10/27/58 LBS	19 10/27/68 KGVIN 1st half back	12 10/27/78 PM @ 7:11	
. . . .		2:48/21/21/2:48	:31/4/25/3:19	1:15/10/35/4:34	a - 35/4:34	
REST DAY!	REST DAY!	LSD/RSP GOOD RUN!! LO TO MEDIUM	EZ ROAD DELMAR	HULLY GULLY DOWN 38:31 BACK 36:46	REST! RIGHT FOOT SORO	
14. . . .	15. . . . LBS	AS 10/27/99 First Quarter	15 10/27/103 LBS	18 10/27/113 STEADY MEDIUM	19 10/27/118 OK!	
. . . .		2:05/17/2:05/17	38/5/22/2:48	1:13/10/32/3:58	 32/3:58	
REST!!	8:30A DENTAL APT REST!!	MEDIUM/HIGH LSD IN RSP @ MAC 6:22 PACE/LONGER	8:00 ROAD 10:00 SAND FM @ 7:15 SAND OK!!	HULLY GULLY 36:22 DOWN 36:19 BACK	REST!	
21. . . .	22. . . .	AS 10/27/135 QUICK!	AS 10/27/140 LBS	AS 10/27/150 2:12:41 Thanksgiving Day	26. . . . LBS	
23. . . .		17 2:16/17 2:16	8:00PACE ALL DAY LONG!!! STEADY! SHOULDERS SURE	39.8.09X 158 MILES (DAY) 16 DAYS 9.8 AVG (1X LBS)	UCSD TRACK: Wt 5:00 Y 2:55 Z 2:58 83, 82, 81, 78	
NIGHT CANYON 1:55 UP 1:15 DOWN OKENT	REST!	30 10/27/170 GOOD!!	LEGS SHOOTING!!	Visiting with friends and family, and creating good times, keeps your attitude light and optimistic.	ANV 27/11 ON PINE TRACK	
28. . . .	29. Last	168/16 DAYS	AROMA Therapy		SPLITS 1. 5:52 2. 6:29 3. 6:03 4. 7:17 5. 6:34 6. 6:16 1:01 39:37	

398.09 * 150 MILES (DAY)
16 DAYS 9.8 AVG
Visiting with friends and family,
(IX LBS)
and creating good times, keeps
your attitude light and optimistic.

LifeScan offers a complete family of products, providing simple solutions to meet all the different testing needs of people with diabetes. To learn more about diabetes, call the LifeScan 24-hour customer service line: 1-800-222-6882. Spanish Speaking Line (toll-free from U.S.): 1-800-841-2226.

Rx UNITED DRUG

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Rx UNITED DRUGS

83
UCSD TRACK
12/7/99
85.5 *
AVE
16x400

9 SEPT. 162/19/5
10 OCT. 114/17/4 = 1560
57xLBS 188
8.2
11 NOV. 158/16/7 = 1710/204
12 DEC. 150/20/6 64xLBS 8.42
7.5 1668/224/8.3 156 Mo. Mo
169 Mo/18.6

AMERICAN HORSEMANSHIP
WINTER

19 DECEMBER 99

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



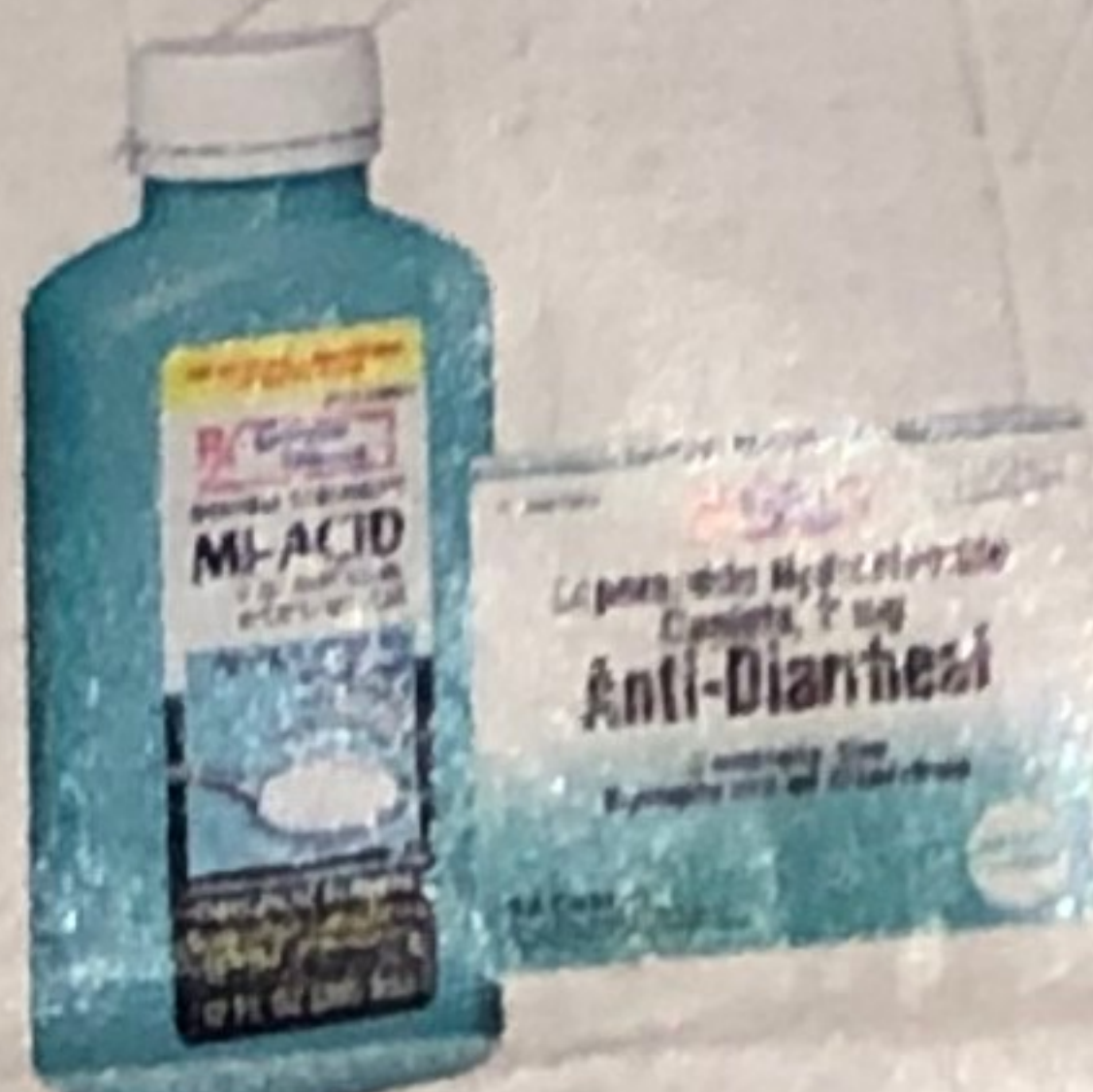
Celebrating life's festive moments with loved ones fills you with the spirit of the season.

Running

HOLIDAY BOWL PARADE 5K RUN/WALK

Age Group Winners
Men - 12-under: Hunter Beamon, 23:01.
13-17: Blake Swier, 15:58. 18-24: Sean Zanderson, 15:30. 25-29: Javier Zavala, 15:12. 30-34: James Towle, 15:47. 35-39: James Sheremeta, 15:22. 40-44: John Arujo, 17:11. 45-49: Brady Clay, 18:37. 50-54: John Montgomery, 17:59. 55-59: Benny Holt, 19:57. 60-64: David Rushter, 19:43. 65-69: Jim Buckley, 22:33. 70-79: Bob Holmes.
Women - 12-under: Whitney Vance, 19:03. 13-17: Stephanie Baird, 19:35. 18-24: Courtney Baird, 17:43. 25-29: Zorica Ranovic, 19:01. 30-34: Anne Bonkowski, 18:30. 35-39: Janice Riedel, 18:35. 40-44: Kim Rouse, 17:55. 45-49: Janet Buchanan, 21:41. 50-54: Maria Sanchez, 24:16. 55-59: Ursula Rains, 22:41. 60-64: Martha Walker, 25:14. 65-69: Nelsie Hollicky, 29:29. 70-79: Medha Beasley, 36:39.

1. 1. 1.	1. 1. 1.	1. 1. 1.	1. 1. 1.	1. 1. 1.	1. 1. 1.	1. 1. 1.
RE	RE	RE	RE	RE	RE	RE
5. 1.	5. 1.	5. 1.	5. 1.	5. 1.	5. 1.	5. 1.
RE	RE	RE	RE	RE	RE	RE
12. 0. 0.	13. 0. 0.	14. 0. 0.	15. 0. 0.	16. 0. 0.	17. 0. 0.	18. 0. 0.
1:05 8 8 1:05	1:05 8 8 1:05	1:05 8 8 1:05	1:05 8 8 1:05	1:05 8 8 1:05	1:05 8 8 1:05	1:05 8 8 1:05
Hour with J.C. SUNDAY RUN...	REST!	UCSD TRACK 82-78-82-80 78-77-78-77 8x400 200R	REST! (ABSX25)	REST! (ABSX25)	REST! (ABSX25)	LAGOON RUN @ J.C. @ EZ MEDIAN
1:27 267 LEGS! GOOD!	20. 1. LBS	21. 21 38 mi. BIKEAD. IMPROVJC	22. First Day Full Mood	23. 23 26	24. 1. 1.	25. 25 24 7:28 Christmas Eve
:38 5 :38 5	:38 5	:38 5	:38 5	:38 5	:38 5	:38 5
EZ POB/LOOP	REST....	REST....	HOLIDAY BOWL 5K 17:59 1st 50+	RESTDAY!	DEL MAR (URGENT) Loop 1000 SAND FM @ 6:49	NOVEMBER 1999
27. 27 289 FM 7:08	27. 1. 1.	28. 1. 1.	29. 29 26 291	30. 1. 1.	31. 31 26 291	JANUARY 2000



145/19/7.6 AVE
6xLBS

So many things to enjoy... in so few precious leisure hours! Is it any wonder we overdo things at times, and our bodies rebel? For the discomfort of acid indigestion and intestinal distress, there's safe, dependable help!



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