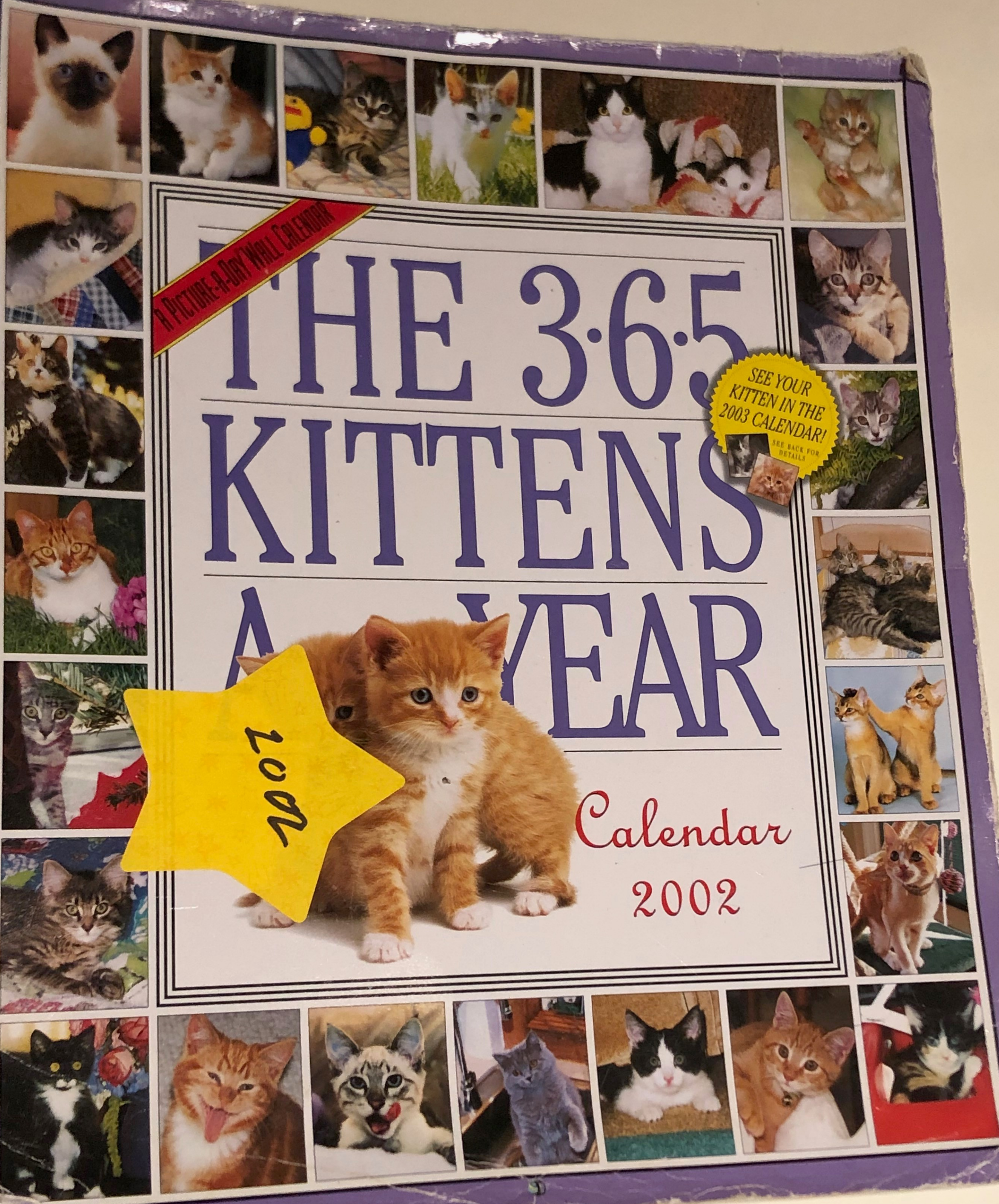




A PICTURE-A-DAY WALL CALENDAR

THE 365 KITTENS A YEAR

SEE YOUR
KITTEN IN THE
2003 CALENDAR!
SEE BACK FOR
DETAILS

2002



Calendar
2002

JAN·U·A·R·Y



* NEXT FAST
JULY

KITTY CAPERS

There's nothing sedate about a kitten during playtime. Its tiny body is in constant motion, energized by a lively combination of curiosity and contrariness.

Mad leaping and aggressive pouncing are second nature to these

little balls of fur, and nothing attracts their attention as fast as something that dangles, tangles, or can be batted up into the air and vigorously attacked as it descends.

An old sock or scarf—any length of fabric—will keep your kitten gleefully levitating to its heart's content.



LUCKY & BARRIE—SKOPJE, MACEDONIA

TUESDAY

1

SKYLONG 120401 133

EZ 5 Mi

① 8:00

NOTAPE RE 2ND DAY
FEET FEEL BEST IN
18 MONTHS...

5 | 39:18 | 5 | 39:18



ANDREW—WILMINGTON, DE

WEDNESDAY

2

SKYLONG 120401 138

EZ 5 Mi

① 8:00

NOTAPE #3
FEET/GREAT!

5 | 38:43 | 10 | 1:18



OREO—SOUTHWEST HARBOR, ME

THURSDAY

3

1ST DAY OF FAST... ①

RESTDAY!

#1

5 | 39:49 | 15 | 1:58



POKEY—WARREN, MI

FRIDAY

4

SKYLONG 120401 143

EZ 5 Mi

① 8:00

NO TAPE #4

5 | 39:17 | 20 | 2:37



JASPER—MONCTON, N.B., CANADA

SATURDAY

5

SKYLONG 120401 148

EZ 5 Mi

① 8:00

NOTAPE #5

5 | 39:17 | 20 | 2:37



JACKIE—CLEARWATER, FL

SUNDAY

6

RESTDAY!
#2



ALLEGRO—WEST CHESTER, PA

MONDAY

7

SKYLONG 120401 151

EZ 3 Mi

① 8:00

NOTAPE #6
NO PROBLEM!

4 | 30:11 | 10 | 1:18



DIGGER—GRAND RAPIDS, MI

TUESDAY

8

SKYLONG 120401 154

EZ 3 Mi

① 8:00

NOTAPE #7

4 | 30:11 | 10 | 1:18



GEORGIE—FINDLAY, OH

WEDNESDAY

9

SKYLONG 120401 158

4TH DAY OF FAST

4 Mi @ DELMAR

2 @ 7:32 / 7:53

NOTAPE #8

4 | 30:11 | 10 | 1:18



BUCK, BIRD, RASCO DE GAMA, BUNT—PULLERTON, CA

THURSDAY

10

SKYLONG 120401 162

DELMAR

1 mi @ 7:23

NOTAPE #9

30 | 4 | 14 | 1:48



WIKI—JANPA, FL

SATURDAY

12

SKYLONG 120401 168

DELMAR

1 EZ

4 @ 7:20 / 7:24

162

46 | 6 | 20 | 2:34

RESTDAY! #2	10 120401 158 SKYIONS DEL MAR 1mi @ 7:23 NOTAPE# 8	11 120401 162 DEL MAR 1mi @ 7:23 NOTAPE# 9	12 120401 168 DEL MAR 16Z 4@ 7:20/29:24 16Z
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SUNDAY
13



MONDAY
14



WEDNESDAY
16



THURSDAY
17



FRIDAY
18



SATURDAY
19

RESTDAY!
#4

RESTDAY!
#5

LSDEZ 101
@ 7:45 AVE
(NOTAPE/NO PAIN
LONGEST RUN IN 11mi)

HAIRCUT RUN
@ 8:00

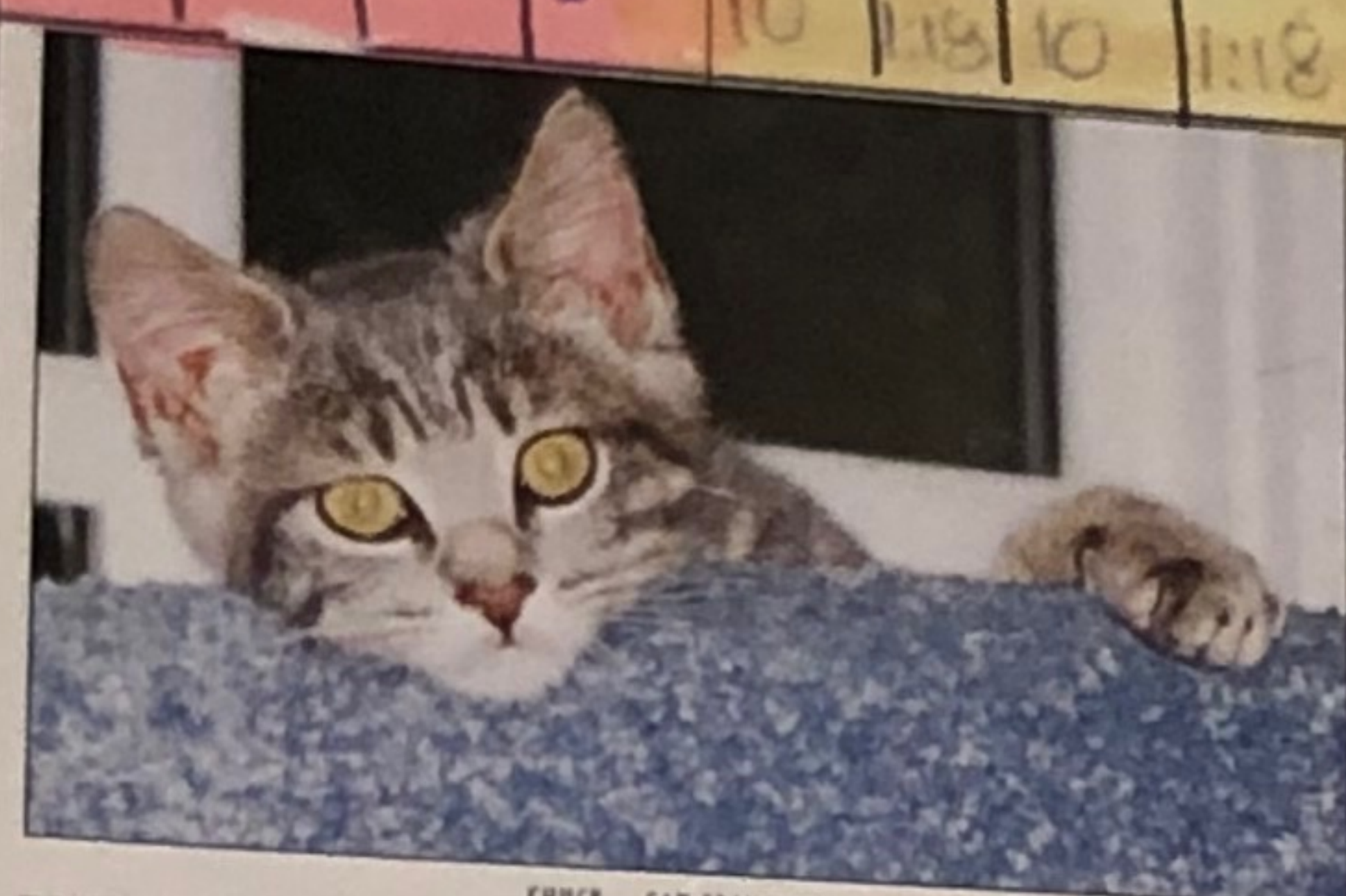
14TH STREET
@ 8:00

RESTDAY!
#6

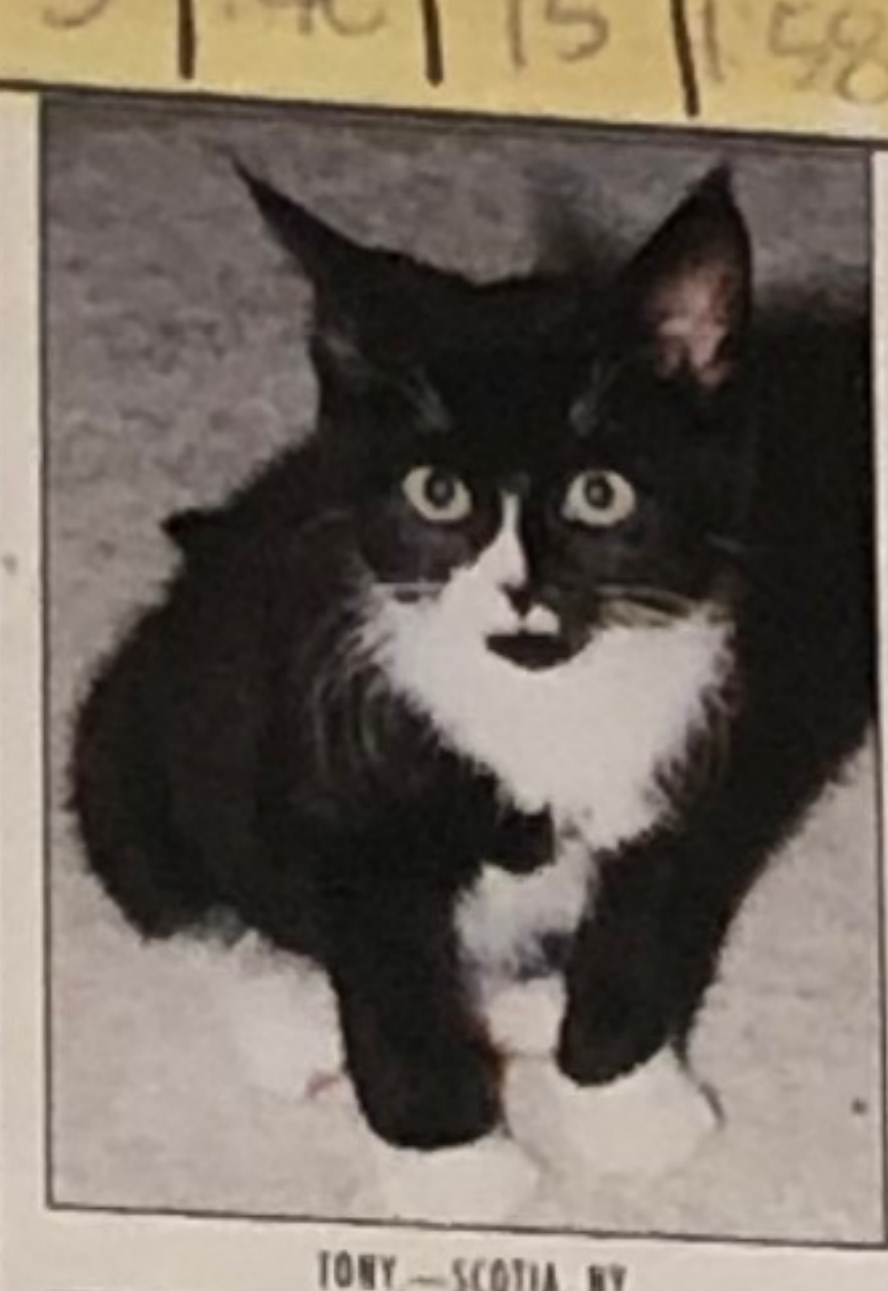
UCSD TRACK
1mi @ 6:25 (NO PAIN)
1/2mi @ 3:09
1/4mi @ 3:11
1/4mi @ 8:09
1/4mi @ 8:09



SUNDAY
20



MONDAY
21



WEDNESDAY
23



THURSDAY
24



FRIDAY
25



SATURDAY
26

MAC/SO MARATHON
2:46:49 / 6:26
RESTDAY!
#7 & 8!
RIGHT FOOT A LITTLE
SORE

RESTDAY!
#8
FOOT BEHIND

LSDEZ 101
@ 7:50 AVE.
NOTAPE/FOOT
BETTER!

YMCA
EZ POOL
RUN

1mi EZ (7:48)
4@ 28:11 / DEL MAR
@ 7:12 @ 7:15
@ 7:45 @ 7:04
1mi EZ (8:29)

YMCA
EZ
POOL RUN

UCSD TRACK
1mi @ 6:10
1/2 @ 3:05
1/4 @ 3:04
1/4 @ 8:05
1/4 @ 8:06



SUNDAY
27



TUESDAY
29



THURSDAY
31

RESTDAY
#9
NO PAIN/VERY LITTLE
DISCOMFORT!!

RESTDAY
#10
DENTAL APPT 1:30P

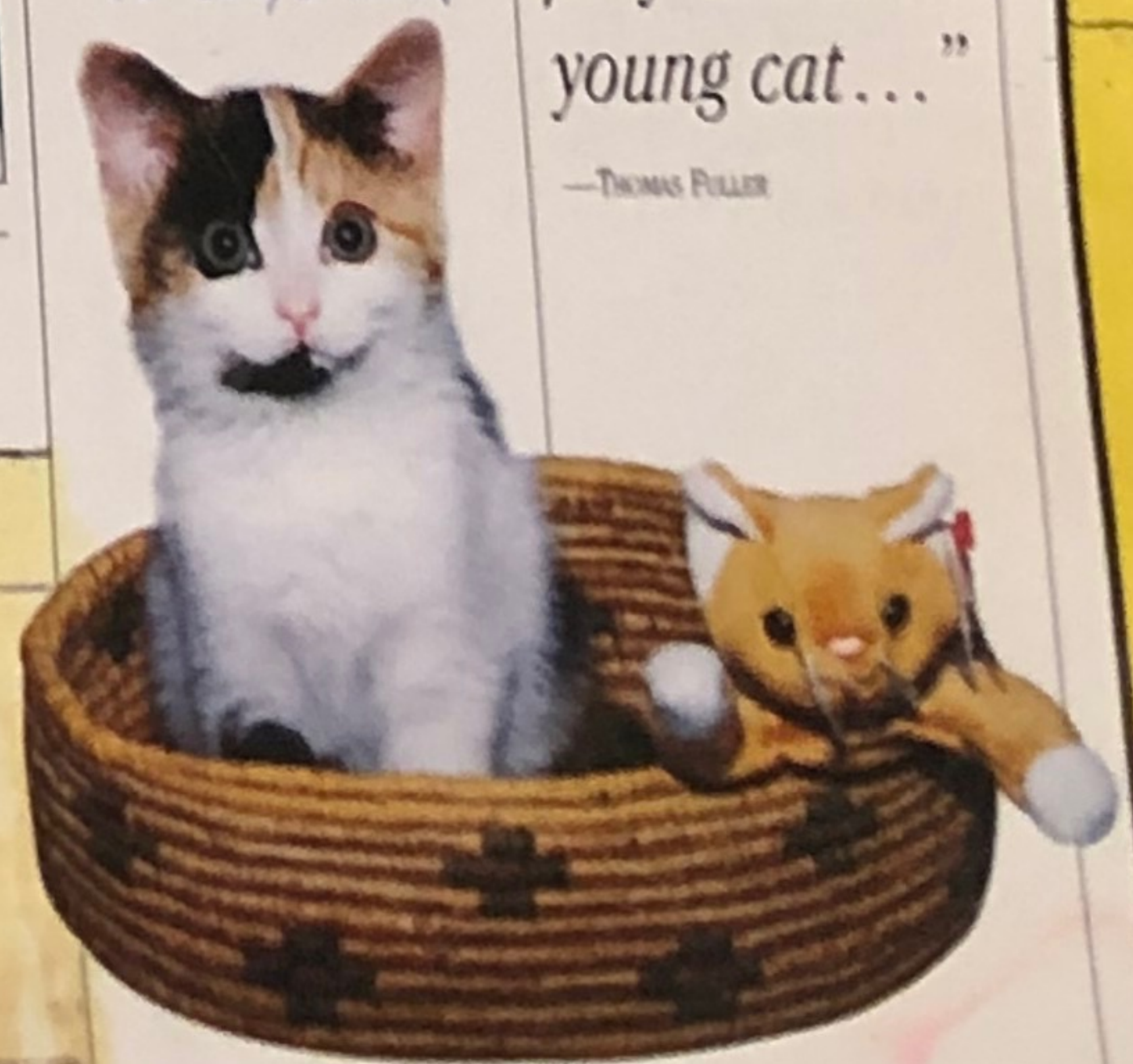
LSD 101
@ 7:38

YMCA
EZ POOL
RUN

101 RUN
3@ 8:00
4@ 28:38
1@ 8:00

112 MILES RUN
18 DAYS "6 1/2 DAY AVE."
15 MILES POOL
10 DAYS REST

Nothing's
more
playful than a
young cat..."
—THOMAS FULLER



MIMI — BURLINGTON, ONTARIO, CANADA

F.E.B.R.U.A.R.Y

TAIL TALK

Kittens communicate with their human families and other felines in countless ways. The tilt of the head, the angle of an ear or the positioning of a paw can convey Kitty's mood of the moment.

Tails in particular tell a lot, letting you know at a glance whether Kitty is friendly or ferocious. An erect tail held high with a gently curling tip suggests pleasure upon seeing a favorite friend. And if that tail tip is aquiver, she's very, very pleased.

A motionless tail with only the tip subtly twitching back and forth warns that the kitten is a bit annoyed, while a lowered, fluffed-out tail is a sure sign of extreme displeasure. And if that tail tip twitches vigorously, watch out—a dainty little paw just may take a quick swipe at you!

BY DOYLE, UK



"His tail is a mirror of his mind."

—WALTER CHANDORA

120 MILES RUN
15 DAYS RUN
8.0 DAY AVE.

—Pool—
30 MILES SWIM
6 DAYS SWIM
5.0 DAY AVE.



ANGEL—KIRKLAND, QUEBEC, CANADA



SAAB—LITTLETON, CO

FRIDAY

1

SATURDAY

2

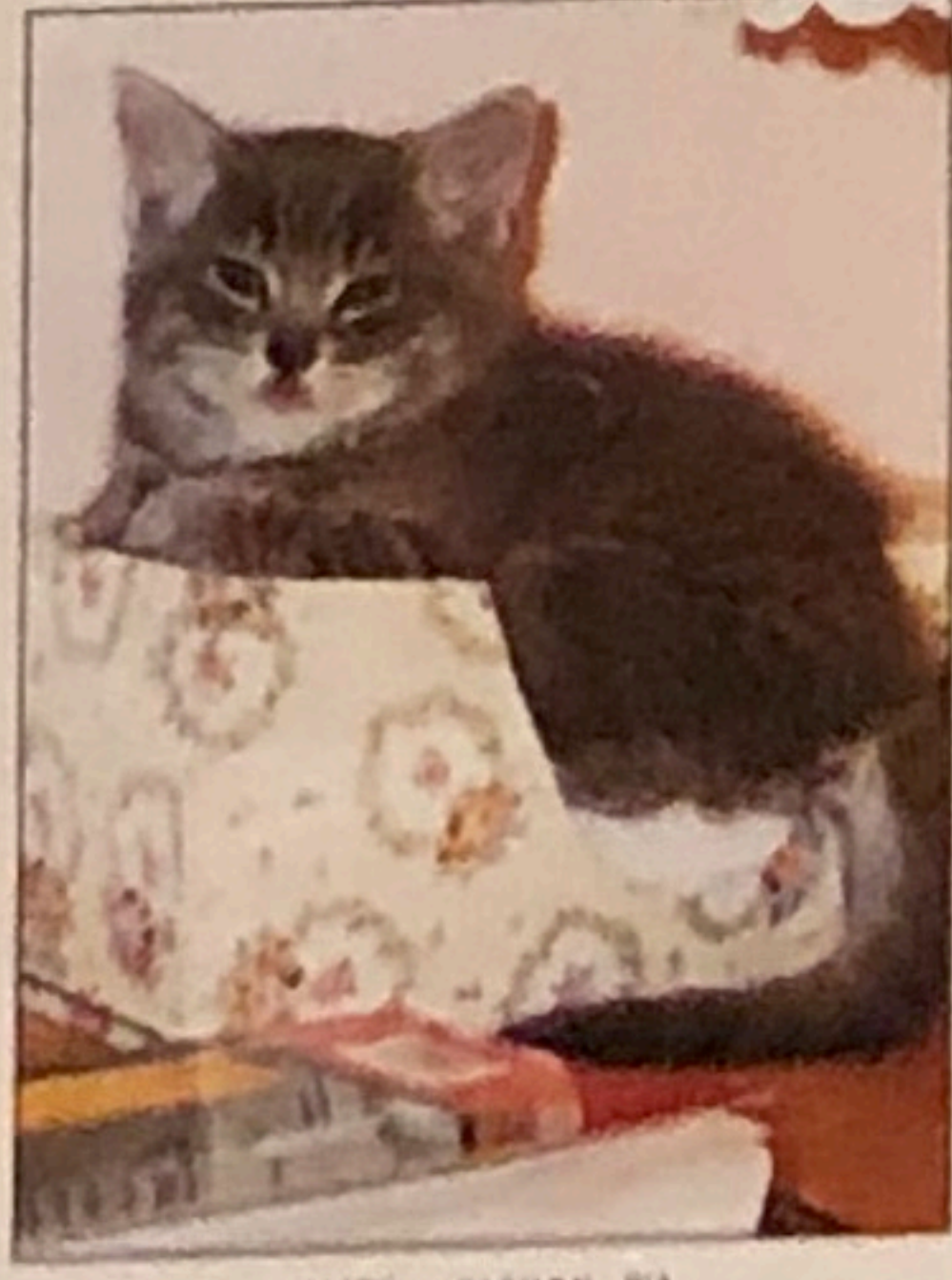
012201 SEYIONS	54
POOL RUN 10/20/10	UCSD TALK: 1 MILE 6:04 1/2 M 3:00 1/4 M 1:40 1/8 M 1:10
5:40	5:40



CLEO—PROSPECT, N.S., CANADA

SUNDAY

3



MISTY—YASHON, WA

MONDAY

4



TOMMY & TIMMY—ORTECHORE, FL

TUESDAY

5

WEDNESDAY

6



JULIUS—CHINO, CA

THURSDAY

7



YUKA—WALLINGFORD, VT

FRIDAY

8



SPRING—LINO, IN

SATURDAY

9

012201 SEYIONS	65
BUY/FORMING LOOP 0 EZ/LSD	POOL RUN 10/20/10
5:40	5:40



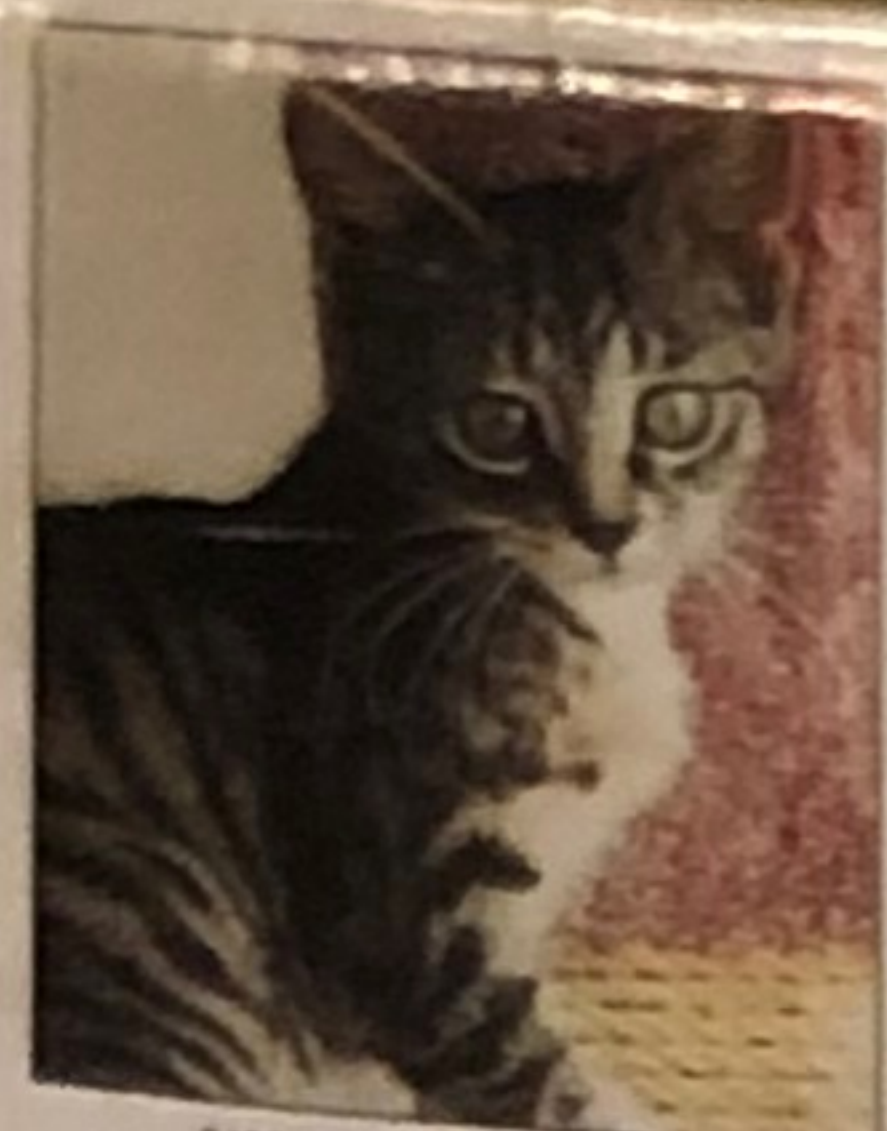
RESTDAY!
 POOL RUN
 10/20/10
 GUY FLEMING
 LOOP
 @EZ/LSO
 POOL RUN
 10/20/10
 14TH STREET
 10 800
 30 20 59
 7 12 105 132
 10 13 30
 RESTDAY!
 SATURDAY
 12 9 7
 012201
 SKYIONS 79
 UCSD TRACK
 1 mi @ 6:03
 2 mi 3:00 1/2 2:58
 4 mi 5:00 1/2 4:53
 6 mi 8:00 1/2 7:52
 8 mi 11:00 1/2 10:42



WILD - BATHVILLE, TN
SUNDAY
10



JOJO - DENVER, CO
MONDAY
11



DARK FACE - CROWN POINT, IN
TUESDAY
12



TOMMY - DENVER, CO
WEDNESDAY
13



BEAR - PORT HURON, MI
THURSDAY
14

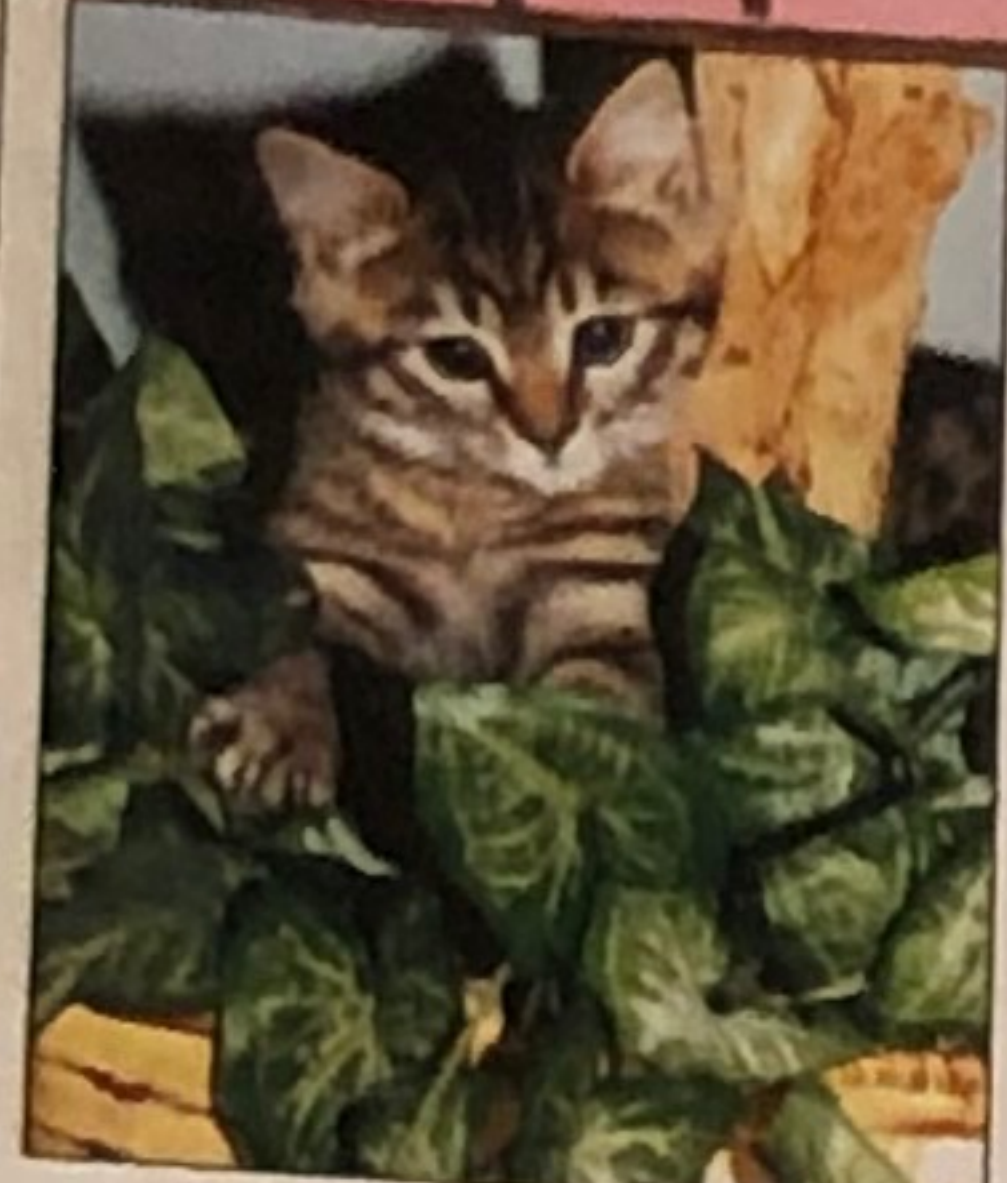


TAI MARAL - ROCHESTER, NY
FRIDAY
15

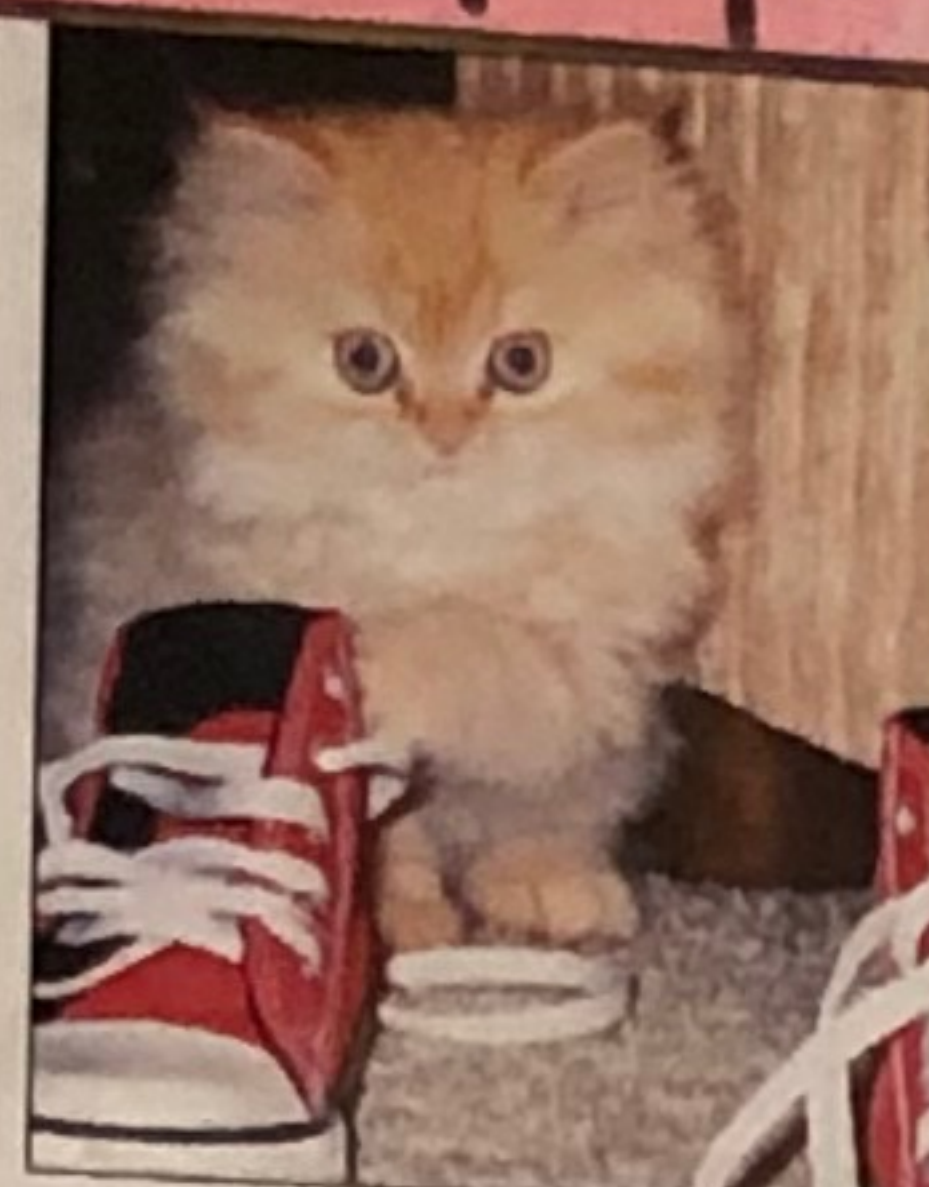


WILD - HALIFAX, N.S., CANADA
SATURDAY
16

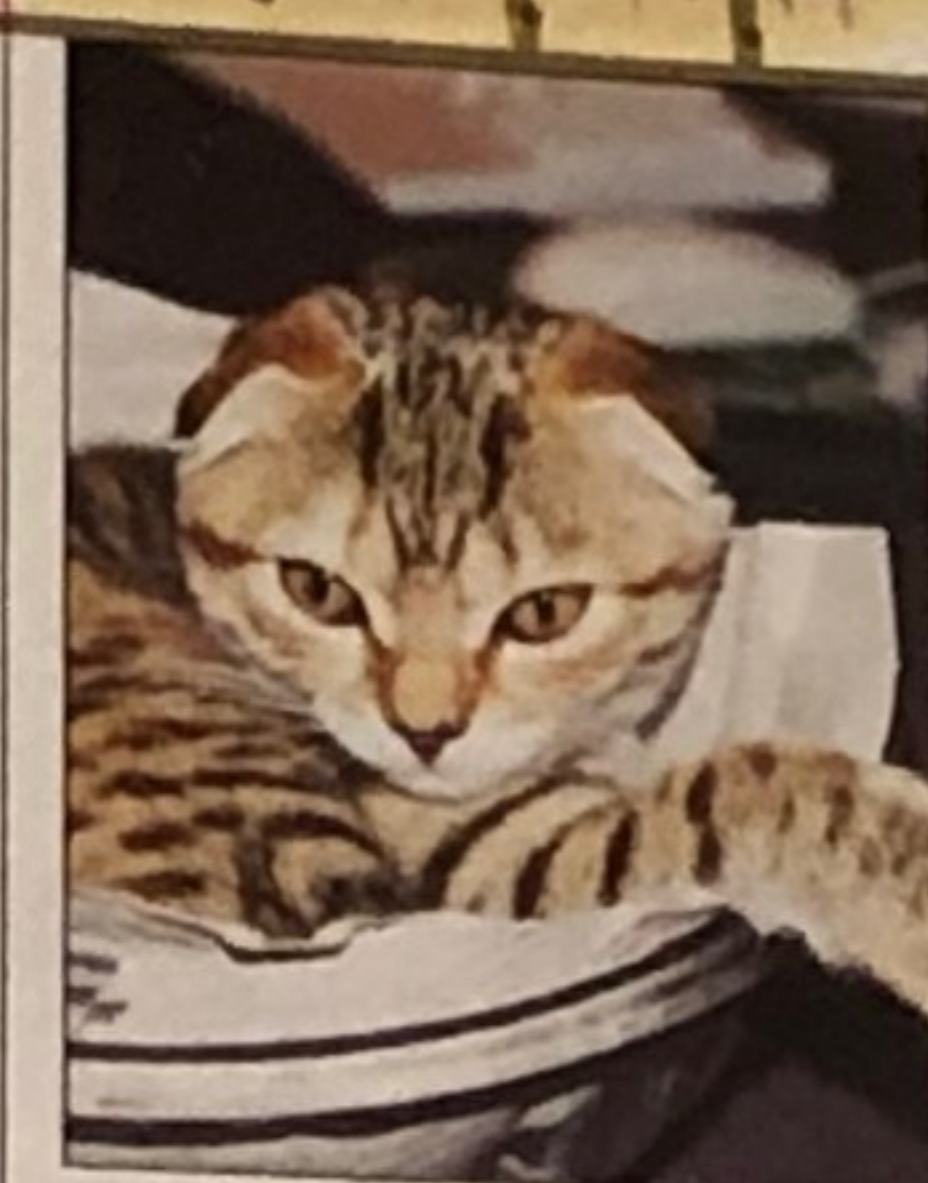
RESTDAY!
 138.5 LBS
 RESTDAY!
 TORREY LOOP
 1 mi SIDE DOWN
 INSIDE BACK!
 GUY FLEMING RAIL
 @ LSD
 POOL RUN
 10 120 110
 2 mi WARM-UP
 50 35 23 7:05
 1 mi WARM-UP
 30 15 10 10:00
 POOL RUN
 10-20-10
 UCSD TRACK
 6X 800 @ 2:59
 RMGE!
 2:56 - 3:01



BUSTER - DELTA, B.C., CANADA
SUNDAY
17



MUFFY - LONDON, ONTARIO, CANADA
MONDAY
18



NALA - CHAPEL HILL, NC
TUESDAY
19



MAX - DENHAM SPRINGS, LA
WEDNESDAY
20



DAISY & JOEY - LOS ANGELES, CA
THURSDAY
21

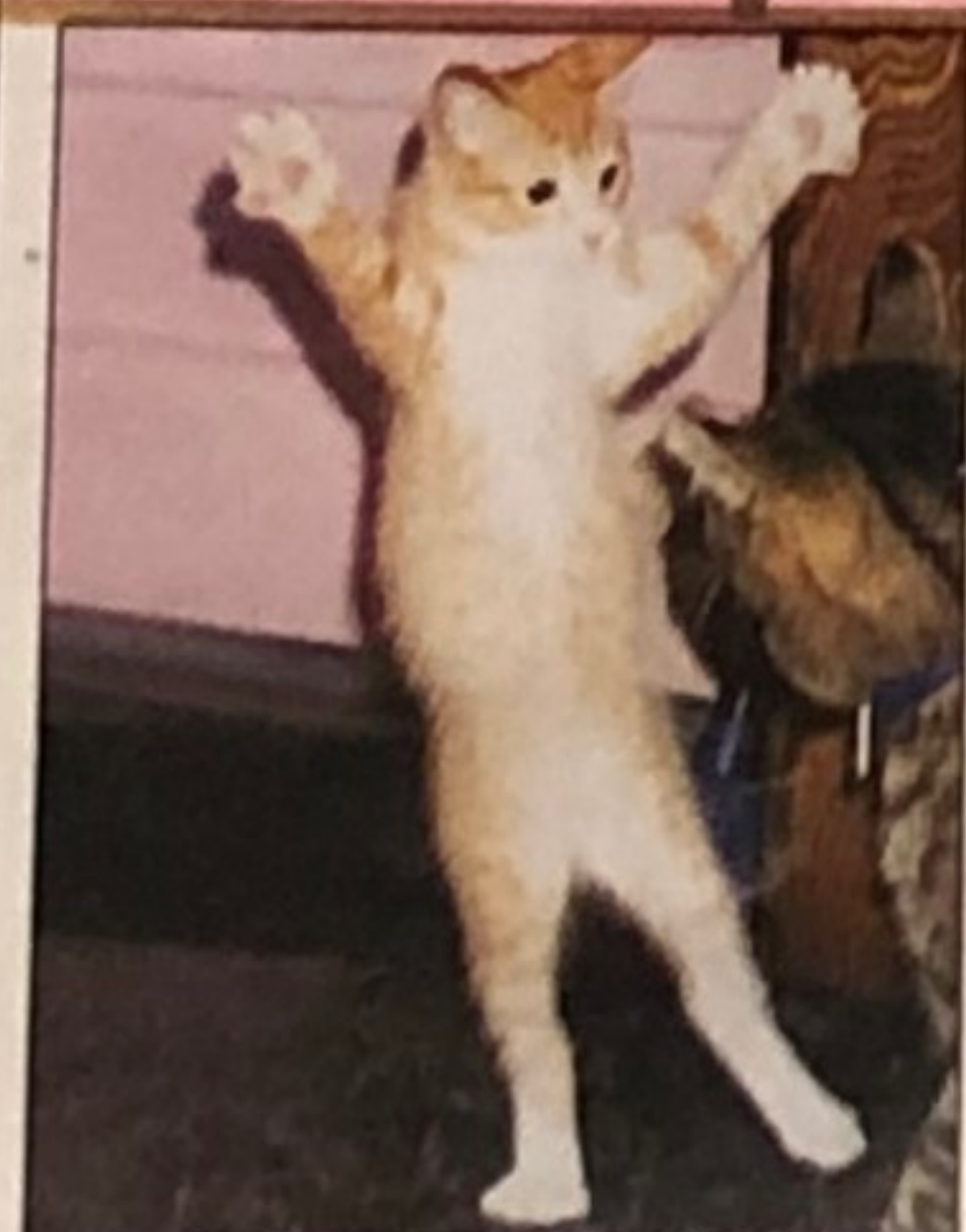


SWEET SIX - PALM HARBOR, FL
SATURDAY
23

RESTDAY!
 RESTDAY!
 1200 PM HAIR CUT
 APT.
 EZ MOVING
 DEL MAR END/
 BACK
 14TH STREET
 @EZ
 FM @ 6:57
 137.5 LBS
 14TH STREET
 @EZ
 FM @ 7:14
 14TH STREET
 @EZ
 FM @ 7:02
 RESTDAY!



JACK & JILL - ESCANABA, MI
SUNDAY
24



MONTY - LINDENHURST, NY
MONDAY
25



POPPY & PEPPER ANN - CALGARY, ALBERTA, CANADA
TUESDAY
26

WEDNESDAY
27



WALTER - WIRELESS, PA
THURSDAY
28

Pool
 30 min
 15 min
 15 min
 15 min



LARRY - VICTORIA & LORRA - BARNET (VICTORIA) - NEW YORK, NY

14TH STREET
 @EZ
 FM @ 7:01
 1100 DENTAL
 APT
 RESTDAY!
 RSP GOLF COURSE
 1100
 105 TO END GOLF
 103 END
 @EZ
 POOL RUN
 @EZ
 BEACH RUN/WALK
 @M.L. @EZ
 DEL MAR
 END/BACK
 FM @ 6:58

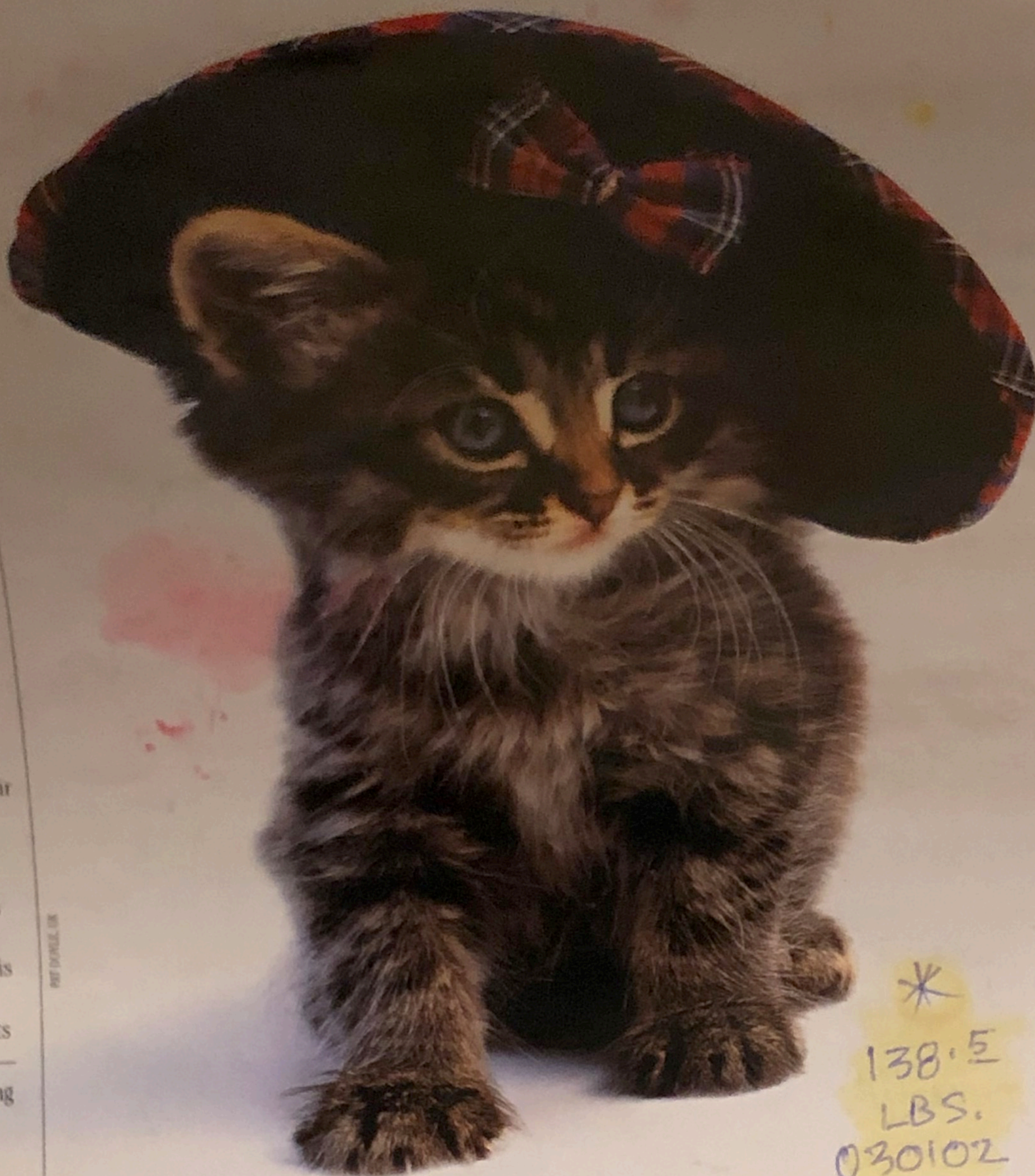
M·A·R·C·H

NOSE TIPS

...ed little nose
is the sign of a
healthy kitten, and
healthier the kitten,
the more likely you'll see
at nose poking into
just about everything—
from bathbombs and
open drawers to empty
paper bags.

Each kitten's sensitive
nose is as one-of-a-kind
as a human fingerprint
because the nose pad
has a series of unique
patterns. Although they
can crawl a bit, newborn
kittens are sightless and
unable to walk. It is their
acute sense of smell that
helps them return to their
mother's side.

Kittens who share a
home with other cats
sometimes touch noses
with them to say hello.
Even better, of course, is
that moment when the
kitten lovingly nuzzles its
nose against your face—
there's no nicer greeting
in the world.



*
138.5
LBS.
030102

“Be careful to keep your
nose at a friendly level.”

—MEL L. FISHMAN

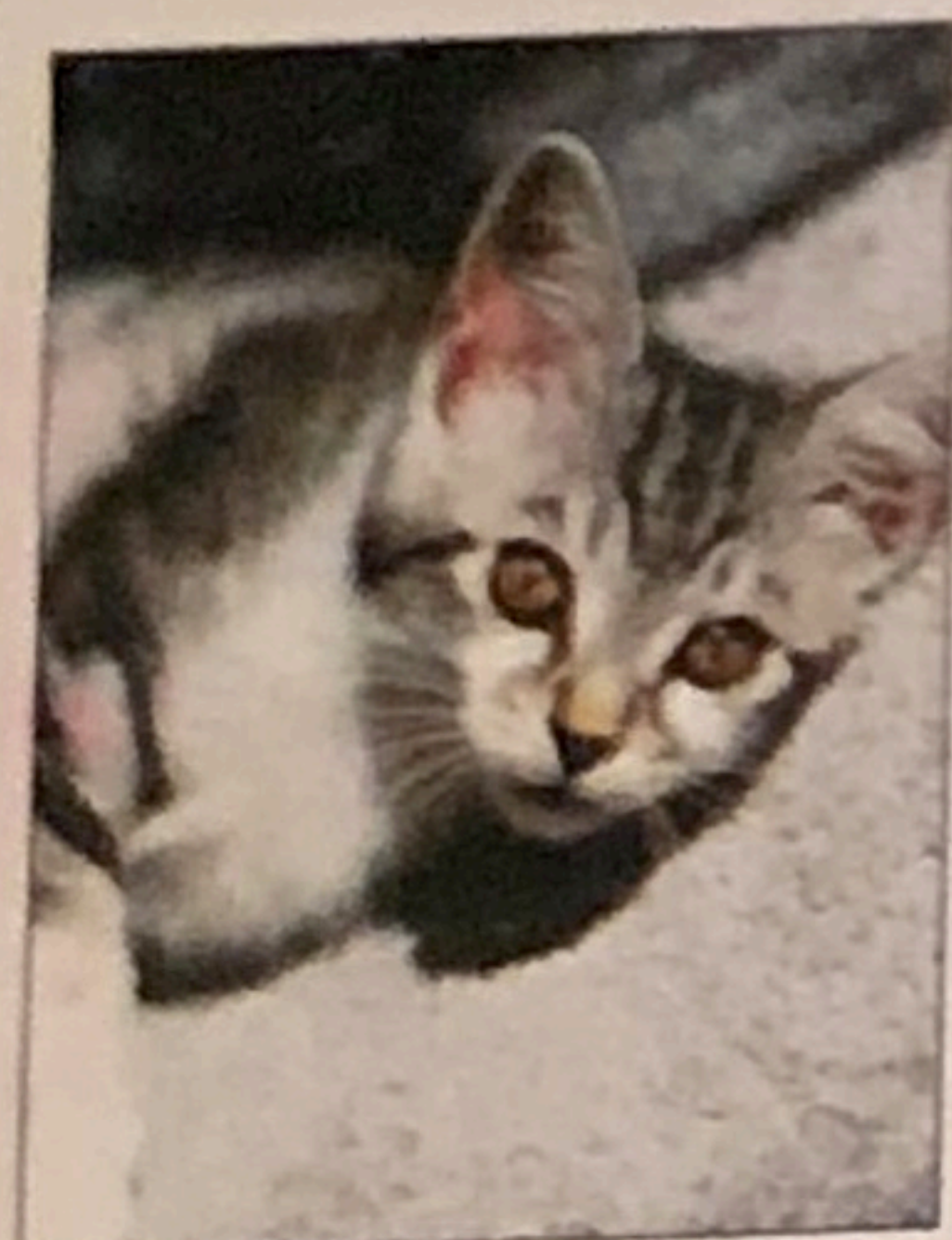
127 MILES RUN
15 RUNS
8.4 DAY AVE.



FRIDAY
1



SATURDAY
2



SUNDAY
3



MONDAY
4



TUESDAY
5

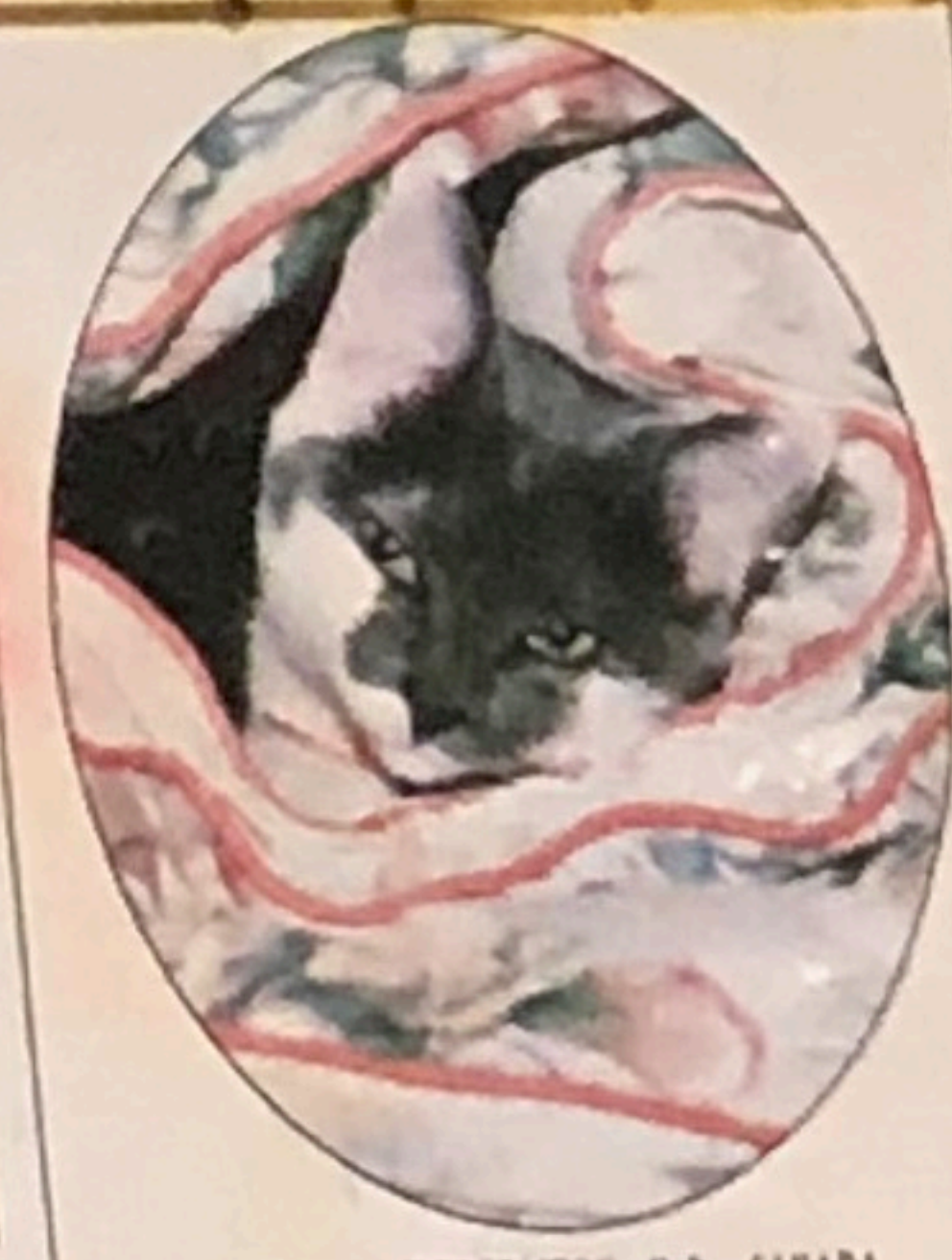
WEDNESDAY
6



THURSDAY
7



FRIDAY
8



SATURDAY
9

RESTDAY!

RESTDAY!

012201
SKYLOBS 69
RSE GOLF COURSE
LOOP
11:57:13 +
13:39:49 2) 38:25
6) 38:58

1-133LBS-1
FOOD CAKE POISONING

1-133LBS-1

HAIRCUT
RUN

CREST CANYON
DMH RD
VERY NICE!





YORRIE - POLAND, WI

SUNDAY
10



CLUB & JANE - CHAMPAIGN, WI

MONDAY
11



ARIZ - LONDON, ONTARIO, CANADA

TUESDAY
12



WINDSAGA - COLONY, NY

WEDNESDAY
13



TOWNSLEY - NORMAN, OK

THURSDAY
14



EMMY - SAN ANTONIO, TX

FRIDAY
15



EMILY - ETTEN, PA

SATURDAY
16

RESTDAY

RESTDAY

012202 SKYIONS 89
LSD
RSF H2O
OUT 4:27
BACK 4:11

012202 SKYIONS 94
11TH STREET
EZ

RESTDAY

RESTDAY

012202 SKYIONS 104
LSD/RSF
EZ
1-12:44



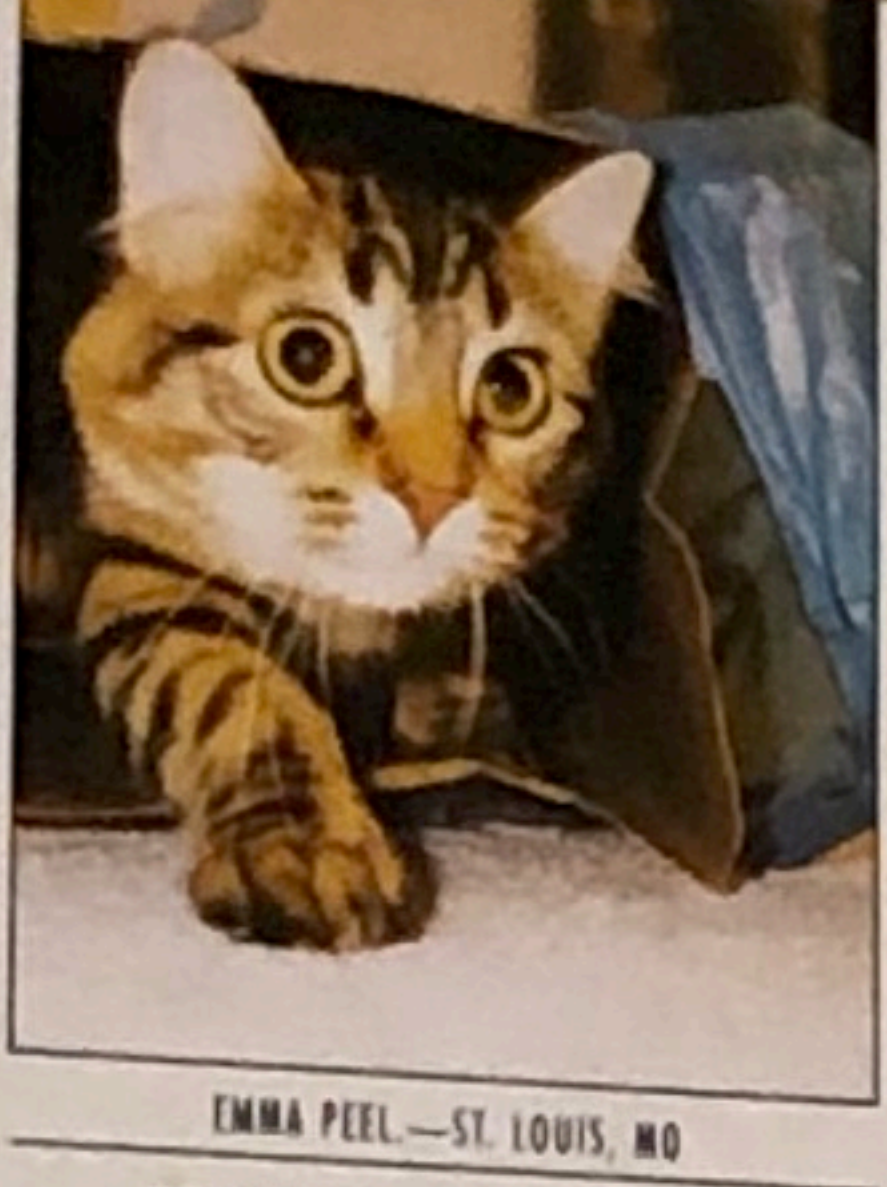
STERLING - MIDLAND, TX

SUNDAY
17



MILQ - VANCOUVER, B.C., CANADA

MONDAY
18



EMMA PEEL - ST. LOUIS, MO

TUESDAY
19



PUMPKIN - MORGAN HILL, CA

WEDNESDAY
20



ZOE - CAMPBELL, CA

THURSDAY
21



NIKKI - TORONTO, ONTARIO, CANADA

FRIDAY
22

SATURDAY
23

012201 SKYIONS 111
RACE TRACK VIEW
DRIVE / DEL MAR
loop
EZ
55:30 7 7 56

RESTDAY

012202 SKYIONS 126
RSF GC loop
1-1:57:05 -
MAC 139:30
239:30 338:05

012202 SKYIONS 131
CREST CANYON
EZ ROAD

RESTDAY

012202 SKYIONS 135
EZ LAGOON
TRAILS
NATURE
X TALK CAMERA

RESTDAY



POGO - HUDSON, QUEBEC, CANADA

SUNDAY
24



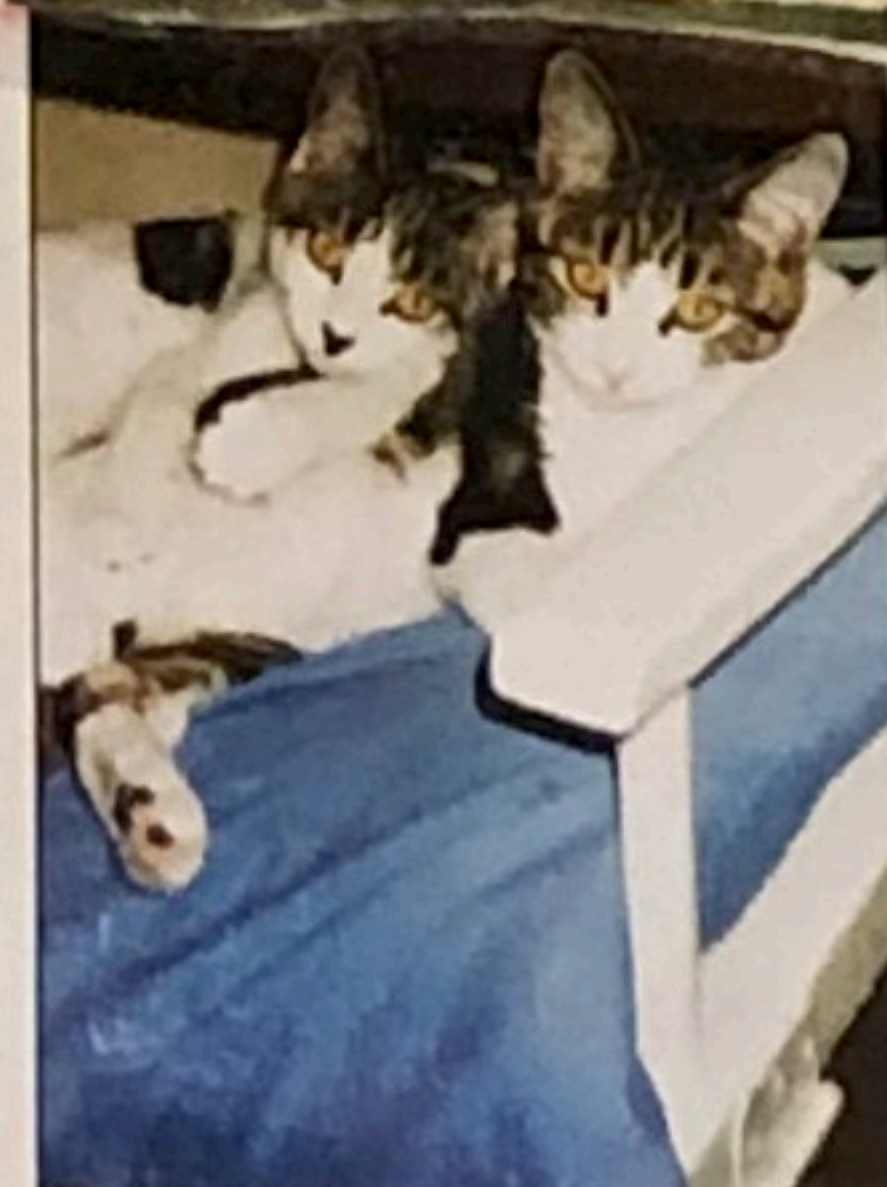
PUMPKIN - FREDERICTON, N.B., CANADA

MONDAY
25



EMMA - PORT SYDNEY, ONTARIO, CANADA

TUESDAY
26



SASSY & TABITHA - SAN DIEGO, CA

WEDNESDAY
27



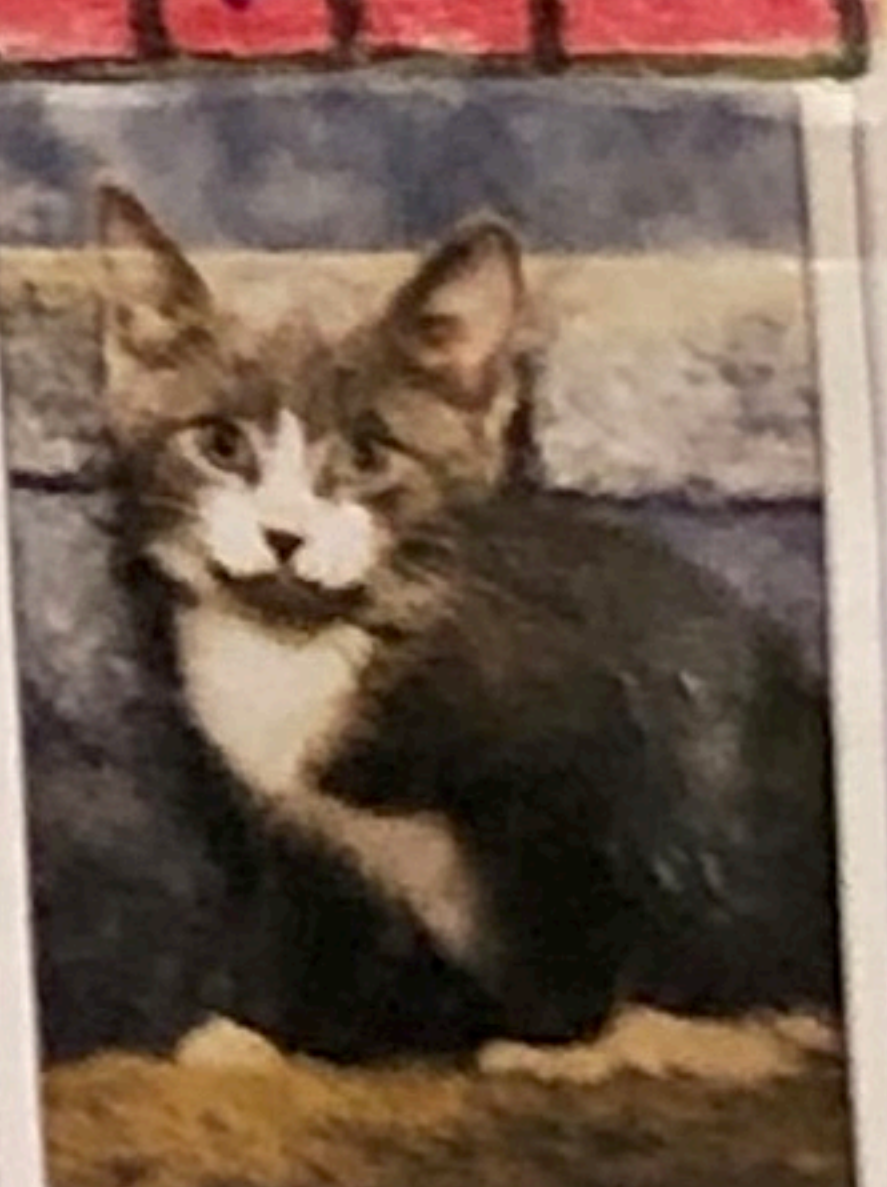
BABY - MANCHESTER, NJ

THURSDAY
28



WED - EVANSTON, IL

FRIDAY
29



CHERRY - LONG ISLAND, NY

SATURDAY
30

012202 SKYIONS 139
8x400m
VCSO TRACK 80%
loop 8 1:09 18
31
EASTER
RESTDAY

RESTDAY

012202 SKYIONS 154
RSF GC loop
1-1:59:13 -
40:57 239:40
38:28

DAY ONE
RESTDAY

012202 SKYIONS 162
ROAD RUN in
DM WOODS
loop
57:11 / 7:09

RESTDAY

012202 SKYIONS 169
VCSO TRACK
8x400m 2002
W 80:28 10:01
W 80:58 10:01
W 79:00 10:00
24:28

15 1:59 23 2:08

1:01 8:31 3:09

1:19 9:40 3:33

A·P·R·I·L

CUDDLE UP

Everybody loves a good cuddle now and then, and kittens are no exception. Take time out to cuddle with your kitten once or twice a day, quietly murmuring in a gentle tone of voice, and you'll find that the benefits for both of you will last long after the days of kittenhood are over. In addition to the love and caring communicated during this calm interlude, Kitty will become accustomed to being handled. This kind of early contact helps to create a bond of trust that will last a lifetime. It also means fewer problems when grooming time comes around.

To pick up a kitten for a nurturing nuzzle, gently place one hand under the front legs and the other under the hindquarters. Lift him to your chest in a scooping motion, then nestle him into the crook of your arm, making sure his hindquarters are well supported.



143 MILES RUN
14 DAYS RUN
10.2 DAY/AVE.

LSD 15+
1111

TRACKWORKOUTS
1111 + 5K @ 8:24/5:55

"Friendship
is a sheltering
tree."

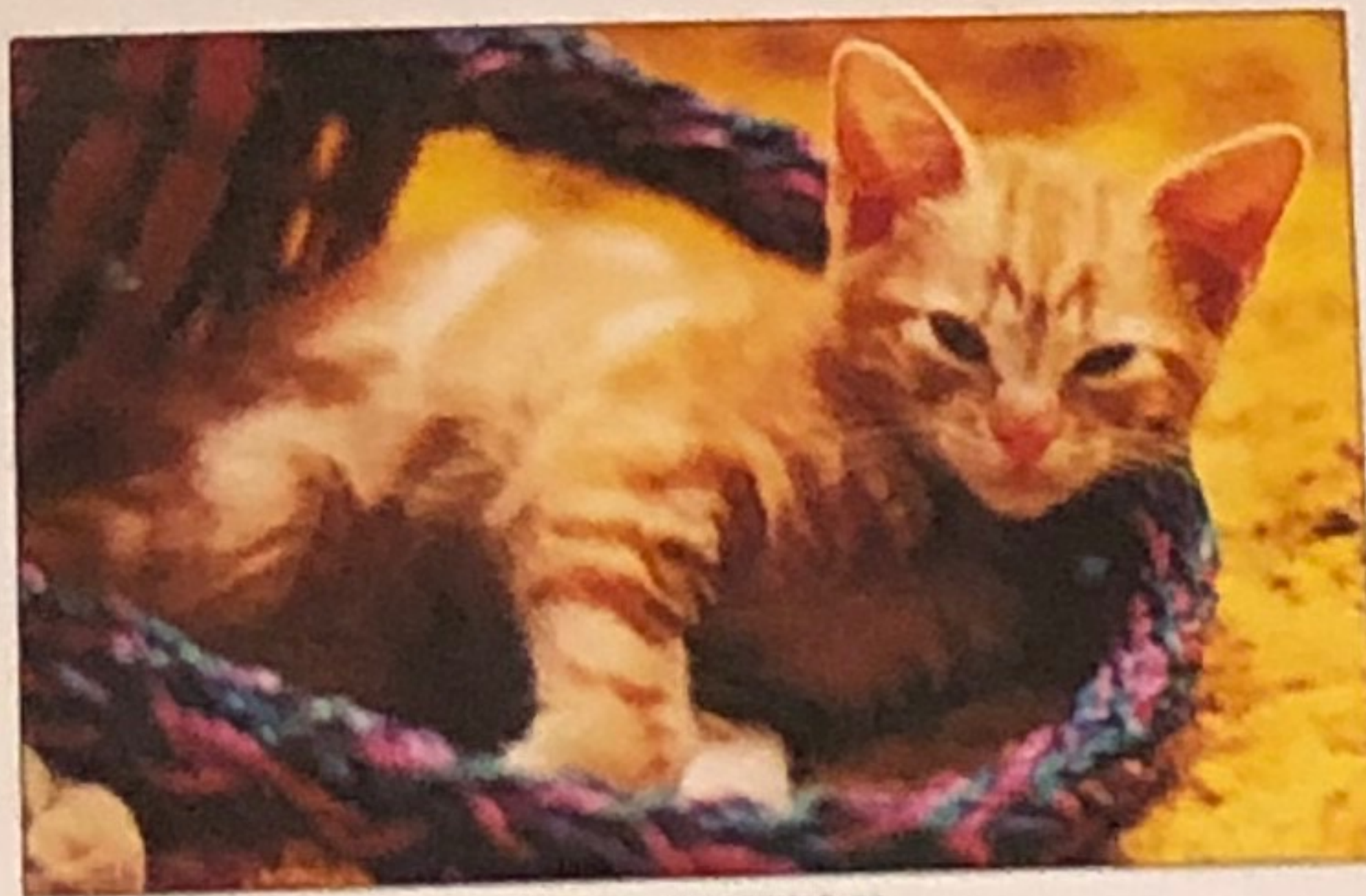
—SAMUEL TAYLOR COLERIDGE



SMOKEY JOE — BERRIEN SPRINGS, MI



PATCHES — MERCERVILLE, NJ



MAGGIE — ALBUQUERQUE, NM



TIKON — PLANTAGENET, NJ



MAGGIE — ALBUQUERQUE, NM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
012202	012202	012202	012202	012202	012202
184	184	184	184	184	184
RESTDAY!	RESTDAY!	RESTDAY!	RESTDAY!	RESTDAY!	RESTDAY!
7	7	7	7	7	7

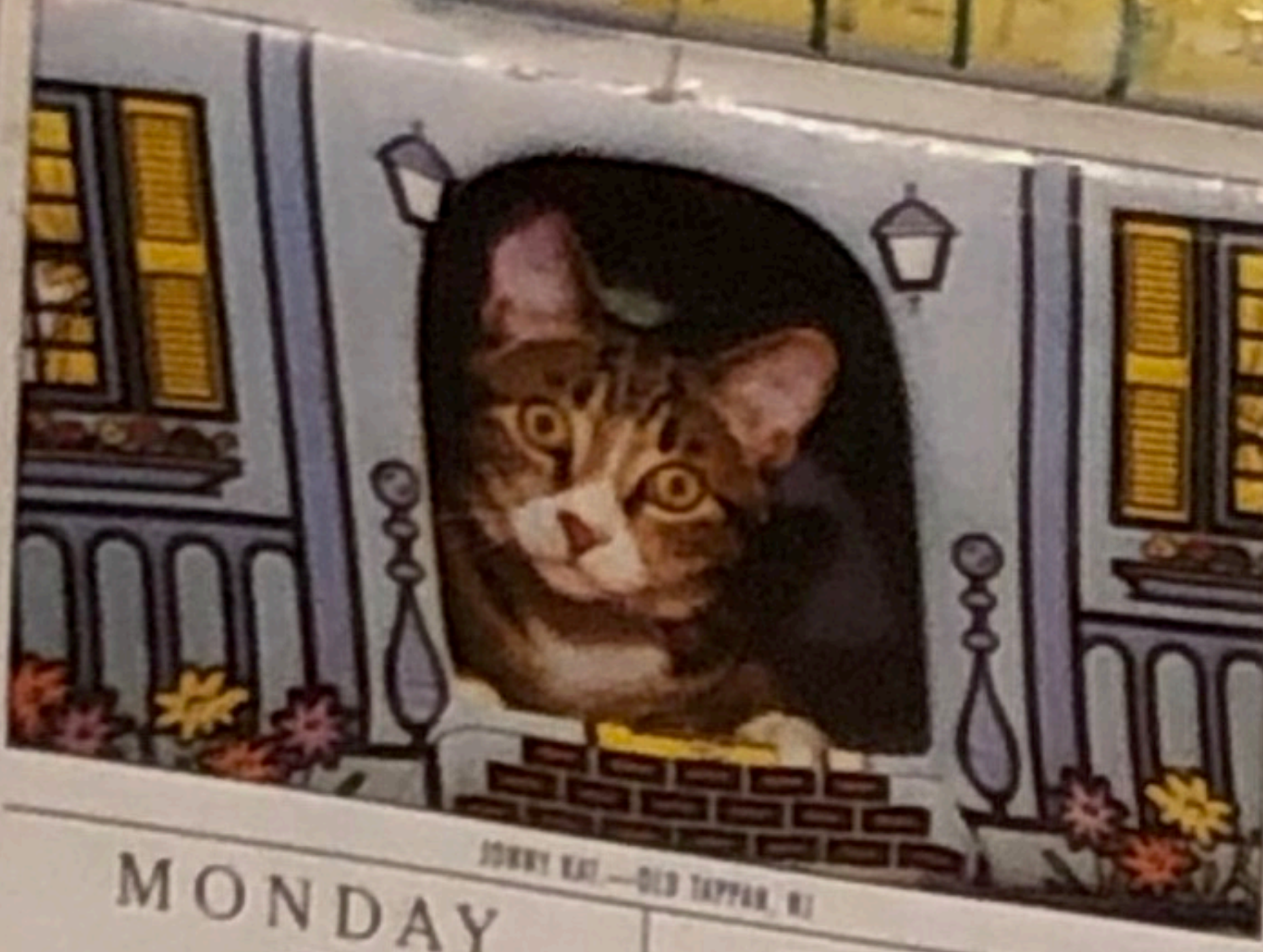
to 4/20
14 WEEKS
9 TRACKS
1 RACE
10 MILES + 14
14 LSDs



SOUTH JUNE - SHREVEPORT, LA

SUNDAY 7

012202 11 195
032402 11
CARLS BAD 5K
① 5:43 ② 6:00
③ 6:04 ④ 1:34
18:24
4TH 55-59
GOOD DAY!
1:30 10 1:30 10



JERRY KAT - OLD TAPPAN, NJ

MONDAY 8

RESTDAY



TARTY - SMITHFIELD, VA

WEDNESDAY 10

RESTDAY!



MARIL - LAKE ZION, IL

THURSDAY 11

EZ DEL MAR WOODS/ROAD



ASHLEY - STRATFORD, NY

FRIDAY 12

RESTDAY!



HARRY - WICHITA, KS

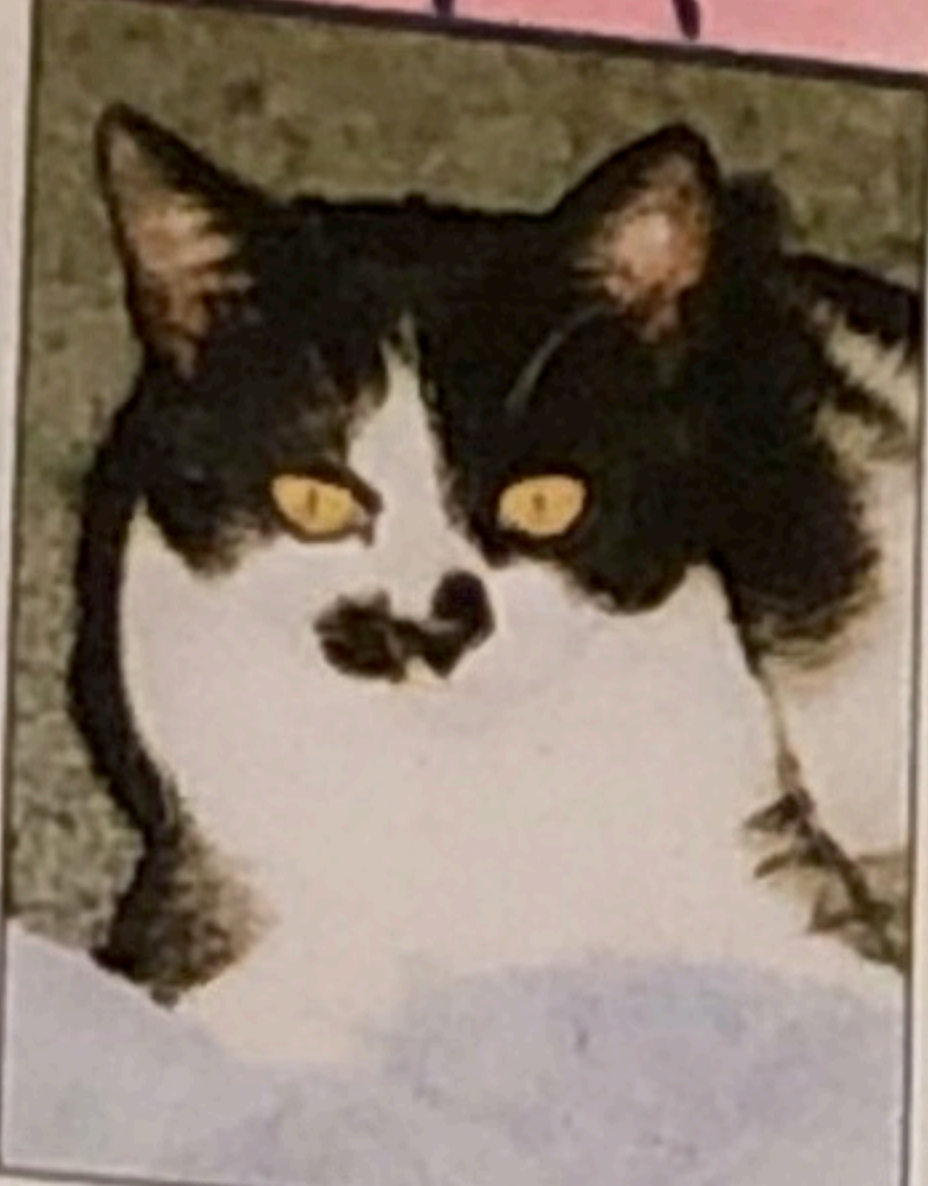
7 SATURDAY 13

012202 1 220
032402 15
UCSD TRACK
10X 400 @ 200R
① 83 ② 81
③ 84 ④ 81 ⑤ 81.73
⑥ 82 ⑦ 81 AVE
⑧ 81 ⑨ 80



DAT KAT - FLOWER MOUND, TX

SUNDAY 14



LUCKY - SANTA MARIA, CA

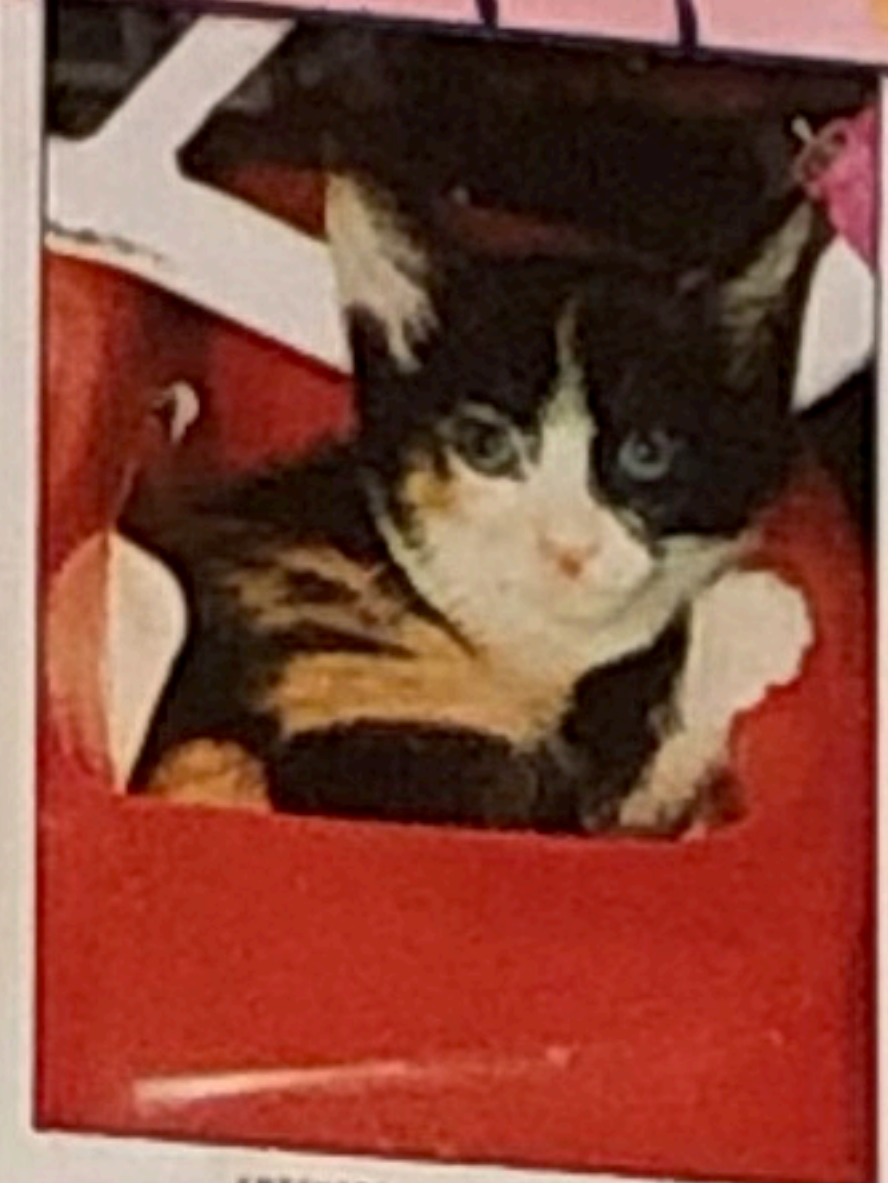
MONDAY 15



L'L RED - GAINESVILLE, FL

TUESDAY 16

2425
012202 2 238
20min EZ WALK
ML W
FALLEN LEAF LAKE
FROM HOTEL 6
11:51 AT RIMBO BACK
18 2:44 18 2:44



CHECKERS - LAS VEGAS, NV

WEDNESDAY 17

012202 245
120 min TANCE
RUN
with ML
SINCE 6' 13
250 WIND-UP!
EZ SO. SHORE



RAZZMATAZ - NEW YORK, NY

THURSDAY 18

(TIRED!)
RESTDAY!
#1 DAY



OLIVER - LEWISTON, ID

FRIDAY 19

012202 250
14TH STREET
@ EZ
38:34



JELLYBEES & BUNTER - DURBAN, NAKAL, SOUTH AFRICA

SATURDAY 20

012202 260
032402 20
UCSD TRACK:
4X 400
77:78 79:78
1 mile
5:42
27 5:40 2:43 2:47



THOMPSON - RICHMOND, VA

SUNDAY 21

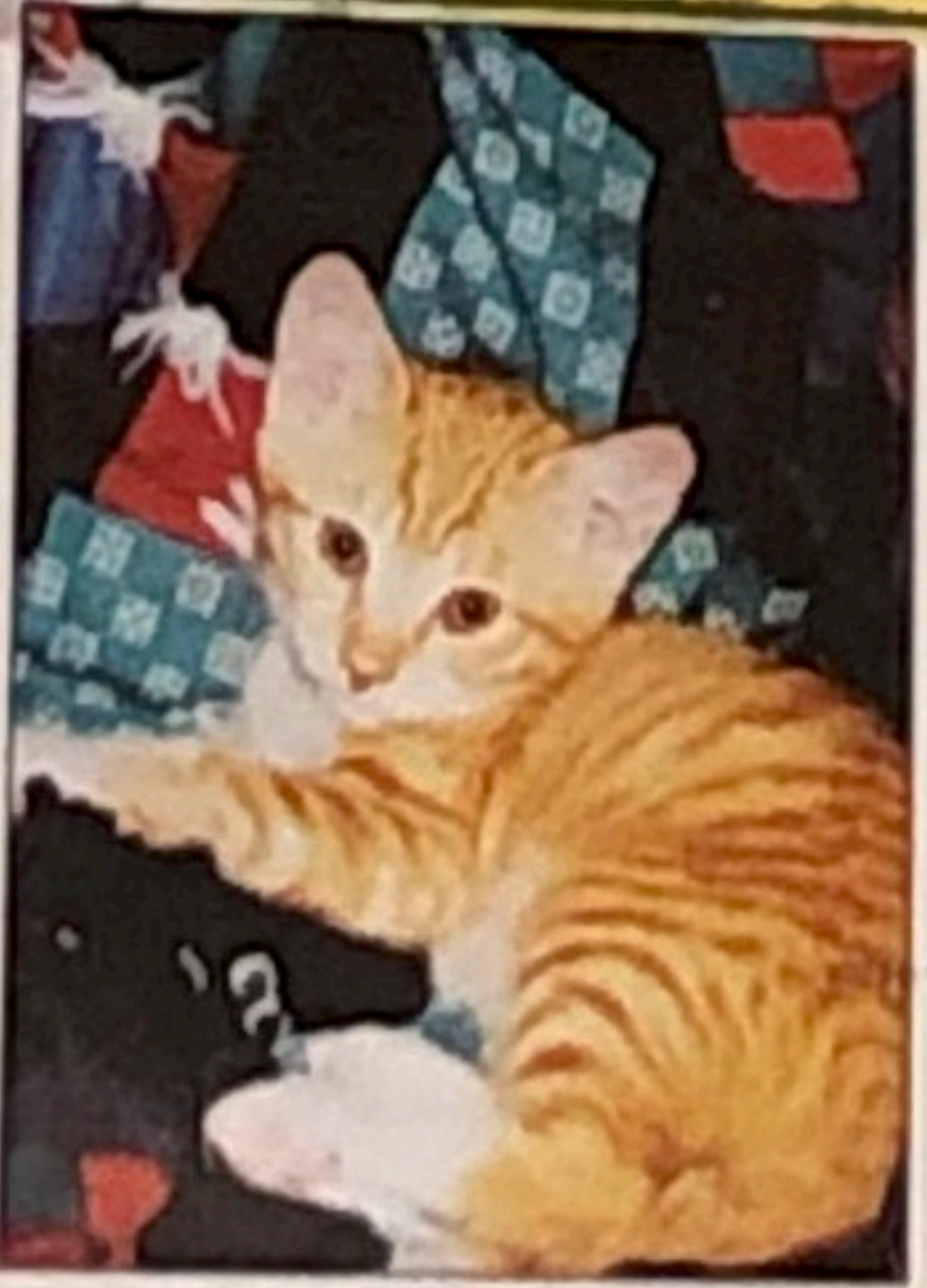
RESTDAY!



SABIE - WEST DES MOINES, IA

MONDAY 22

RESTDAY!



ADBY - MELBOURNE, FL

TUESDAY 23

012202 275
RSG 6000P
45:11 45:00
34:59 15 2:07
15 2:07 15 2:07
043002 10
RSG 6000P 50:27
11 WALK 1:00
10 1:4 10 1:36



PROBIE - BAYVER, MA

WEDNESDAY 24

RESTDAY!



KRAMER & POPE - LAKEWOOD, OH

THURSDAY 25

RSG 1501F
COURSE 100S
C 37:22
10 36:38



WENTY - BURLIN, MONTREAL, CANADA

FRIDAY 26

RESTDAY!



WENTY - BURLIN, MONTREAL, CANADA

SATURDAY 27

012202 289
032402 24
UCSD TRACK
8X 400 @ 1:01 AVE
LAST 400 @ 76

28

RESTDAY!

29

RESTDAY!

30

M·A·Y

111 MILES
16 DAY
6:23 AM

111 MILES
16 DAY
6:23 AM

6:03 39
6:11 41
6:22 49
5:31 61
5:39 68

"I extended
a tentative
finger and
two soft
paws clung
to it."

—GEORGE FREEDLEY

BEST PAW FORWARD

Whether the
challenge is
to maintain
equilibrium on a narrow
ledge or land on their
paws after a jump,
kittens are remarkably
surefooted. Yet even
though they'll literally go
out on a limb with no

trouble, negotiat
way down a tree
easier said than d
Kittens' hooked claw
in the wrong directi
this maneuver, makin
difficult to hang on. If
height precludes a leap
the ground, be prepare
to get out the ladder.
Plead though you might,
Kitty will stay put until
help arrives!



JUNIOR — HERNDON BEACH, CA

WEDNESDAY

1



CASBY JONES — NEWLY IN ARDEN, ENGLAND

THURSDAY

2



DIETZ — BENTON, PA

FRIDAY

3



TOPPIS — GAINESVILLE, FL

SATURDAY

4

045002 16

RESTDAY!

RSF GC 100P
CLOCKWISE
30:56*

RESTDAY!

RESTDAY!

0439 6 349 6



KARMA — MICHIGAN, IL

SUNDAY

5



LOVE — EASTPORT, NY

MONDAY

6



SPARKY — LEBANON, PA

TUESDAY

7



TAMINGO — TORONTO, ONTARIO, CANADA

WEDNESDAY

8



POOPY — PITTSBURGH, PA

THURSDAY

9



ISLAND — LONG BEACH, CA

FRIDAY

10



WISDOM & MIGHT — ALBANY, NY

SATURDAY

11

032402 30
043002 20

043002 20

043002 20

043002 20

043002 20

043002 20

043002 20

043002 36

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WILLY — BARTON, MA
SUNDAY
12
Mother's Day



BUZZE — MONZA, MILAN, ITALY
MONDAY
13



SHADOW — CLERMONT, FL
TUESDAY
14



SAFETY — PHILADELPHIA, PA
WEDNESDAY
15



SHARPS — CROSS LANE, NY
THURSDAY
16



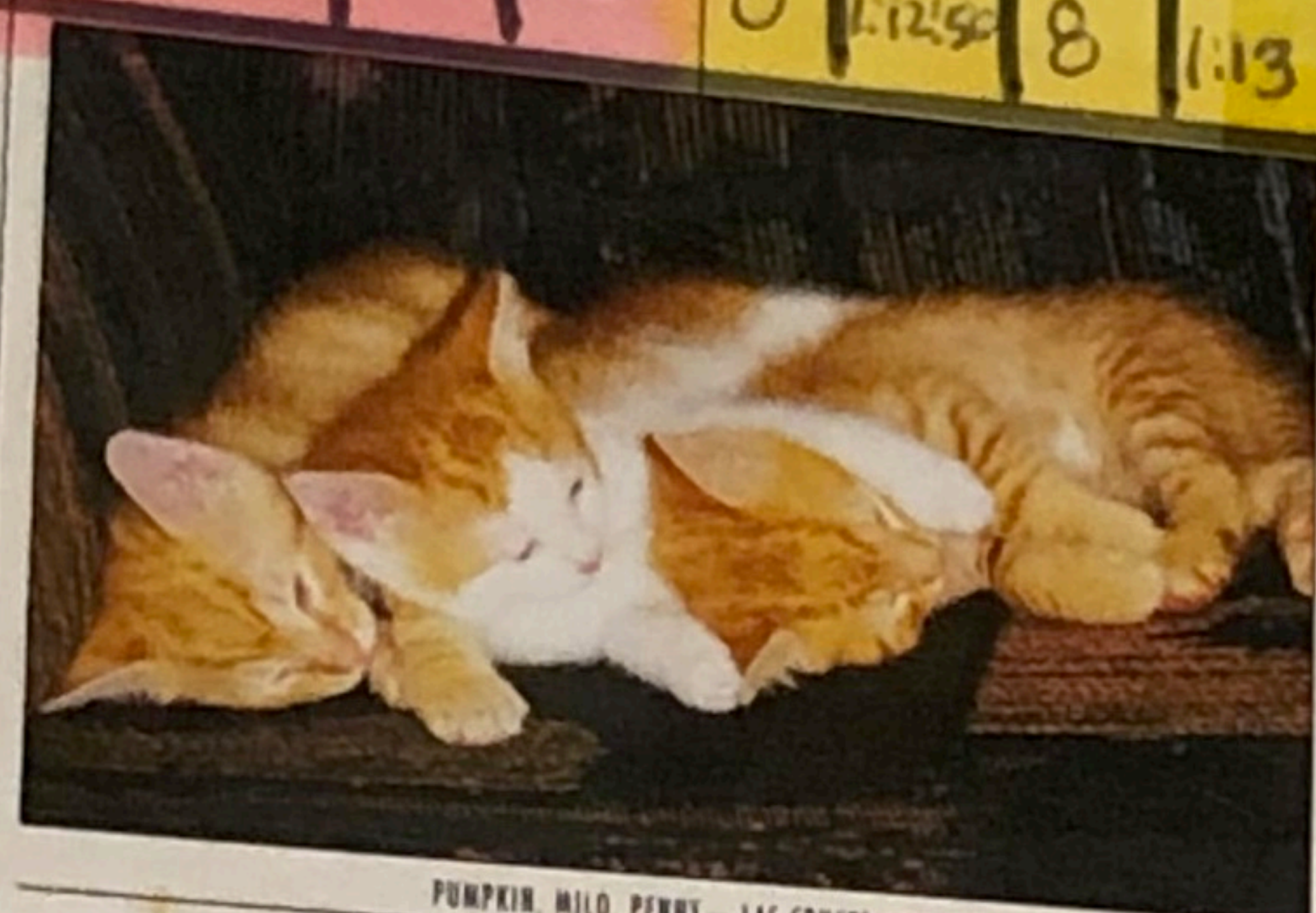
MATTHE — TORONTO, ONTARIO, CANADA
FRIDAY
17



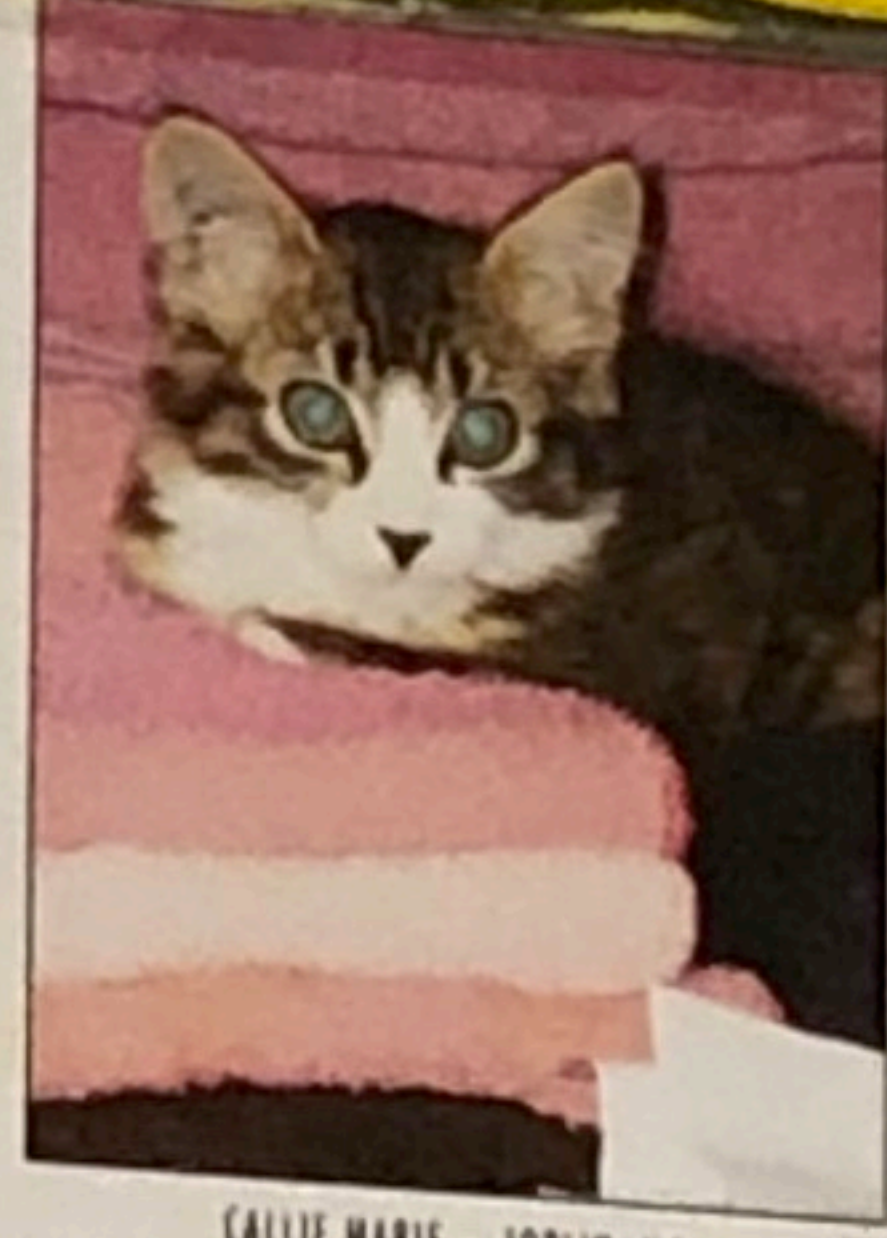
VINA — COLLENO, ITALY
SATURDAY
18
8.9 AVE DAY
76 DAYS RUN 18 573 M FOR YR



RIPPER & KIM — CLINTON, CT
SUNDAY
19



PUMPKIN, MILO, PENNY — LAS CRUCES, NM
MONDAY
20



CALLIE MARIE — JOPLIN, MO
TUESDAY
21



PIPPA — CENSO, ITALY
WEDNESDAY
22



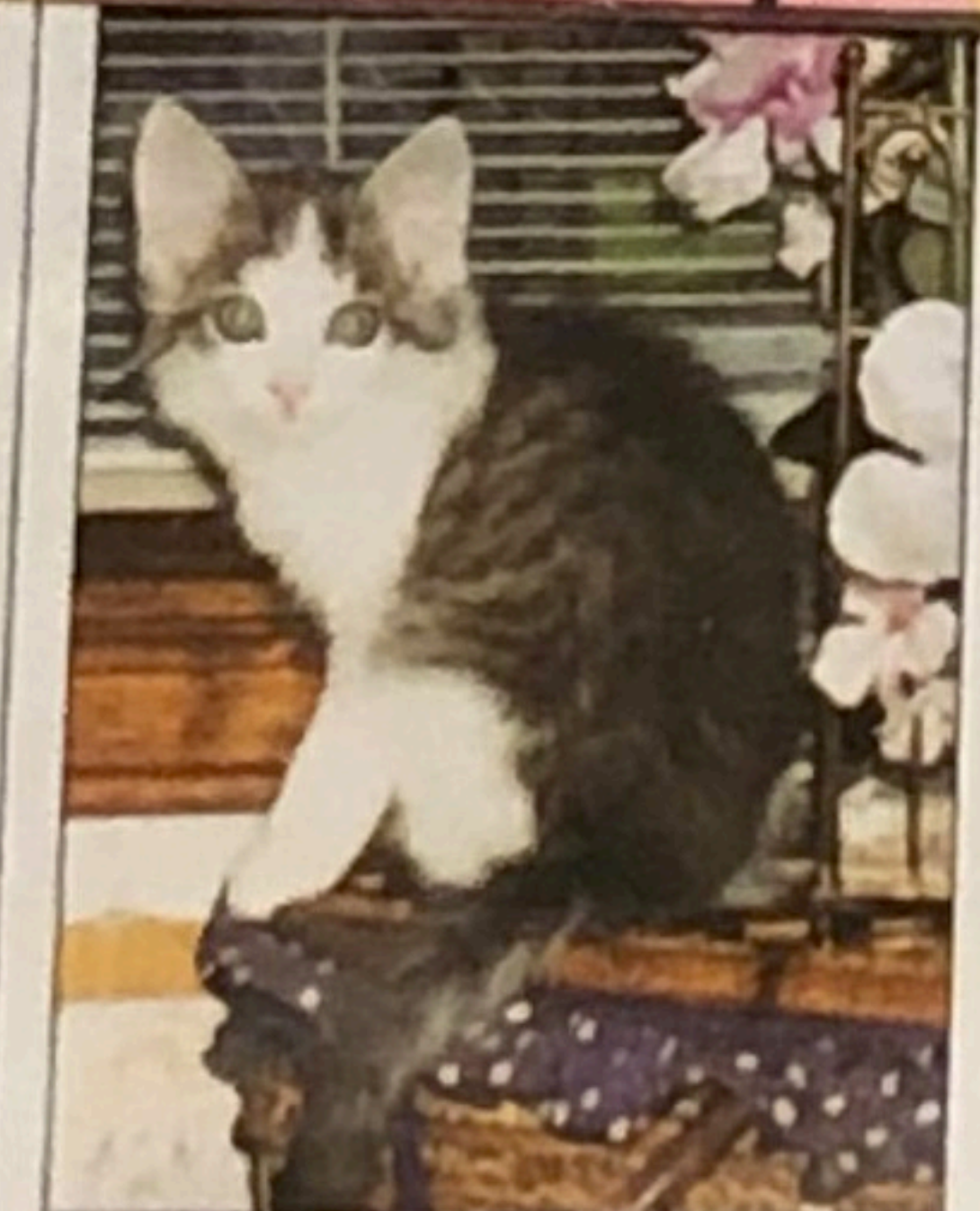
RUSKY — HUNTINGTON STATION, NY
THURSDAY
23



DAISY — RIVERSIDE, CA
FRIDAY
24



SCHWANZ — ROCHESTER, MN
SATURDAY
25



TAYLOR — WESHO, MO
SUNDAY
26



GRACE & MADDIE — EAST AMHERST, NY
MONDAY
27



SIXY — WAREHAM, ONTARIO, CANADA
TUESDAY
28



KITTY — MURRYSVILLE, PA
WEDNESDAY
29

JAH — MAY
615 MILES TOTAL
123 MILES MO. AVE.
78 DAYS RUN
7.88 DAY AVE.



043002 83
032402 25
IRVING MASTERS
TRACK MEET
1 MILE RUN;
5:27
3RD O/A TH 588

BEACH RUN
@ EZ

EZ BEACH DN
ROAD BAK
TORREY LSD
PINES 11740

RESTDAY!

RSF GC 100P
54:16
8:11 8:09 7:58
7:23

RESTDAY!

32 4 :32 4 33 4 :05 8 10 :11 18 223

7 54 25 3:17

1017

4 5 6 7 8

THURSDAY FRIDAY SATURDAY

RESTDAY!

11:00A DENTIST

RESTDAY!

052802 35 052802 40 052802 47

LSD TORREY PINES @EZ 1:50:17

HAIRCUT RUN @EZ 40:34

DELMAR WOODS LOOP HA 55:10

RESTDAY!

UCSD TRACK:
800's 2:14B/2:14B
400's :79/:78
:78/:78



SHOOS - MONTANA, MONT. JAPAN



SPURRY & KIMEL - RICHMOND, CANADA, CA



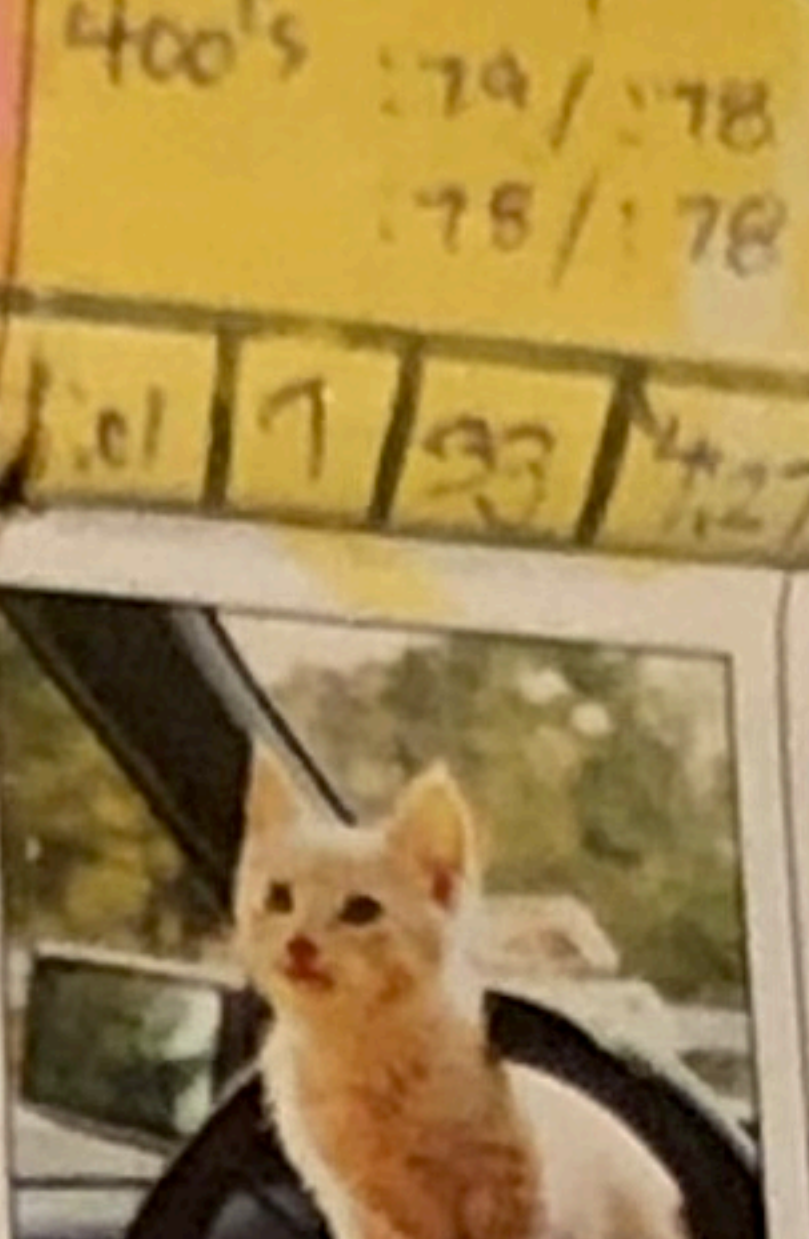
TONA - DETROIT, MI



SNOWY - HAMILTON, ONTARIO, CANADA



TRINITY - HARTFORD, CT



HAMPTON HAVEN - BIRMINGHAM, AL

SUNDAY 9

MONDAY 10

TUESDAY 11

WEDNESDAY 12

THURSDAY 13

FRIDAY 14

SATURDAY 15

RESTDAY!

10:45 DENTIST
RESTDAY!

052802 64
TORREY OUTSIDE IN
TORREY INSIDE BACK
1:41:05 TOTAL
50:38 DOWN
50:27 BACK

052802 70
8TH STREET
@EZ

052802 76
8TH STREET
45:59

RESTDAY!

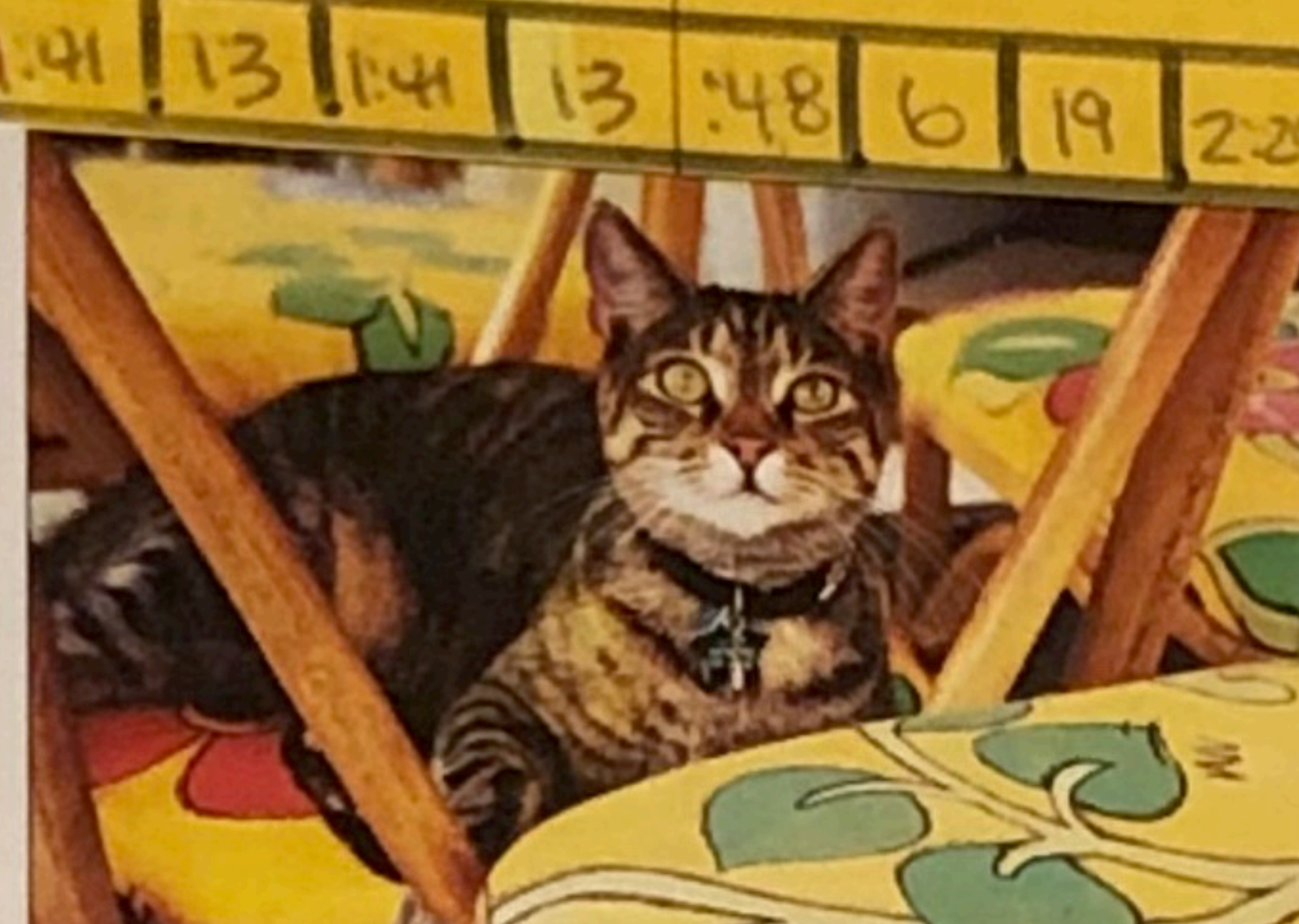
052802 32
052802 81
UCSD TRACK
2mi @ 12:09/57
6:12/5:57



SCRATCHY - TORONTO, TASMANIA, AUSTRALIA



EVA - PISA, ITALY



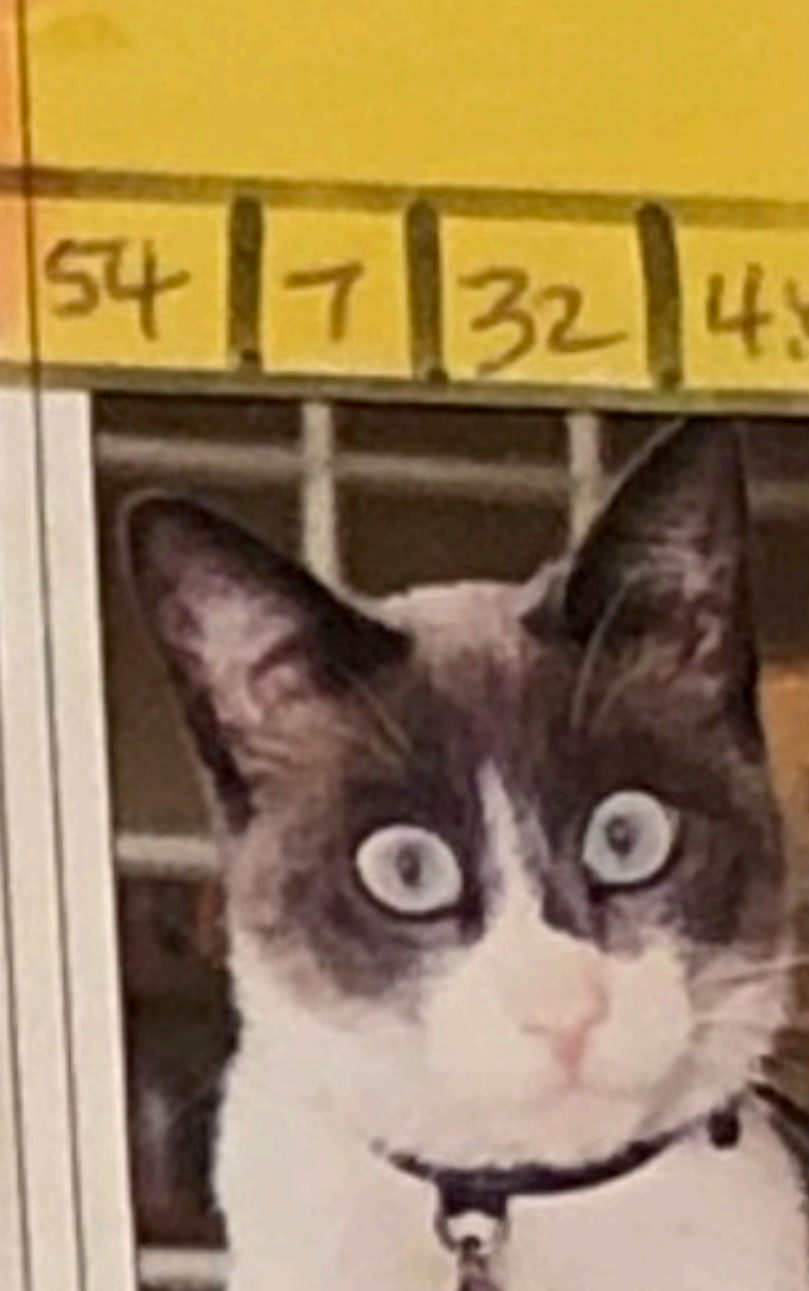
LIXY - LOUISVILLE, KY



JEWEL - DELAND, FL



KITTEN - PAPILLON, WI



MICHAEL - COL. ROMA, MEXICO

SUNDAY 16

MONDAY 17

TUESDAY 18

WEDNESDAY 19

THURSDAY 20

FRIDAY 21

SATURDAY 22

FATHER'S DAY

RESTDAY!

CHAD LARSEN
Nutrition 3:00P
Dentist 11:30A
RESTDAY!

052802 98
2 HR DIET
BUNGE MAC
ENCINITAS @EZ
READ RUN
DELMAR
LIN @ 7:04

052802 103
EZ DELMAR
HIPS SORE
CURL BACK
STIFF??

052802 108
HAIRCUT RUN
@EZ

052802 115
DELMAR WOODS
@ 7:00
49:30/7:04

RESTDAY!



SCARLETT ROSE - ATLANTA, GA



RICKY - BROCKVILLE, ONTARIO, CANADA



ANGY - ANAFYSSOS, GREECE



MAYA - SANTA CRUZ, CA



TAYLOR - BUTLER, PA



BROCK - BRIGHTON, ONTARIO, CANADA



CHRISTOPHER - CLEVELAND, OHIO, OH

SUNDAY 23

MONDAY 24

TUESDAY 25

WEDNESDAY 26

THURSDAY 27

FRIDAY 28

SATURDAY 29

RESTDAY!

30
RESTDAY

052802 120
DR. WORMAN'S
3:00P/BAG!
QA VORMAX
DR. KEN SCV
WRIGHT WORMAN

052802 133
OUTSIDE OUT
INSIDE BACK
(TORREY PINES)
50:00 OUT
49:34 BACK
1:39:35 TOTAL

052802 139
8TH STREET
@EZ
47:06

RESTDAY!

RESTDAY!

052802 144
L5 SHORES
COVE
WIND & SEA
@EZ

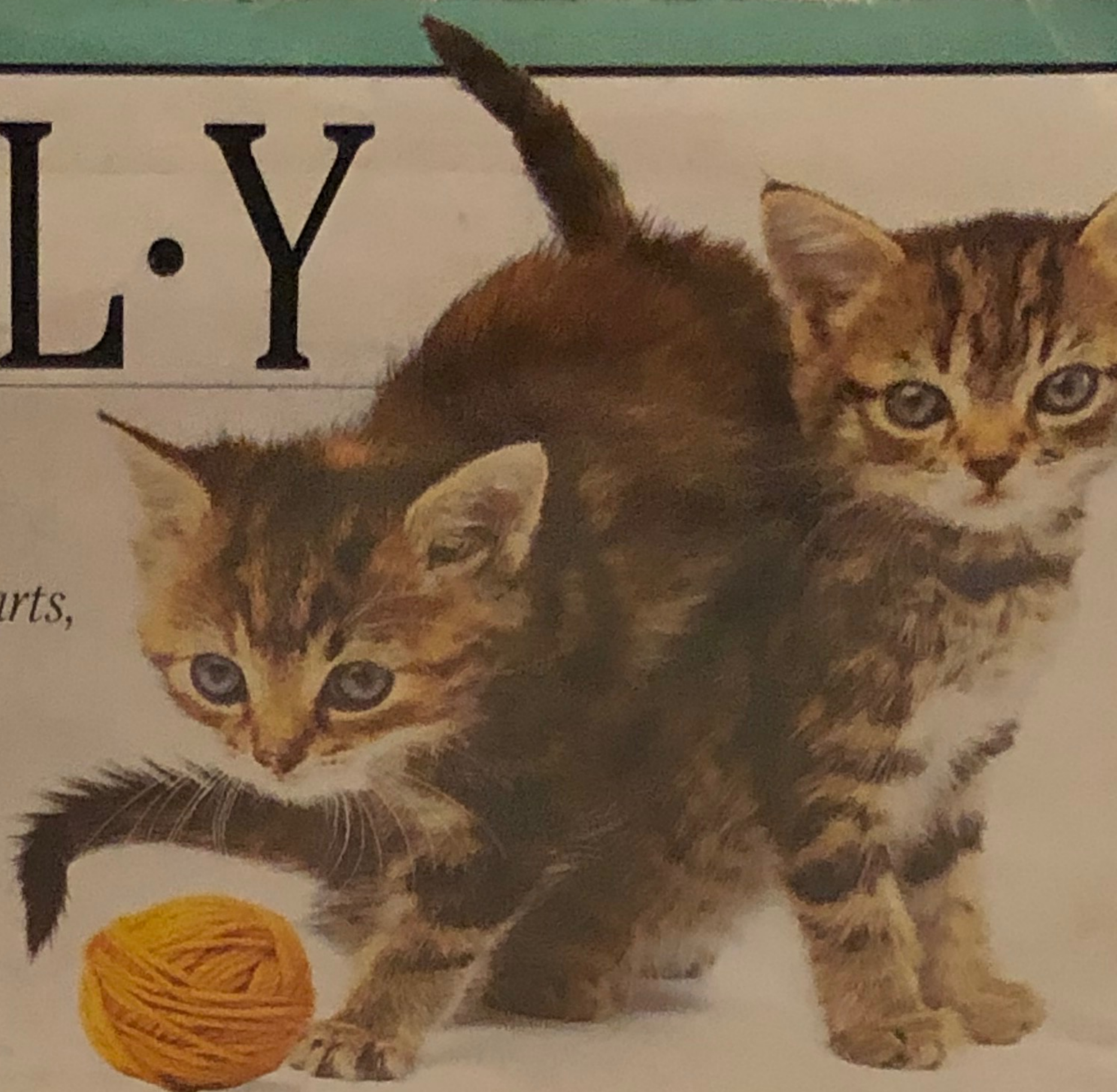
J·U·L·Y

ANGLE

Kittens, the urge to play is simply irresistible. Why lie down when you can romp around, chase your own tail, pounce on circles and bat your paw at everything in sight? Kittenhood is about energy and exercise, curiosity and commotion. Soft toys are a real treat because they are usually lightweight and give the kitten a chance to really sink her teeth and claws into something. A ball of yarn is especially amusing, since it can be endlessly rolled across the floor in every room of the house without making a bit of noise. And if it's batted hard enough with a small, determined paw, it will also do strange and interesting things like taking a bounce or flying up in the air. All that's needed is the owner's watchful eye to make sure the yarn doesn't unravel and a secret place to keep this toy when it's not in use.

"The Kitten, how she starts,
Crouches, stretches,
paws and darts!"

—WILLIAM WORDSWORTH



SMOKEY — YORKVILLE, IL

MONDAY

1



RANSEL — ELK, WA

TUESDAY

2



TOSHI — FRYSD, CA

WEDNESDAY

3



MOLLY — KNOXVILLE, TN

THURSDAY

4



CHIBI — MITAKA SHI, TOKYO, JAPAN

FRIDAY

5



TSUKAIDOHSEY — PICKERING, ONTARIO, CANADA

SATURDAY

6



COCO — TOKYO, JAPAN

SUNDAY

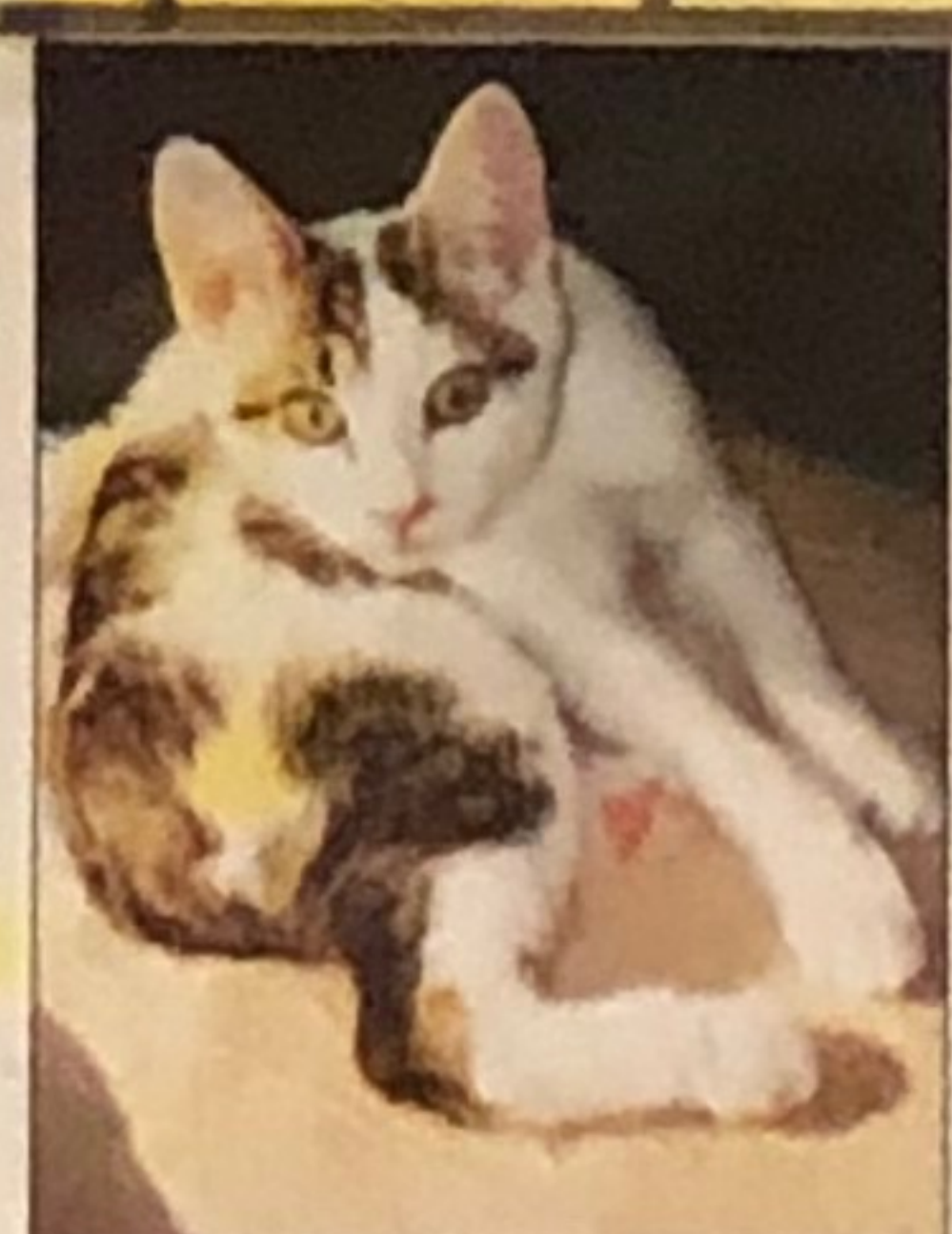
7



TIGER & POOH — MASON, OH

MONDAY

8



JOSEPH — MANASSAS, VA

WEDNESDAY

10



CAITIE — SHOREVIEW, MN

THURSDAY

11



WIKTORI WAVE — BOSTON, MA

FRIDAY

12



LEONIE — CHARLOTTE, NC

SATURDAY

13

SACTO. MILE RUN
REST! (P)

1:30p dentist
REST!

TERRY PINE'S
OUTSIDE OUT
INSIDE BACK
O 49:48
B 48:28

5★ training
9-1
REST!

DEL MAR WOODS
6@45:38
7:36

ROSTDAY!

7:28, 6:49 7:18
8:50
6:42 6:42 7:48
50:18
SWANVILLE ROAD NO



PHOTO - MIDDLETON, WI

SUNDAY
14



BLISS - VIRGINIA BEACH, VA

MONDAY
15



STAR - WALLINGFORD, CT

TUESDAY
16



LUCKY PICK - SEE'S SHAWNEE, MO

WEDNESDAY
17



OLIVER - DE FOREST, WI

THURSDAY
18



ROSTER - EVERTON, OR

FRIDAY
19



ERA - FIGARO, NY

SATURDAY
20

RESTDAY!

WORMHAT 2:15 P
DENTIST @ 10:00 A
RESTDAY!

070902 37
SWAMI'S TO
CB JETTY @
JOHN / BEACH
@ STEADY
BP 124/77

070902 41
HAIR CUT RUN
@ EZ

070902 45
DM WOODS
53:40
FM @ 7:00

RESTDAY!

070902 55
101 RUN
6:29/6:30
(7:14Z)
6:30/6:28
50:32 TOTAL



CHRIS - IRVINE, CA

SUNDAY
21



MICHA - ROME, ITALY

MONDAY
22



MAVE - OSEOLA, IN

TUESDAY
23



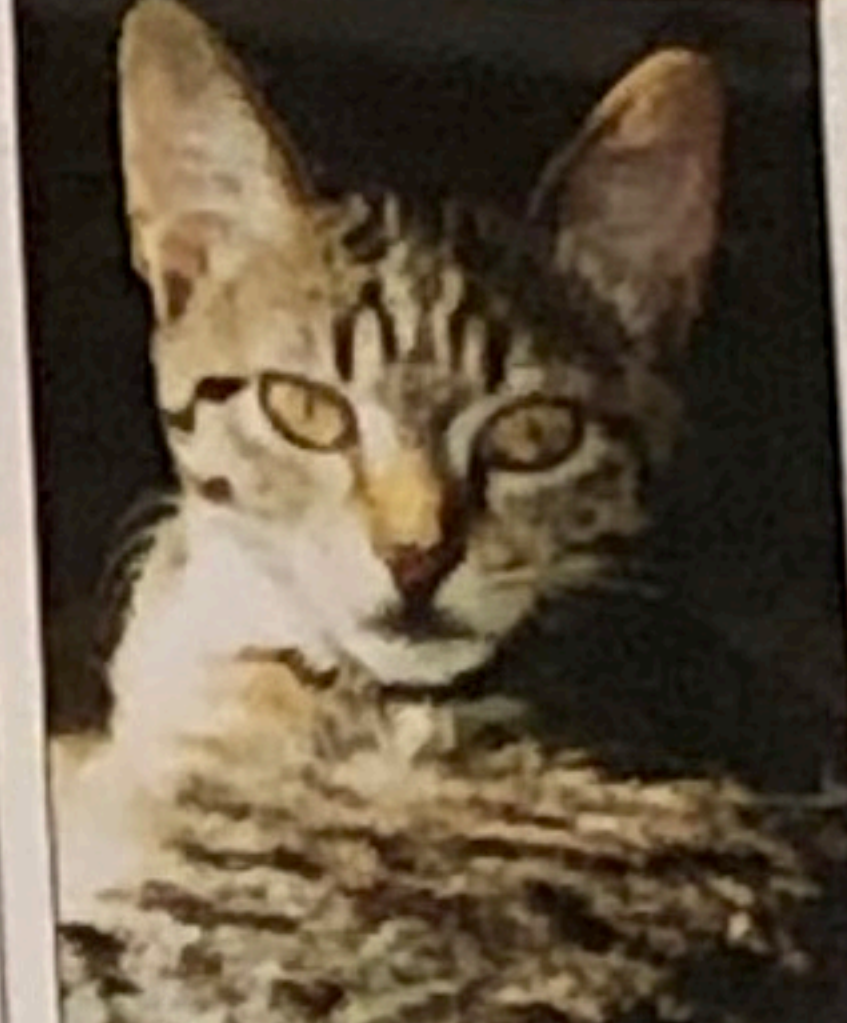
THOMAS JEFFERSON - VALRICO, FL

WEDNESDAY
24



CRIMNEY - AUSTIN, MN

THURSDAY
25



WADSWORTH - JACKSONVILLE, FL

FRIDAY
26

RESTDAY!

SHAWNA BP 160/100
WASNAWSKY
WARM 1:30pm

070902 66
Guy Fleming
TORREY LOOP
@ EZ
FM @ 6:44
BP 136/73

070902 71
MAIL RUN
@ EZ
38:33

070902 77
BEACH RUN
49:35
#1

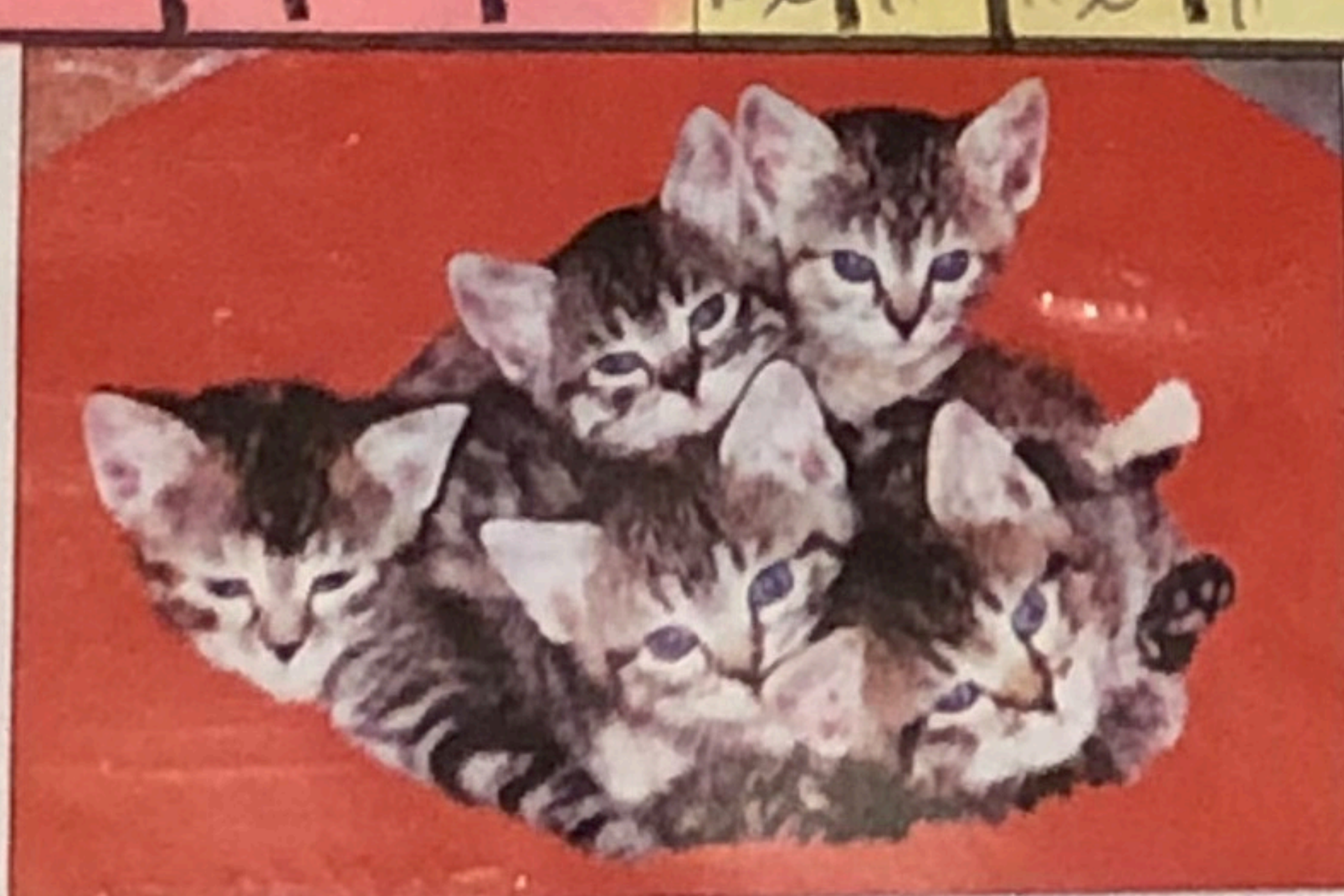
#2
RESTDAY!
LBS

070902 85
101 RUN (3)
6:08/6:30
6:16/6:27
59:30



ANGIE - MOOSIC, PA

SUNDAY
28



FENTY, MEERY, MINNY, MOE & CURRY - HELLENA, MT

MONDAY
29

TUESDAY
30



WANDA - FERRARA, ITALY

WEDNESDAY
31

RESTDAY!

RESTDAY!

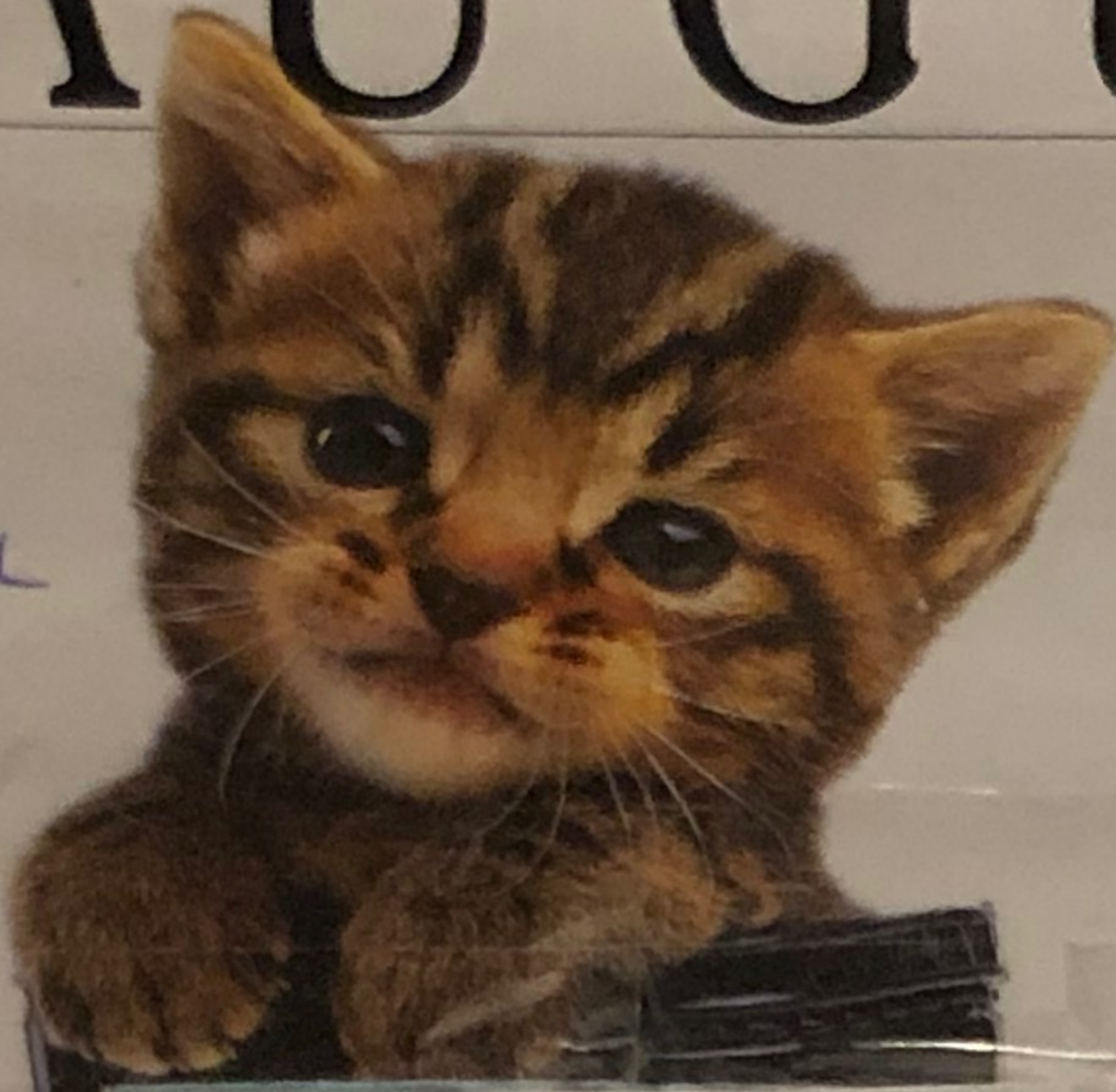
070902 100
RSF 6C O/B
@ 8:00
DIRT TOO MUCH!

LEG SORE?
RIGHT CALE?
RESTDAY!

123 MI TOTAL
17 DAYS RUN
7.2 DAY AVE.



A·U·G·U·S·T



135 MILES TOTAL
18 DAYS RUN
7.5 DAY/AVE.

YEAR TO DATE:
1018 MILES
132 DAYS
7.7 DAY/AVE

35 WEEKS
29.8 WK AVE.

JAN 1
AUG 3

31 WEEKS
SINCE JAN 1st

114 DAYS RUN
7.74 DAY AVE

883 MILES RUN
28.48 MILES
PER WEEK

"A kitten in the animal world is what a rosebud is in the garden."

—ROBERT SOUTHEY

TOTALS:

878 MILES
113 DAYS RUN
7.76 DAY AVE.
216 DAYS TOTAL
30.85 WEEKS
28.46 WEEK DAY AVE

16.14 WEEK AVE

1003/
128 129

081002 32.24 WARM-UP
135 HEAVE

7:22/138 7:17/140
7:34/147 7:09/143

7:21 WARM-CLOSER/130



BARDOY—SEATTLE, WA

THURSDAY

1



FRAMPTON—TORONTO, ONTARIO

FRIDAY

2



MAX—KAMLOOPS, B.C., CANADA

SATURDAY

3

070902 105
HAIRCUT 7:15A

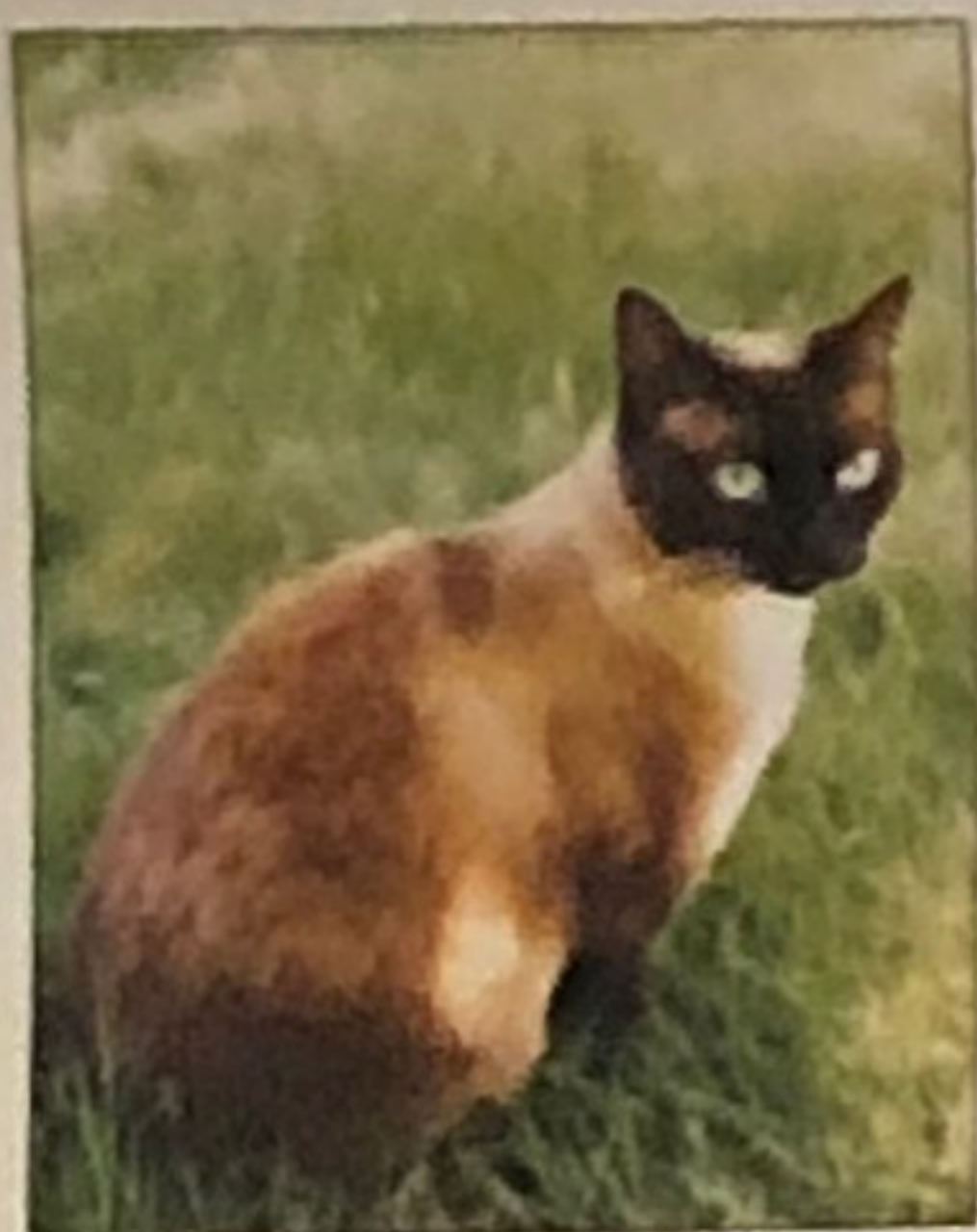
RESTDAY!

HAIRCUT RUN 4:10U
AVE HR 121
FM 7:24

TOBBY/BOTTOM
147.02
132 AVE HR
784 CALS BURNED
UPHILL MILE 5 TO 4 > 8.15

0 0 0 0

141 5 41 5 1:17 10 15 158



POKEY—SANDY, OR

SUNDAY

4



BENNY—WALEIGH, NC

MONDAY

5



PRINCE & SPARKY—ROSELLEVILLE, AL

TUESDAY

6



LITTLE BEAR—BARBERTON, OH

WEDNESDAY

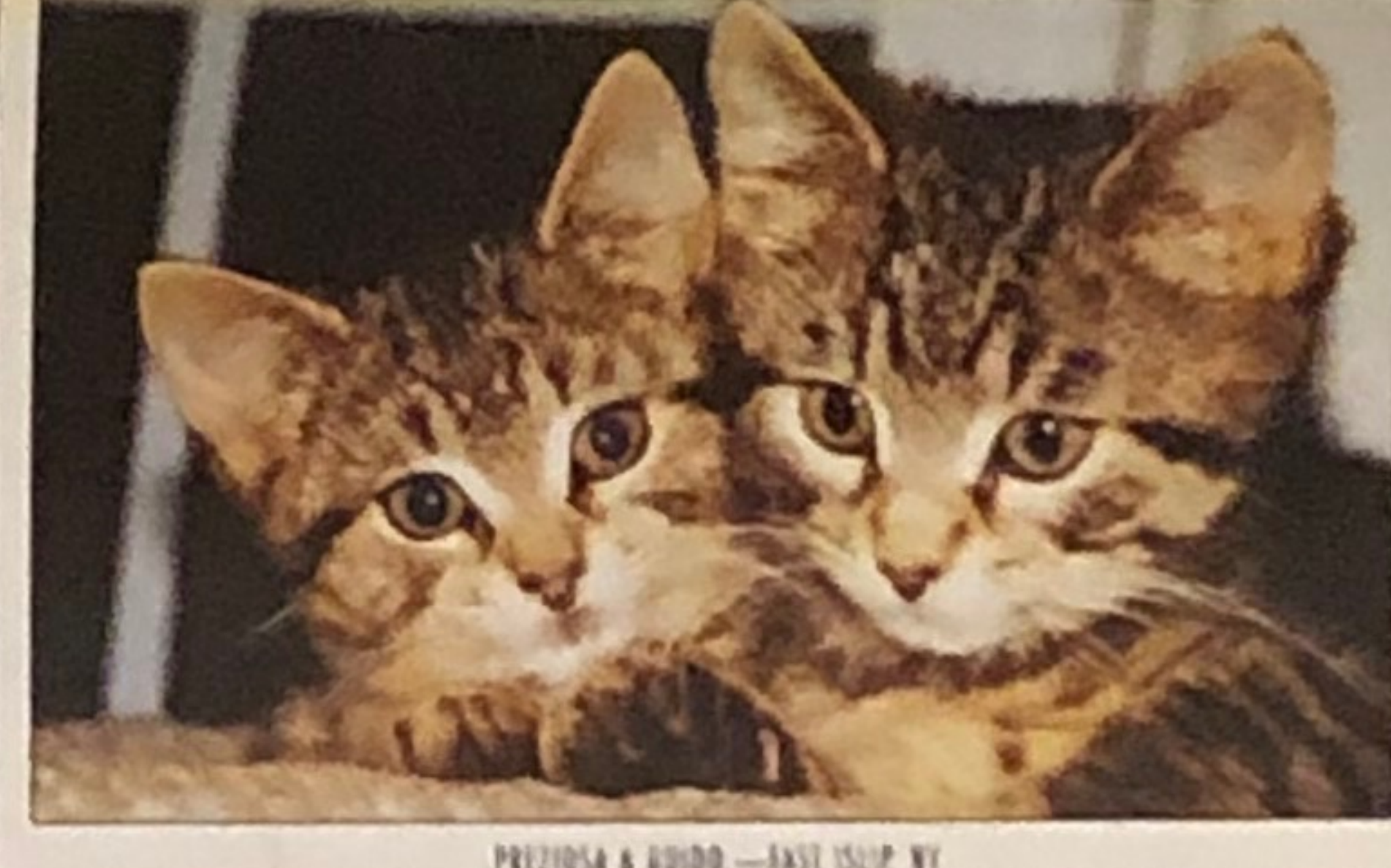
7



TAZ—BEVERLY HILLS, CA

THURSDAY

8



PREZIOSA & GUIDO—ASTORIA, OR

FRIDAY

9

SATURDAY

10

RESTDAY

RESTDAY!

SCRIPTS 101
1-1:58:29
1:00:20 DOWN
58:01 BACK
129 AVE 142 1222 CALS

POB RUN
1-39:30-1
@EZ
LBS

DELMAR WOODY
5EZ
2@12:53 147HRA
32:40

BEACH RUN
LOW TIDE
@EZ
42:31

101 NORTH
134 CALS
4MI @ 29:23
HRAVE @ 142
7:22/138 7:17/140
7:34/147 7:09/143

15 1:58 15 1:58 39 20 2:37 53 7 27 3:39 43 5 32 45 109 9 41 13.22

S.E.P.T.E.M.B.E.R

USDA-Forest Service
Pacific Southwest Region
1323 Club Drive
Vallejo, CA 94592



UP

HRZ UP

121

9:01:46
7:39:39
22:07
HRZDN

DOWN

240
117 265
22 45
44 60
1193
147
83
77
50

PORTAL TO LONG PINE LAKE
1:02:48 138/120

LONG PINE LAKE TO TRAIL CAMP
1:20:02 / 2:22:50
137/118

TRAIL CAMP TO TRAIL CREST
1:01:53 139/125
3:24:44

TRAIL CREST TO SUMMIT
1:01:10 137/124
~~1:12:55~~
4:25:55

LONG PINE LAKE TO PORTAL
44:24 / 9:01:46 129/106

TRAIL CAMP TO LONG PINE LAKE
1:01:08 /
133/110

TRAIL CREST TO TRAIL CAMP
3:41:51 / 7:16:13
133/120

SUMMIT TO TRAIL CREST
5:58:18 / 6:41:52
142/116

UP/DN
117 HR
TOTAL AVE.



High Mountain

Lakes & Streams
of the
Sierra Nevada

4:25 UP 24:05
3:13 DOWN 17:04

REST AT TOP 1:22:07
127/89 5:48:02

TOTAL TIME
Hiking/RUN
7:34:39
TOTAL TIME
ON TRAIL
9:01:46

RE ARE
OW?

the age of six
weeks, most
tens are ready
their mother and
new lodgings.
they find the
ce?
ective owners
member that
ed has its own
mands. Siamese
or instance, want
ond with the
d must feel free
rse in loud tones.
ins are great
and need lots of
daily workouts.
on the other
mand little space;
cial need is a
shing each day.
most adaptable
the American
This all-around
self-sufficient
oving—an ideal
ie single owner
active family.

YEAR
39 WEEKS
29.68 AVE.

YEAR
1158 MILES
151 DAYS
7.66 DAY AVE.

140 MILES RUN FOR MONTH
7.3 MILE AVE (DAY)
19 DAYS RUN

140 MILES RUN FOR MONTH
19 DAYS RUN



BOWIE & TIGER LILY - SIMSBURY, CT

SUNDAY
1



OPPIE - SAN LEANDRO, CALIFORNIA

MONDAY
2



REG - MIDLAND, MI

TUESDAY
3



PIXIE - SEVEN HILLS, OH

WEDNESDAY
4



CHINA & INDIA - FITCHBURGH, MA

THURSDAY
5



SHIRAZ - SAN ANTONIO, TX

FRIDAY
6

SATURDAY
7

070902 | 240
POB RUN
FM @ 6:46

070402 | 5
POB RUN
FM @ 7:12

090402 | 11
SUMMIT
FM @ 6:55

090402 | 17
DELMAR 6
FM @ 7:08

090402 | 25
DELMAR 8
SUM @ 7:13
638 / 7:05 - 20:56
6:59

RESTDAY!

RESTDAY!



TIGER - CARROLLTON, KY

SUNDAY
8



MIMI - PROVIDENCE, RI

MONDAY
9



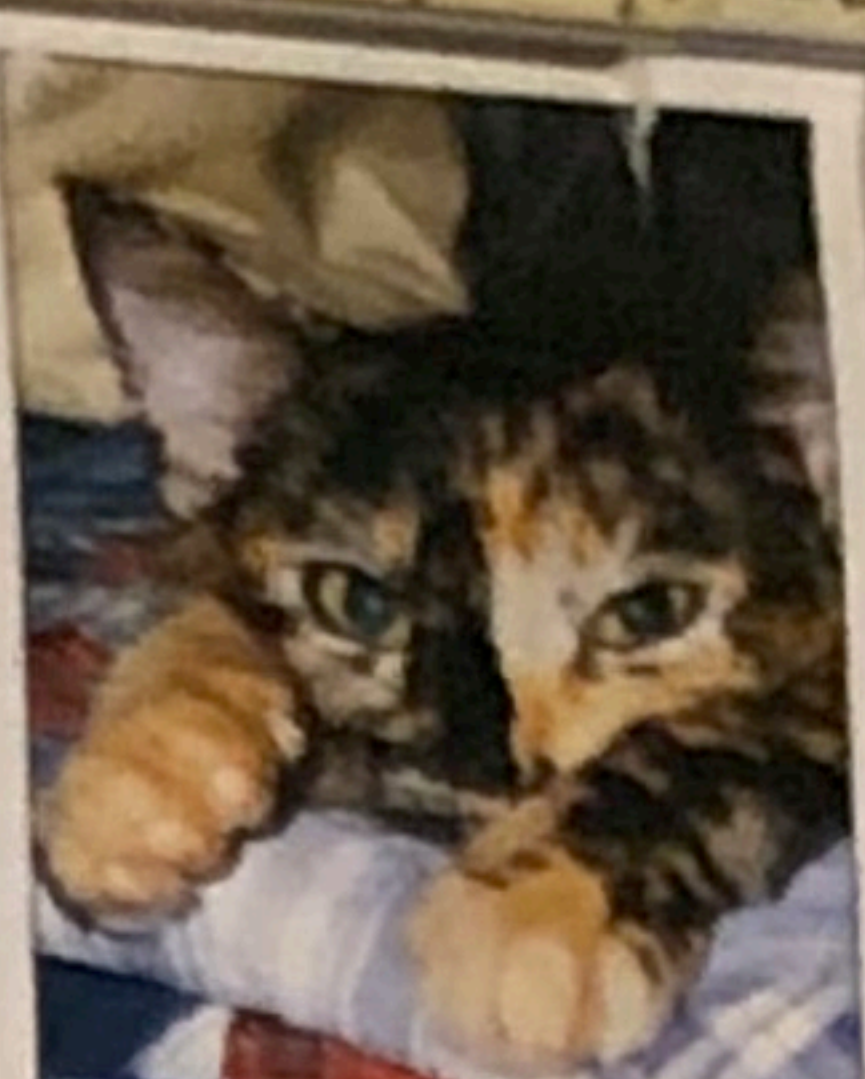
BOB & BILL - ARLINGTON, TX

TUESDAY
10



EBONY - BOSTON, IL

THURSDAY
12



TINKERBELL - HONOLULU, HI

FRIDAY
13



SASHA - CANNON, IN

SATURDAY
14

RESTDAY!
NEIGHBORHOOD RUN
@EZ
4:32 4:32

ALABAMA HILLS
RUN/WACK @EZ
AWESOME!
TRAILS
POOL RUN (MILE)
LEGS SORE!
POOL RUN (MILE)

ALABAMA HILLS
MOVIE FLAT ROAD
@EZ
RUN/WACK
LEGS SORE!
POOL RUN (MILE)

RESTDAY



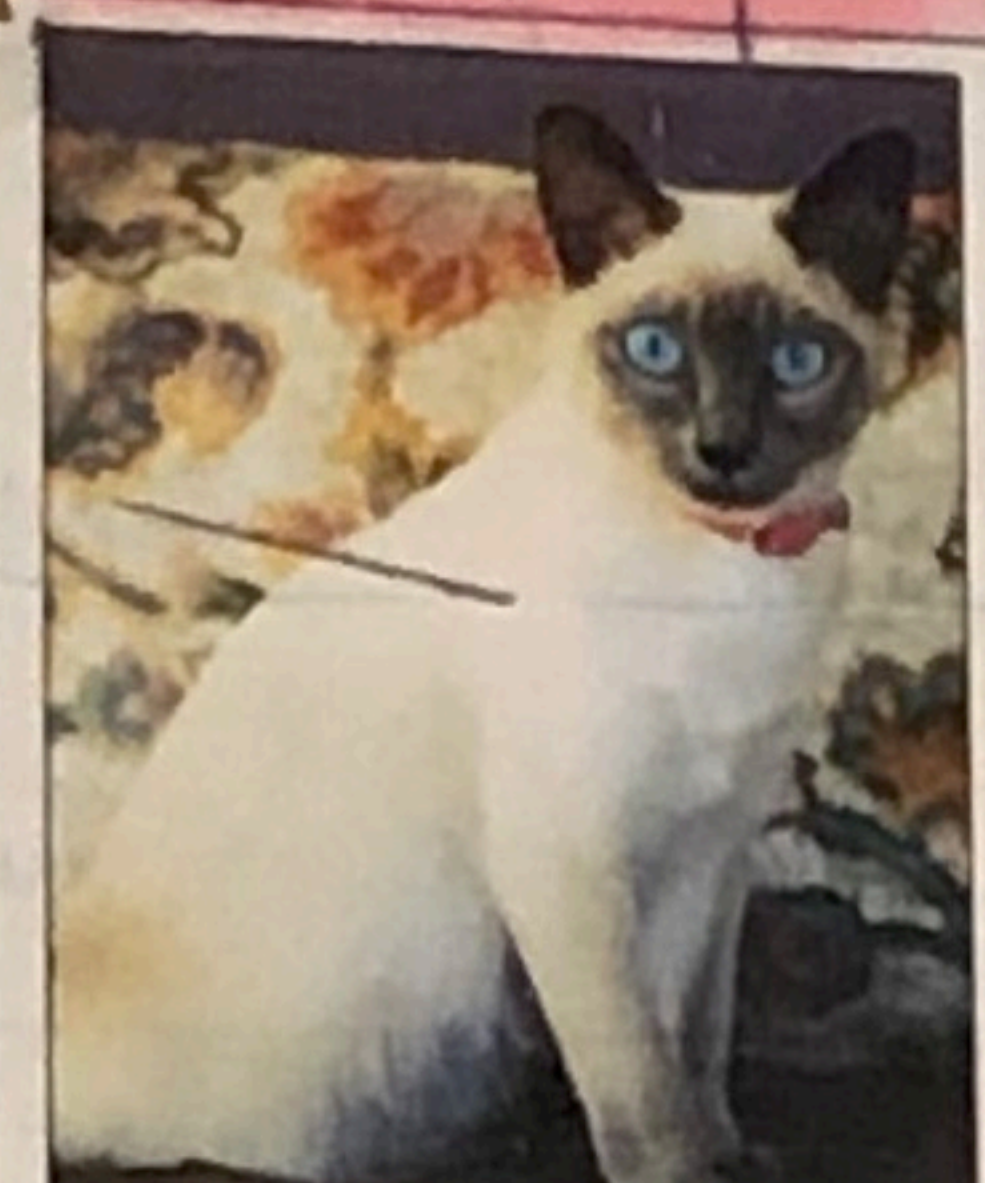
MIMI - HINSDALE, IL

SUNDAY
15



SABLE - PINE FALLS, MANITOBA, CANADA

MONDAY
16



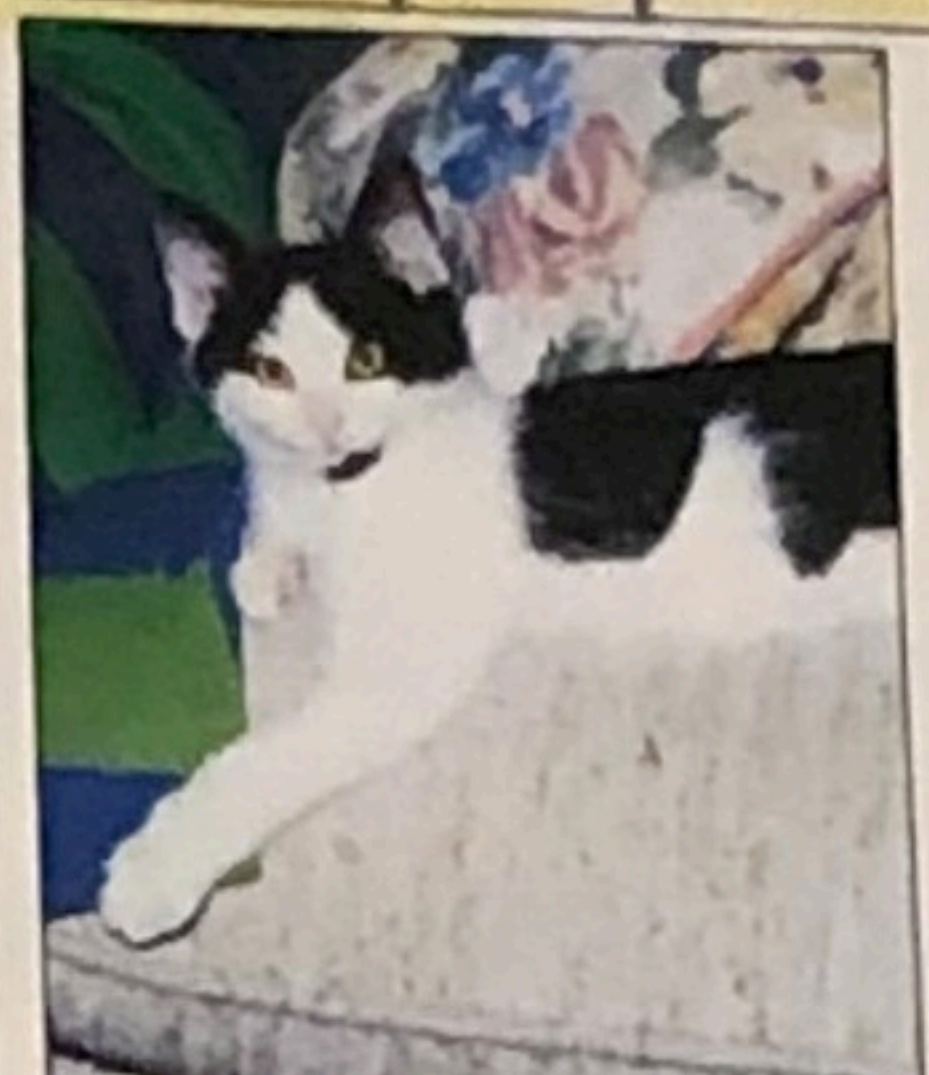
SHILO - LYNN HAVEN, FL

TUESDAY
17



WILLIAM - WINTER PARK, FL

WEDNESDAY
18



POOKIE - VICTORIA, B.C., CANADA

THURSDAY
19



DUDLEY - ST. LOUIS, MO

FRIDAY
20



ROSE MARIE - ERIE, PA

SATURDAY
21

RESTDAY!

POB RUN
FM @ 7:01

POB RUN
FM @ 6:59

DEL MAR
FM @ 6:57
45:34

101 NORTH
FM @ 6:32



CRYSTAL & ASHLEY - FREMONT, CA

SUNDAY
22



TIGGY - ORANGE PARK, FL

MONDAY
23



JENSON - BEACH, FL

TUESDAY
24



PIASIA - KRAKOW, POLAND

WEDNESDAY
25



SHADOW - NANTUO, B.C., CANADA

THURSDAY
26



ZEE - BORTHOLME, CA

FRIDAY
27



ZEE - BORTHOLME, CA

SATURDAY
28

RESTDAY!
HAIRCUT RUN
@EZ
1:43:30

SOLANA Bch
@EZ

POB Run
FM @ 6:57

DEL MAR
WOODS
FM @ 7:05

DEL MAR
WOODS
FM @ 7:05

OCTOBER



139 5 MO AVE
558/4MM
73 DAYS
18 DAY AVE MO

YEAR TOTAL

1318 MILES
170 DAYS
44 WEEKS
29.95 WK AVE. 7.75 DAY AVE.

"A meow massages the heart."
—STUART McMILLAN

X%08#!

JULY 1 BASE

123 - 17
135 - 18
140 - 19

398 54

1 - 7.3 AVE - 1

36.5 MI WEEK

398 132 MI
MO AVE -

33 MI WEEK AVE
4.5 DAY WEEK AVE



WOODINVILLE, WA

TUESDAY
1

092402 32
092402 42
AM/POBRUN@EZ
(RAIN)

PM/RSF 6C 100P
JDM/DAVE
(7:54 AVE)

4124 5 5 41:04
1124 10 15 1:58:30



LOUIE & JAZZIE - INDEPENDENCE, MO

WEDNESDAY
2

092402 52
AM/POBRUN@EZ
NO F/M

PM/RANCHO SANTA
FE GOLF COURSE
WALK @ 11.1

4027 5 20 2:39
1242 4 24 3:01



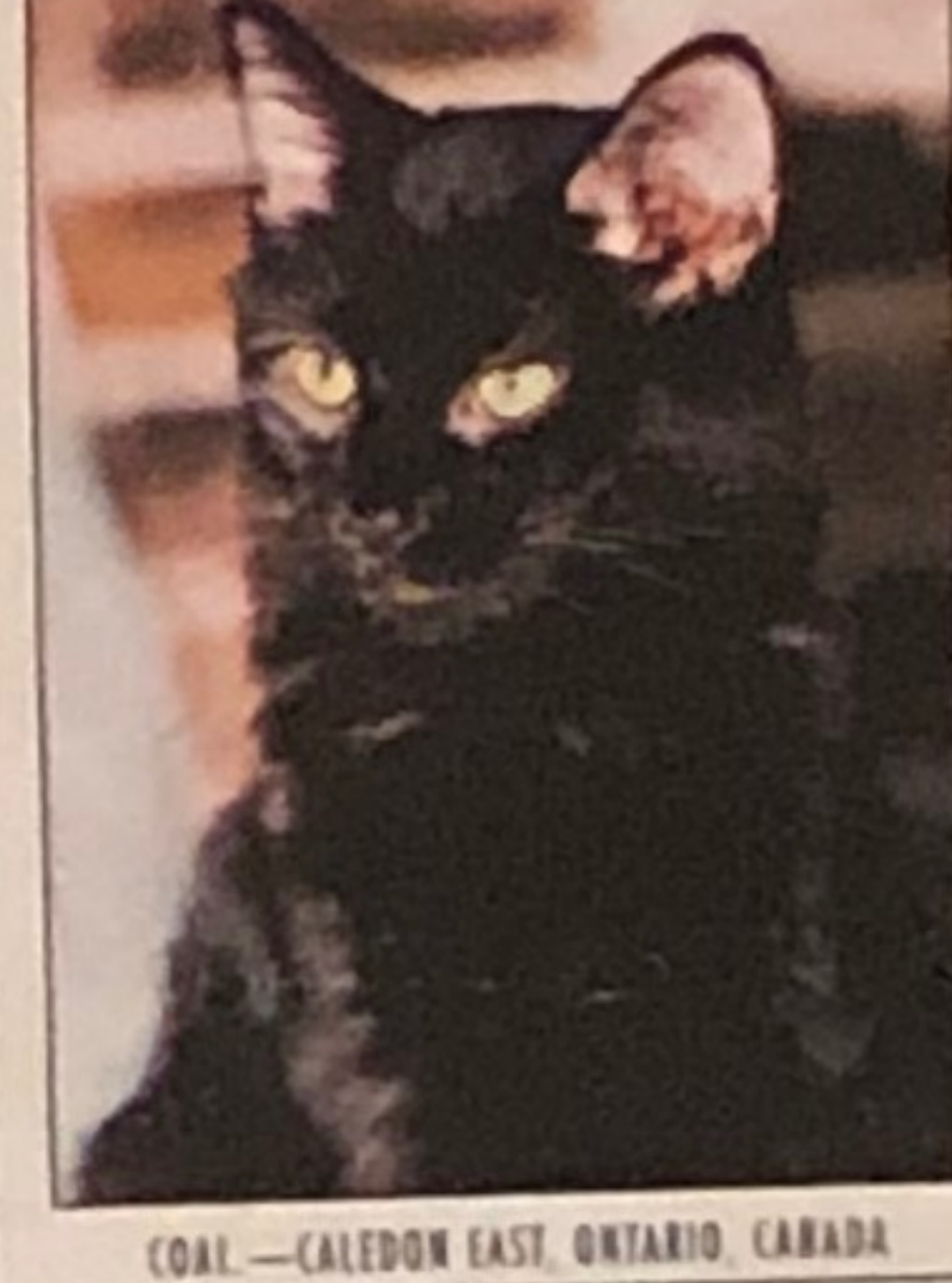
BUTMEG - NEW WESTMINSTER, B.C., CANADA

THURSDAY
3

092402 57
POBRUN
FM @ 7:02

440 5 29 3:48

140 5 29 3:48



COAL - CALEDON EAST, ONTARIO, CANADA

FRIDAY
4

092402 63
LITTLE ORPHAN
AILEY
FM @ 7:06

47 6 35 4:35

47 6 35 4:35



RUSTY - FT. SASK. ALBERTA, CANADA

SATURDAY
5

092402 68
POBRUN
FM @ 6:51

39 5 40 5:24

39 5 40 5:24



BELLA - HAMISTON, NJ

SUNDAY
6

RESTDAY!

1979/104 BEST



MORRIS - AJAX, ONTARIO, CANADA

MONDAY
7

RESTDAY!

1979/104 BEST

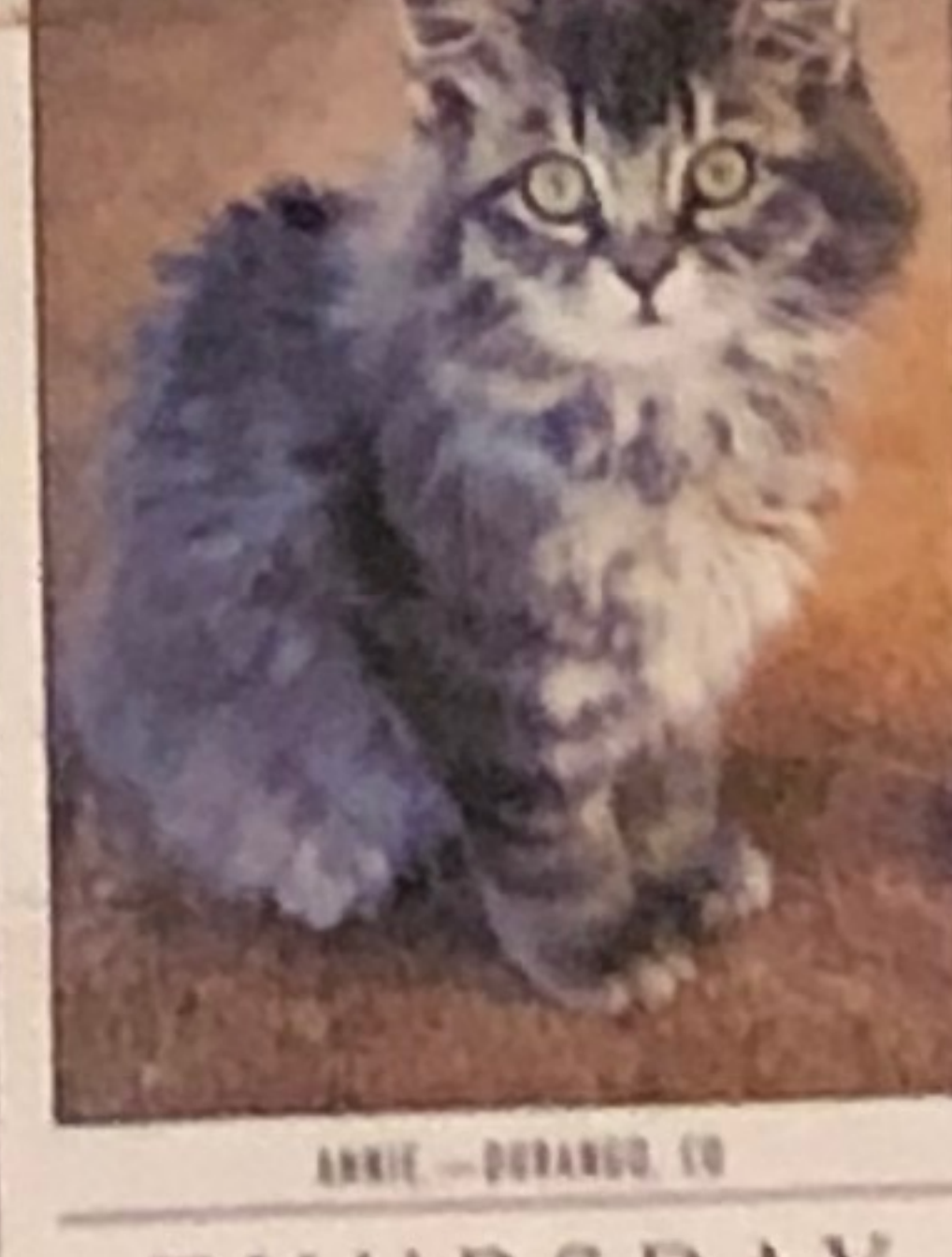


LESLIE - RANCHO CORDOVA, CA

WEDNESDAY
9

092402 83
092402 90
AM/1045A DENTIST
TODDY OUTSIDE

PM/BEACH RUN
@ 8:00



ANNIE - DURAND, IL

THURSDAY
10

092402 95
POBRUN@EZ
Heavy legs

15 15 15 15



TRICK - NORTH ANDOVER, VT

FRIDAY
11

RESTDAY!
#1

15 15 15 15



MICKEY - HANCOCK, N.Y., CANADA

SATURDAY
12

092402 100
UCSD CAMPUS
@ EZ

15 15 15 15

1) 81.2 160 134
 2) 84.2 165 134
 3) 88.0 161 135
 4) 80.8 169 143
 5) 80.4 157 147
 6) 84.0 163 123
 7) 83.6 165 140
 8) 81.8 169 139
 9) 84.2 169 138
 10) 86.8 169 137
 11) 84.4 171 137
 12) 82.7 161 132
 1003.1/831.5
 985 CALS
 UCSD TRACK 10/15
 1644
 137



TRACK #1
 TUESDAY 15
 487 WALK
 66 DAYS
 7.2
 4 MONTHS
 UCSD TRACK
 12X400 @ 8:15 AM
 140 WARM-UP
 15 WARM-DOWN
 FELT STRONG!
 POBRUN @ EZ
 LEGS GREAT!



WEDNESDAY 16
 HAIRCUT RUN
 @ EZ



THURSDAY 17
 RESTDAY
 1-LBS #4



FRIDAY 18
 DELMAR
 @ EZ
 FM @ 7:22



SATURDAY 19
 DM BRIDGE
 FM @ 6:48
 LEGS GOOD.



MASON - EDMOND, OK
 SUNDAY 20



TEDDY - ARLINGTON, WA
 MONDAY 21

1) 81 - 2:23 R
 2) 80 - 2:22 R
 3) 80 - 2:23 R
 4) 80 - 2:28 R
 5) 79 - 2:26 R
 6) 80 - 2:48 R
 7) 78 - 2:27 R
 8) 79 - 2:29 R
 9) 78 - 2:30 R
 10) 79 - 2:26 R
 11) 77 - 2:28 R
 179.2 2:28.1



CHIP - LAKE ELSINORE, CA
 WEDNESDAY 23



BOOJIE - UNION, NJ
 THURSDAY 24



BUDDY MITTERS - RILEYVILLE, IL
 SATURDAY 26

RESTDAY!
 #10 #3
 1-LBS

RESTDAY!
 1-LBS

UCSD TRACK!
 11X400 @ 7:19 AM
 140 WARM-UP
 15 WARM-DOWN
 FELT STRONG!
 1139 12 1139 12

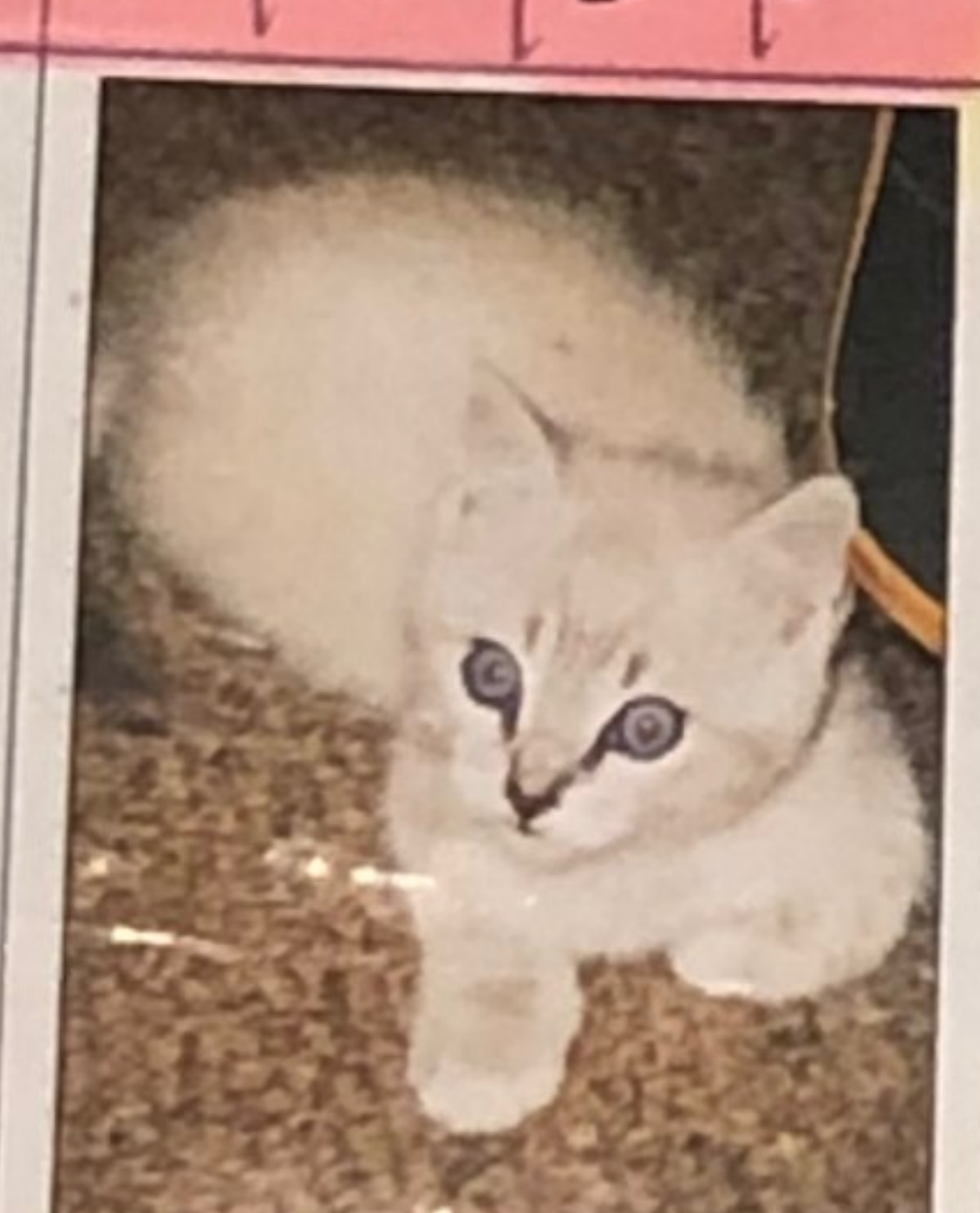
DELMAR
 WOODS
 @ 8:00

SWANIS
 FM @ 7:20
 #4
 1-LBS

092402 156
 835 CALS BURNED
 10mi ROAD @ 101
 1mi WARM-UP
 8:35 @ 52:43 / 152:42
 1mi WARM-DOWN
 1:04:09



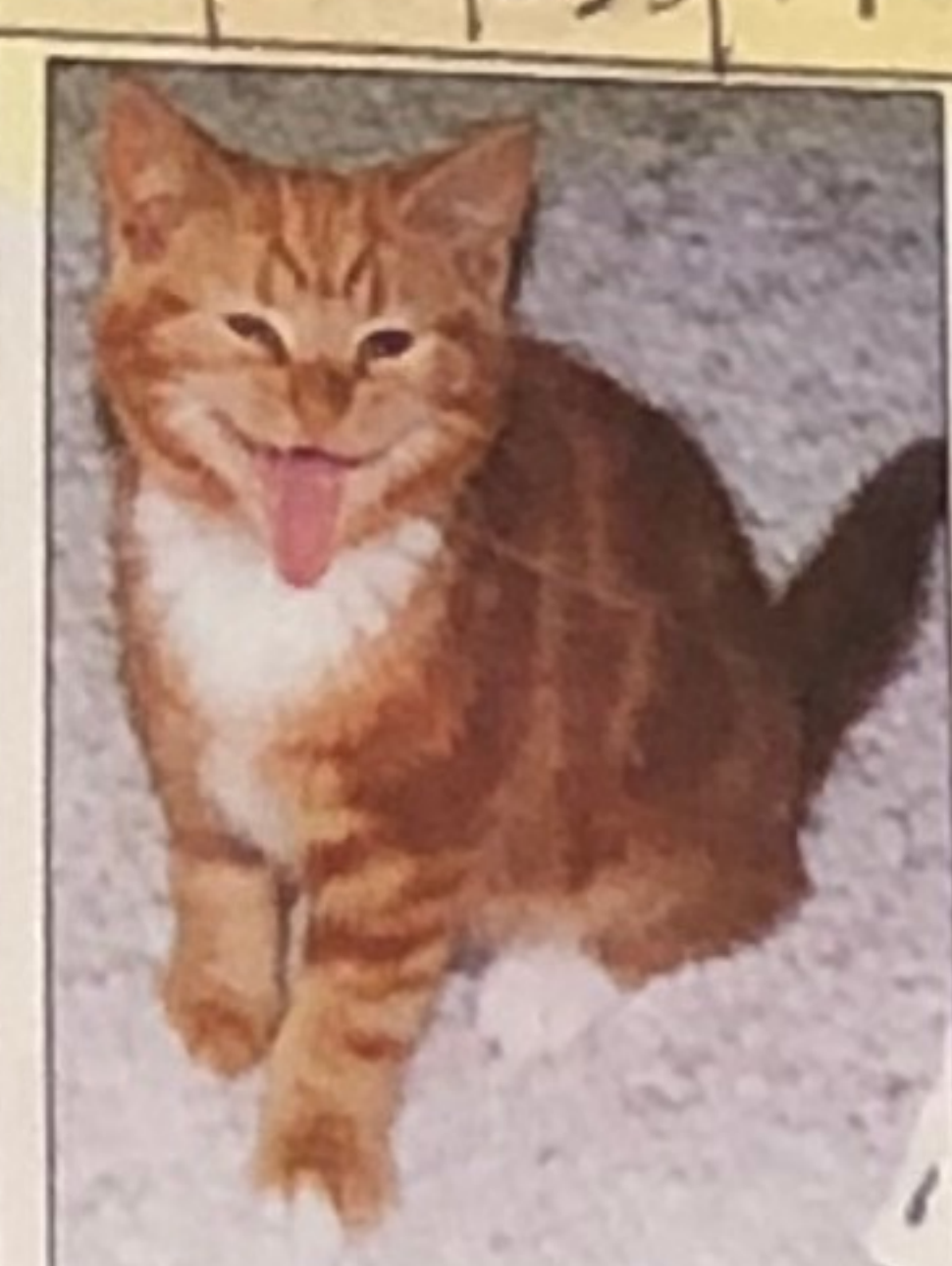
BLOCKHEAD & SPRINKLES - BETHEL PARK, PA
 SUNDAY 27



SHESHELL - LOS GATOS, CA
 MONDAY 28



IRIS - AZTEC, NM
 TUESDAY 29



BENJI - SMITHFIELD, VA
 WEDNESDAY 30



LIL - MONROE, NC
 THURSDAY 31

160 mi Run
 19 DAYS RUN
 8.4 DAY AVE
 12 DAYS REST

2574 / 44x400
 626 = 78.35
 811 = 79.18
 997 = 83.5
 240.5

RESTDAY!
 #17 #5
 1-LBS

RESTDAY!
 1-LBS

FALLBROOK
 ML LEAVES
 UCSD TRACK!
 8X400 @ 7:28.25
 81, 80, 78, 77
 78, 78, 78, 76
 1:24 10 1:24 10

DENTIST 1:00 PM
 FALLBROOK
 1-LBS

FALLBROOK
 #6
 1-LBS



WARTON - CLARK, NY

N·O·V·E·M·B·E·R

TRULY FLUFFY

Few things in life are as pleasing to the eye or as soft to the touch as a kitten's coat. Most kittens have a topcoat of sturdy guard hairs and an undercoat combining shorter, bristly awn hairs with softer, slightly crimped-down hairs. These layers provide a barrier that insulates the kitten from extreme temperatures, protects it from germs and helps it to repel water. When kittens frolic with one another, they're usually engaging in mock fighting. Since intimidation is the name of the game, they often fluff their fur so it stands out from their bodies, making them look larger and more powerful to their opponents. This ability to make the hair of their coats stand on end is implemented by special muscles connected to the large hair follicles. The hairs may also rise when the kitten is angry or chilled—or has been taken by surprise.

YEAR TOTALS

1463
190
7.7

48 WEEKS
30.47
AVERAGE

MONTH

167 TOTAL
20 DAYS
8.35 AVE

YEAR THRU NOV.

1630

CARDIO - METABOLIC TEST RESULTS

JUNE 24 2002

VO₂ MAX 56.0

ABSOLUTE VO₂ 3.6

PEAK HEARTRATE 185

VO₂ @ AT 45.6

THRESHOLD (METABOLIC) 144

AT HR AG % OF PEAK HR 88%

HEART RATE @ AT

METABOLIC EFFICIENCY

A+VO₂/WORK RATE

RPE EFFORT 3

WORK RATE @ AT 47

SPEED @ AT 8.0 MPH

GRADE @ AT 2°

DEGREES

HEART RATE	ZONE	HR	LOW	HIGH	CALS
122	ZONE 1	82%	108	130	613
144	ZONE 2	98%	132	151	832
152	ZONE 3	105%	152	154	876
158	ZONE 4	106%	155	PEAK	107.5

TRAM RUN PAGES

199 3258 / 8:52

'02 3503 / 9:28

199 TRAM SC 3.1 M

(SPLITZ)

1) 8:10 1) 9:1

2) 8:48 2) 9:2

3) 9:03 3) 9:5

7) 6:57 7) 6:3

32:58

15TH. 9/A 13TH 0

2ND 50+ 2ND 55

GARY TUTTLE - 32:42

SID RUST - 34:57

FRIDAY

1

SATURDAY

2

FALL BROOK 092402 181
JULIAN 10K

FALL BROOK HILL RUN

FALL BROOK HIGH SCHOOL

1x400 @ 1:1

5:40 5:45 5:135



PEARSON - LAKESIDE, CA



ZULO - MAPLE GROVE, MN



ALEXIS & BENJAMIN - BARILOOPS, B.C., CANADA



BAXTER - BLANDON, PA



STEVENS - LAKESIDE, WI



CLAY - BIRMINGHAM, AL

SUNDAY

3 #24

MONDAY

4

TUESDAY

5

WEDNESDAY

6 #27

THURSDAY

7

FRIDAY

8

SATURDAY

9

RESTDAY!

092402 185

092402 191

092402 196

RESTDAY!

RESTDAY!

092402 62

RESTDAY!

FALL BROOK CONSERVANCY @ DOGS 36 4 126 4

FALL BROOK CONSERVANCY 1:00 PM DOGS 126 10 40 5 15 10

FALL BROOK CONSERVANCY 1:00 PM DOGS 126 10 40 5 15 10

RESTDAY!

RESTDAY!

35:03 13TH 0 2ND 55-59 GREATDAY! 3-4244 70°

[illegible]

D·E·C·E·M·B·E·R

TRACK 102

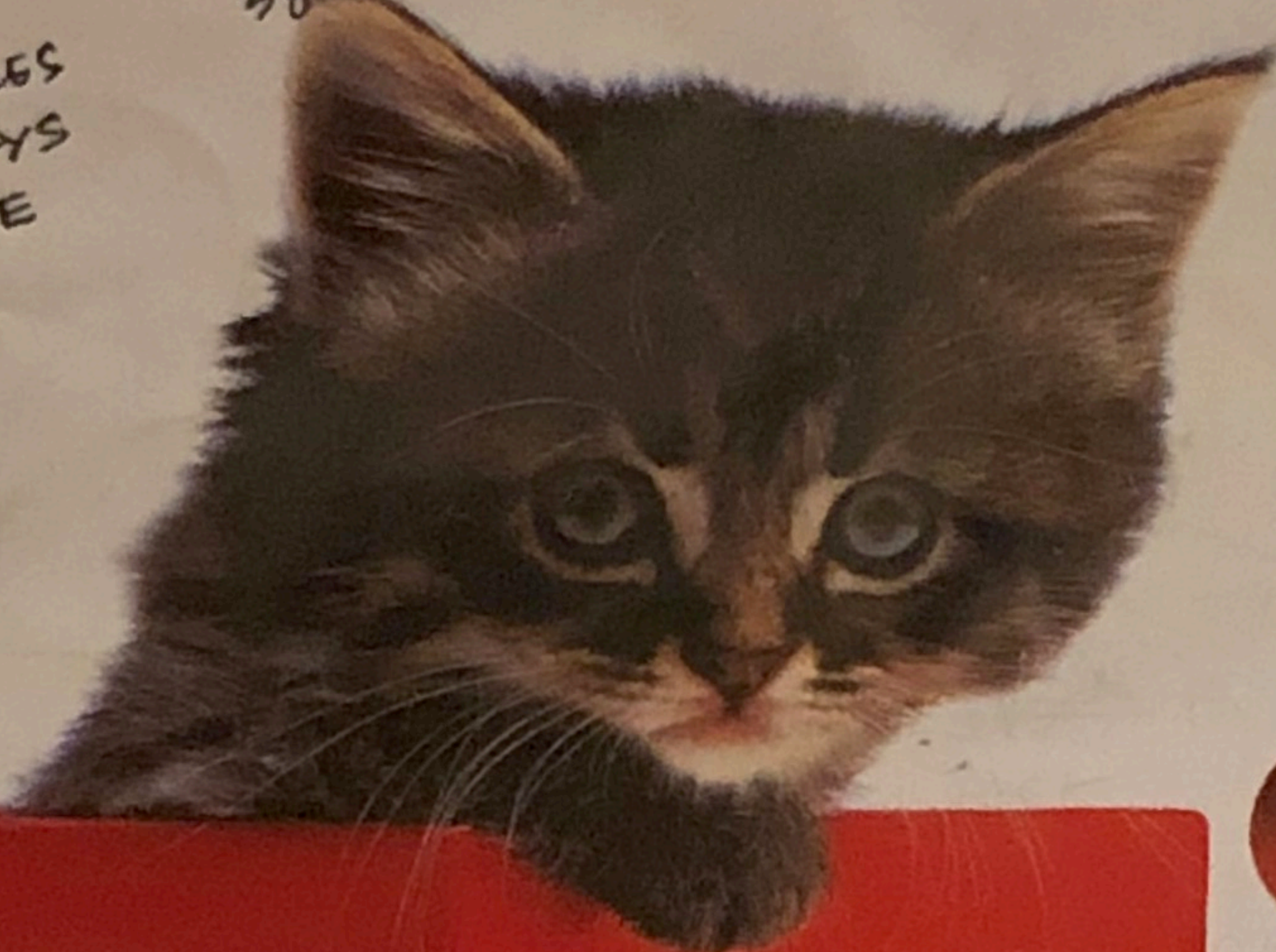
1/9	3 MILES	1
2/6	3 MILES	2
4/2	3 MILES	3
2/9	3 MILES	4
2/16	3 MILES	5
3/2	1 MILES	6
3/24	2 MILES	7
3/30	2 MILES	8
4/13	2.5	9
4/20	3 MILES	10
4/27	2 MILES	11
5/14	2 MILES	12
6/1	1 MILES	13
6/8	2 MILES	14
6/15	2 MILES	15
9/15	3 MILES	16

-YEAR-

1645 MILES
204 DAYS
8.06 AVE

2
19:55
20:36
7:42
38:13

40:37
44:55



1 MONTH

MILES 170 / 16 DAYS
10.62 AVE

4/22	3 MILES	17
9/29	2 MILES	18
11/19	4 MILES	19
12/31	3 MILES	20

TOTALS...
50 MILES
@ TRACK
2.5 MILES
AVE

6 RACES

5K 18:24 / 5:55
8K 24:50 / 6:00
1 MILE 5:27
1 MILE 5:30
4.7 35:03
10K 38:28 / 6:10



WILLOW - GARDIN CITY, NY

1



JAZZY - SANTA CRUZ, CA

MONDAY

2



TRIXIE - TRACY, CA

TUESDAY

3



QUEEN KALRA - GIBBSVILLE, KY

WEDNESDAY

4



LATBON - STE. ROSE, QUEBEC, CANADA

THURSDAY

5



LOBBY - WILMINGTON, CA

FRIDAY

6

SATURDAY

7

RESTDAY!

RESTDAY!

PM 11:26 PEG 52
PM 09:24 02 27
PM RACE TRACK VIEW
LOOP 2
1:00:54
PM SWAMP RUN
31:03 DOWN 1.6 LON
28:31 BACK 1.05
1:01 8 1:01

LAGOON Run
@ 8:00
1:03:56

RESTDAY!

RESTDAY!

11:26 PEG 70
RICHARDSON FIELD
@ JC / STONE!
40:11 OVER
38:13 BACK
20:36 LAGOON DIST
NO FEET PERIODS

JAN...	112	—	18
FEB...	120	—	15
MARCH...	127	—	15
APRIL...	143	—	14
MAY...	111	—	16
JUNE...	137	—	17
JULY...	123	—	17
AVG...	135	—	18
SEPT...	140	—	19
OCT...	160	—	19
NOV...	167	—	20
DEC...	170	—	16

YEAR 1645 - 204
TOTALS > (MILES) (DAYS RUN)
AVERAGES > 8.06 17





HAWLEY - SACRAMENTO, CA

SUNDAY
8



PIRELLI THORNTON, WISCONSIN, MICHIGAN, SLOPEY, STURGEON, MARIETTA, MN

MONDAY
9



RAJES - MICHIGAN, MI

WEDNESDAY
11



TOOTS - ALABAMA, ONTARIO, CANADA

THURSDAY
12



CRITTEL - SLOANBOROUGH, ONTARIO, CANADA

FRIDAY
13



PRECKLES - LONGMONT, CO

SATURDAY
14

RESTDAY!

RESTDAY!

1210SKY | 5
POB RUN @ EZ

1210SKY | 10
HAIR CUT RUN @ EZ

RESTDAY!

RESTDAY!

1214STRK | 7
1210SKY | 14
MASTER 10K
MISSION BAY
38:28/6:11
6:03/6:18/6:10
6:16/6:11/6:09
12:50/5:11/5:04
38:52



JASPER - TIMONUM, MD

SUNDAY
15



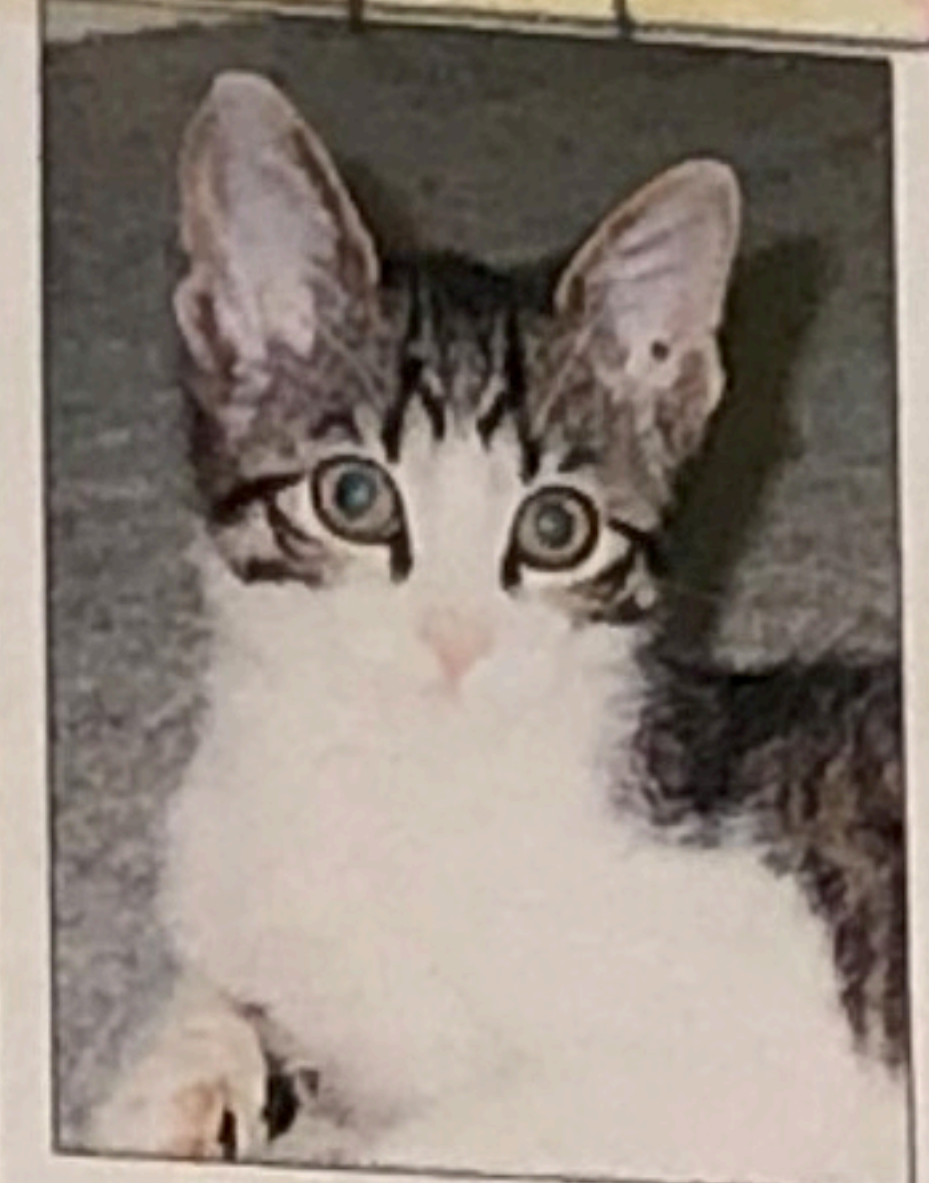
BUTTONS - GREEN BAY, WI

MONDAY
16



BEZUS - AUSTIN, TX

TUESDAY
17



JERRY - TORONTO, ONTARIO, CANADA

WEDNESDAY
18



EDDIE - CINCINNATI, OH

THURSDAY
19



PEPAT & KODIAK - LAWRENCE, KS

FRIDAY
20

SATURDAY
21

1126PEG | 86
RSF GC LOOP
@JC @EZ
2:05:42

RESTDAY!

1210STRK | 10
1126PEG | 91
CATALINA XMAS
PEBBLY BEACH LOOP
HIKE RUN @ M.L.
HERMIT GULCH
LOOP @ EZ/HIKE
@ M.L.

1210STRK | 30
CATALINA
AIRPORT RUN
1:59:04 UP
1:26:43 BACK
3:25:48

RESTDAY!

RESTDAY!

1210STRK | 35
POB RUN
@EZ
FM 7:15
38:53

16 | 16 | 2:06 | 2:06

140 | 3 | 19 | 2:46
3:00 | 5 | 24 | 5:46

20 | 3:26 | 9:12 | 45

39 | 5 | 50 | 9:51



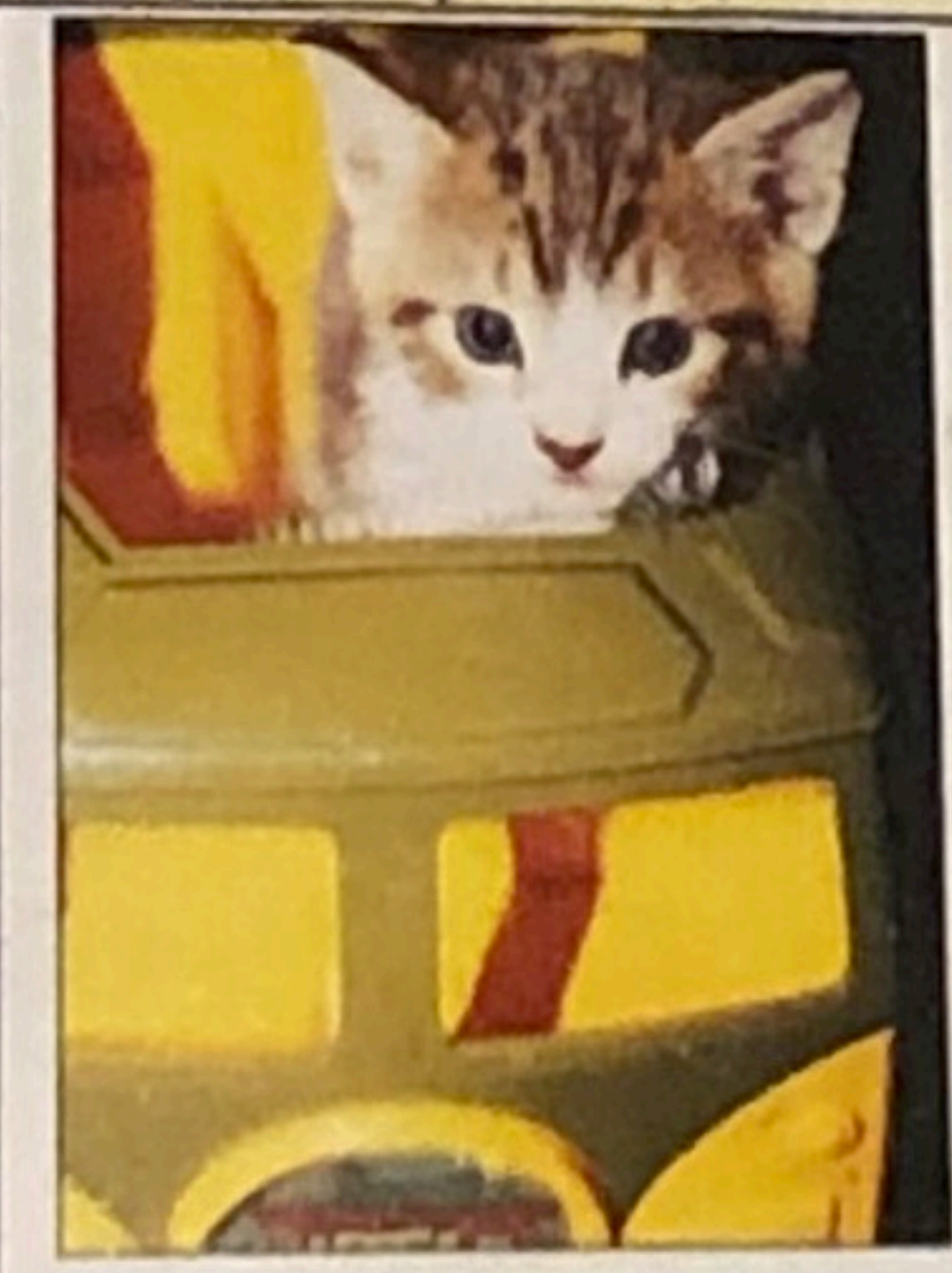
DIANA - SEATTLE, WA

SUNDAY
22



ZOEY - NORTHBIDGE, CA

MONDAY
23



TIKI - BROOKLYN PARK, MN

TUESDAY
24



BUGSY - MINNEAPOLIS, MN

WEDNESDAY
25

THURSDAY
26



FURPIN - ISTANBUL, TURKEY

FRIDAY
27



TYSON - OGDENHURST, NY

SATURDAY
28

1210STRK | 41
RACE TRACK NEW
LOOP
1:49 | 6 | 1:49 | 6

RESTDAY!

1126PEG | 117
RSF GC LOOP/CLOCKWISE
12:40/41:02
41:24 | 16 | 22 | 2:54
2:05:07 | 16 | 22 | 2:54
1126PEG | 131
1214STRK | 13
UCSD TRACK
12 x 400 @ 1:01 400R

1210STRK | 56
RSF GC LOOP
COUNTERCLOCKWISE
1:43:42 @JC
2:42:17
41:49 2:07:49
5

RESTDAY!

1126PEG | 125
LAGOON RUN
@8:00
1:03:49-1

1214STRK | 63
DELMAR WOODS
26:52 DOWN
24:34 BACK
1:51:27-1

29

30

31

12

15

104

152