

THE FAR SIDE[®]

SAMPLE



Just Plain STUPID!

2003 Wall Calendar

Gary Larson

January 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 December 2002	30 223 MILES 22 DAYS 10.0 DAY AVE.	31 (38)	126PEG I 140 RSFGC LOOP: 41:41/40:29 (39:44) 1-2:01:55- New Year's Day 15 2:01:55 2:01	120SKY 2 69 RACETRACKVIEW LOOP@ 4:50 1-48:10- Day after New Year's Day 6 48:10 2:50	120SKY 3 78 RACETRACKVIEW LOOP@ 4:18 HAIRCUT 2 1-57:30- 1 58 28 3:48	126PEG 4 150 RICHARDSON FIELD 42:07 OVER 40:03 BACK 1-1:22:12- 11 40 1:22 5:10
• 5 • RESTDAY! LBS • • • •	• 6 • RESTDAY! • • • •	126PEG 7 172 RSF TRAILS RES. LOOP+ 0-7:46:11- B 31:42 1-3:06:38- 22 3:07 22 3:07	120SKY 8 84 RACETRACKVIEW LOOP@ 4:32 1-47:22- 6 47 28 3:54	120SKY 9 90 RACETRACKVIEW LOOP@ 4:18 1-46:10- LBS 6 46 34 4:40	120SKY 10 96 RACETRACKVIEW LOOP@ 4:23 1-46:28- 6 46 40 5:26	126PEG II 187 RSFGC LOOP 43:25-IT 40:43-2 2:04:34 40:24-3- 205 16 5:31 7:31
• 12 • RESTDAY! LBS • • • •	• 13 • RESTDAY! • • • •	126PEG I 4 192 1214STRK 21 UCSD TRACK: 16X400@:07 AVE. 400R@ 2:16 40:90 AVE 40:25 AVE 40:00 AVE 40:45 AVE 1-2:00:49- 14 2:01 14 2:01	120SKY I 5 112 RACETRACKVIEW LOOP@ 4:38 NOT TOO BAD! 6 1-48:45- 6 49 20 2:50	126PEG I 6 206 LAGOON RUN: 32:04 OVER 32:03 BACK 1-1:04:07- 8 1:04 28 3:54	120SKY I 7 119 RACETRACKVIEW LOOP@ 4:30 HAIRCUT 7 1-54:58- 7 55 35 4:49	126PEG I 8 210 RICHARDSON FIELD 43:21 OVER 40:58 BACK 1-1:24:21- 10 45 6:13 1:24
• 19 • RESTDAY! LBS • • • •	• 20 • RESTDAY! • • • •	126PEG 2 I 232 RSF@LSD ALISO CANYON DR. LAGOON 32:44 OUT 32:29 BACK 3:02:13- 3:01 22 3:01 22	120SKY 22 125 RACETRACKVIEW LOOP@ 4:16 1-47:34- 48 6 28 3:49	120SKY 23 131 RACETRACKVIEW LOOP@ 4:12 1-47:41- LBS 48 6 34 4:37	126PEG 24 240 LAGOON RUN 31:35 B 30:52 1-1:02:29- 8 1:02 42 5:39	126PEG 25 255 RSFGC LOOP 31:25 B 33:44 @EZ 1-2:08:30- 15 2:09 58 7:48
• 26 • RESTDAY! LBS • • • •	• 27 • RESTDAY! • • • •	126PEG 28 260 1214STRK 24 UCSD TRACK: NO WATCH 8X100 @SUB 6? 3X400 @SUB 6? 1X1600 TRACK 1:30 8 1:30 8	• 29 • RESTDAY! • • • •	126PEG 30 268 LAGOON RUN 0-31:38 B 31:11 1-1:02:52- 8 1:03 16 2:33	126PEG 31 276 LAGOON RUN 0-23:37 B 23:49 1-1:07:37- 8 1:08 24 3:41	I 126PEG 32 280 LAGOON RUN 0-23:37 B 23:49 1-1:07:37- 8 1:08 24 3:41

1/21 3:00:30
1/7 3:06:38

December 2002
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 2003
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

JANUARY '02 = 112 MILES
18 DAYS RUN
6.2 AVE DAY
JANUARY '03 =
8220 MILES
22 DAYS
10.2 AVE DAY 6X LBS

I can hear the stage, but I can't see a blamed thing!"

Larson

J > 220 / 22 / 10.2
F > 118 / 16 / 7.3
2 > 338 / 28 / 8.8
169 WE. MD

February 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27		29	30	31	120sky I 137 RACETRACK VIEW LOOP @ 3:46 47:36-1 6:48/6:46
2 -SICK- RESTDAY! Groundhog Day (USA)	3 -SICK- RESTDAY!	4 -SICK- RESTDAY!	5 -SICK- RESTDAY!	6 1214sky 6134 HAIRCUT RUN ML BIRTHDAY 1-23:35-1	7 1214sky 7137 SOLANA LOOP @ STEADY 1-24:59-1	8 RESTDAY!
9	10	11	12 1214sky 12141 DELMAR @ EZ 31:42-1	13 1214sky 13145 DELMAR @ STEADY 29:24-1	14 1214sky 14149 DELMAR FM @ 6:58 1-30:56-1	15 1214sky 15153 DELMAR FM @ 7:00 1-30:36-1
16	17 1126PEG 1214sky 17291 RSF GC 100P @ EZ 2:05:30 DELMAR BEACH @ EZ 2:06 15 2:06 15 43 5 249 20	18 RESTDAY!	19 1214sky 19163 DELMAR BCH FM @ 7:04 1-39:32-1	20 1126PEG 20299 LAGOON RUN @ 30:45 B 28:48 1-59:33-1	21 1214sky 21168 DELMAR BCH 5 FM @ 6:54 1-38:56-1	22 1214sky 22190 WINDSEA @ LSD @ JTC GREAT DAY! 1-3:03:57-1
23 RESTDAY! -LBS-	24 1214sky 24195 DELMAR BCH FM @ 6:42 1-38:44-1	25 1214sky 25200 DELMAR BCH FM @ 6:31 1-38:44-1	26 1214sky 26205 HAIRCUT RUN @ EZ 1-40:50-1	27 1214sky 27220 LSD BCH BLACKS RAIN BACK 1 FLAMEOUT/WALK!	28 RESTDAY! -LBS-	
	39 5 39 5	39 5 118 10	41 5 139 15	15 215 30 414		

January 2003

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 2003

S M T W T F S
262-17
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

30 DAYS 8.6 DAYS

200 / 6 WEEKS 43 WEEK

MILES

4 TRACK WORKOUTS

RACE MILE 1/6

17 17 17 17 17 17

267 17 17 17 17 17

45.6 mi week

41 DAYS
254
TOTAL

6 weeks 254 / 42 miles

screws up.

9

- YEAR MILE PROJECT -
2028 miles

For crying out loud, gentlemen! That's us!
Someone's installed the one-way mirror in backwards!"

CARLSBAD
splits

April 2003

2003

2002

5:47

5:43

6:03 (11:50)

6:00 (11:43)

6:15

6:04

18:45 (18:00 for 2nd)

18:24

6:02

5:55

Tuesday

Wednesday

Thursday

Friday

Saturday

2145RKS TRACK 76
0304PEG

• 2 •

• 3 •

0308RKB 441

0308RKB 548

UCS D TRACK:
4X 400 @ 82.5
83, 83, 81, 82 AVE.

RESTDAY!
RIGHT FOOT SORE
BALL AND TOES

RESTDAY!
DULACHE
RIGHT FOOT

HAIRCUT RUN
FM @ 7:00
FOOT BETTER!

DELMAR WOODS
FM @ 7:16
1-54:47 -

1:19 | 8 | 1:19 | 8

• • • • •

• • • • •

40 | 5 | 59 | 13

55 | 7 | 20 | 2:54

0308 RKB 852

0308 RKB 959

0308 RKB 1066

• II •

• I2 •

DELMAR RD
FM @ 7:20
FOOT BETTER!

CARDIFF BCH
@ ML @ EZ
FOOT BETTER!

CARDIFF BCH
@ ML @ EZ

RESTDAY!

RESTDAY!

33 | 4 | 34 | 4

120 | 7 | 133 | 11

100 | 7 | 223 | 18

• • • • •

• • • • •

12145RKS 13 48
0308RKB 56

• I4 •

0308 RKB 1561

#2 1210 16 258
SKY

0417 RKB 174

• I8 •

• I9 •

BAD DAY
CARLSBAD 5K
(18:45) (6:24:00)
5:47 6:03 6:15
10th AGE GROUP

RESTDAY!

DELMAR BCH
FM @ 7:42
1-41:44 -

SOLANA BCH
HOOD RUN
@ EZ
1-29:32 -1

HAIRCUT RUN
@ EZ
1-30:48 -1

#4 RESTDAY!

#5 RESTDAY!

1:30 | 12 | 12 | 12

• Bank Holiday (Australia-TAS)

42 | 5 | 17 | 2:12

130 | 4 | 21 | 2:42

31 | 4 | 25 | 3:13

• Good Friday (Western)

• Easter Saturday (Australia-except VIC, WA)

• 20 #6

• 21 #7

0417 RKB 228

0417 RKB 2312

0417 RKB 2416

0417 RKB 2520

0417 RKB 2624

RESTDAY!

RESTDAY!

SOLANA HOOD
@ EZ
FOOT PAIN?

SOLANA HOOD
#9 @ EZ

SOLANA LOOP #10
3 TOES RIGHT FOOT
"ARTHRITIS"

SOLANA loop
@ EZ

DELMAR 2MI
MARK 1 BACK
LST 2MI @ 14:15

• • • • •

• Easter Monday (Australia, Canada, NZ, UK-except Scotland)

33 | 4 | 33 | 4

33 | 4 | 116 | 8

32 | 4 | 138 | 12

32 | 4 | 211 | 16

30 | 4 | 240 | 20

• Easter Sunday (Western)

• Earth Day

• St. George's Day (UK)

• Easter Day of Passover

• Anzac Day (Australia, NZ)

• Good Friday (Orthodox)

• Good Friday (Orthodox)

• 27 •

• 28 •

0417 RKB 2948

0417 RKB 3051

I

2

3

RESTDAY!

RESTDAY!

DAZE
3MI WOODS
AIRPORT RUN
OUT 1:36:15
BACK 1:25:10
3:01:45

AVOLON LOOP 2.5
@ ML @ EZ
FOOT/LEGS OKY!

• • • • •

• • • • •

347 | 24 | 347 | 24

140 | 3 | 27 | 4:27

• Easter Sunday (Orthodox)

• • • • •

• • • • •

• • • • •

CARLSBAD '02
TO
CARLSBAD '03

RUNDING YEAR

MARCH 2003

May 2003

110 MILES RUN

17 DAYS RUN

6.4 DAY AVE.

1811 MILES RUN

218 DAYS RUN

8.30 DAY AVE.

6 RACES

AGE GROUP

110 III

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



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 2003

3250
1500 3250
1500

TOTALS

→ 16 RUNS @ 13.9 MILES
8.5 DAY AVE RUN
→ 3 POOL RUNS @ 12.5 MILES
4.1 AVE. 2.0 MILES
→ POOL SWIM
→ OCEAN SWIM 0.5
→ LBS X 2
→ BIKE 6X @ 11.6 MI
19.3 AVE
RIDE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 30:50	28 21:58 187 miles	29 2:27 DAY LSD AVE	30	I RESTDAY!	0417 RBK 2 55 DELMAR 1000 16:49 DOWN 16:10 BACK	0417 RBK 3 59 DELMAR 1000 17:10 DOWN 15:10 BACK
0417 RBK 4 63 DELMAR 1000 15:38 DOWN 15:12 BACK 31 4 4 31	0417 RBK 5 68 CARDIFF CAMP GROUND Labour Day (Australia - QLD) Bank Holiday (UK) 5 16 11:16	0417 RBK 6 84 BLACKS BEACH TORREY INSIDE EZ RIGHT FOOT HURTING! 16 210 25 3:26	0417 RBK 7 91 CARDIFF CAMP EZ RUN TANK BEACH 102 7 32 4:28	0417 RBK 8 98 CARDIFF CAMP EZ RUN/TANK BEACH 102 7 39 5:30	0417 RBK 9 101 NORTH/CARSD BIKE RIDE!!! 13.5 MPH 23 11:40 23 11:40	0417 RBK 10 LS COVE INSIDE DOCON OUTSIDE BACK 12 MPH 26 204 49 3:44
0417 RBK 11 102 DELMAR 4 16:23 DOWN 15:15 BACK Mother's Day (USA, Australia, Canada, NZ) 32 4 11 32	0417 RBK 12 106 AM DELMAR 4 2 MI @ 14:54 PM STONEWALL PKZ HIKE 31 4 8 103 1:00 4 12 2:03	0417 RBK 13 123 BANKER STORE FROM JULIA 5:46 DOWN 11:05:40 BACK 2109 14 4108 26 401 3 4148 29	I 14 POOL RUN (YACA) 21 48 6 1:48 6	I 15 TORREY GATE LS MILE @ 6:38 13:08 MPH 58 13 1:58 13	0417 RBK 16 127 HAIRCUT RUN LM @ 6:54 23 40 5 34 5:28	I 17 TORREY PINES GOLF COURSE LS MILE 5:59 DM MILE 5:23 14.5 MPH 59 14 12 1:57
I 18 LAP SWIM 1/2 MI POOL RUN 16 0.5 16 0.5 20 2.5 20 2.5	I 19 RESTDAY! Victoria Day (Canada)	0417 RBK 20 146 AM BLACKS BEACH RUN 11:51:42 DOWN 11:16:02 BACK PM BAC BOA PARK RUN @ EZ @ ML 21 232 19 232 19 1:25 2 2:57 21	I 21 TORREY PINES GC LOOP LS MILE 6:46 DM MILE 6:57 14 11:05 14 1:05	I 22 RESTDAY! LBS 30 11 11 11	I 23 LAP SWIM 1/2 MI @ 15:48 POOL RUN 16 0.5 16 0.5 32 14.0 32 16.5	0417 RBK 24 155 TORREY PARK ENTRANCE/ROAD DELMAR MI @ 7:18 FM @ 7:07 19 1:10:53 11 9 30 4:08
I 25 LS COVE 101 OUTSIDE 13.5 MPH 26 1:53 26 1:53	I 26 RESTDAY! Memorial Day (USA) Bank Holiday (UK)	0417 RBK 27 170 RSFEC LOOP 34:35 OUT 34:11 BACK 1:08:16/1:08:09/2:16:25 216 15 216 15	0417 RBK 28 173 LS COVE @ EZ 17 ML LS COVE OCEAN SWIM/GREAT! 21 0.5 21 0.5 38 3 2:54 19	I 29 RESTDAY! LBS 30 11 11 11	0417 RBK 30 182 TORREY PARK ENTRANCE DM MI @ 7:18 FM @ 6:47 11 11 9 28 4:05	I 31 POOL SWIM @ EZ GOOD SUNDAY! 20 54 11 1:5 52:00

LSID RUNS

4/29 >	3:01:48	21
5/6 >	2:10:10	16
5/13 >	2:05:06	14
5/20 >	2:31:44	19
5/27 >	2:16:25	16 = 86/17.2 AVE.

April 2003

S	M	T	W	T	F	S



June 2003

S	M	T	W	T	F	S

136 || 128 139/16

8:30 X 16 = 136 min

140/16 = 8.75 DAY AVE = RUN RUN
13/3 = 4.33 DAY AVE = BIKE
2/4 = 0.5 DAY AVE = POOL SWIM
116/6 = 19.3 DAY AVE = BIKE

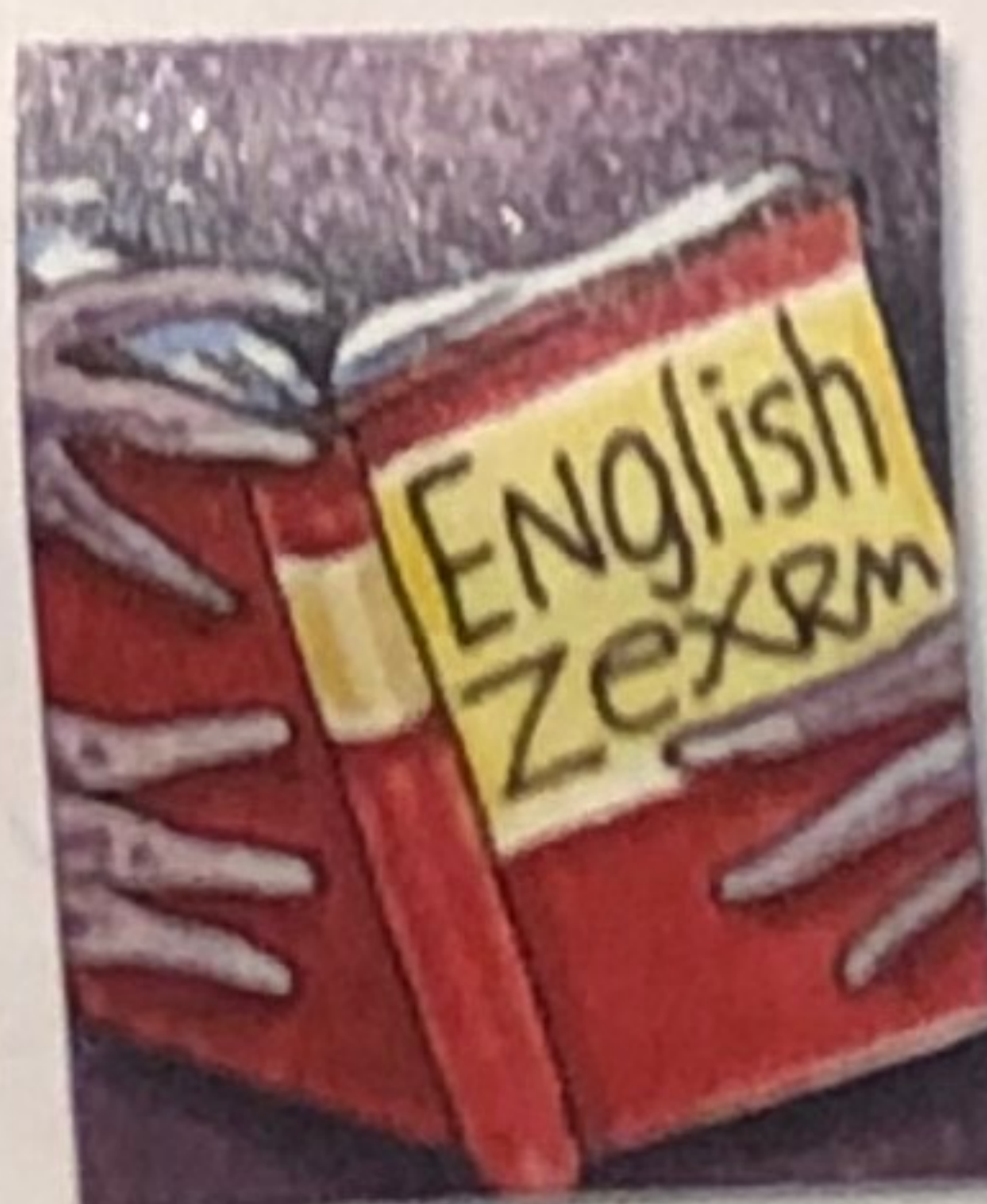
June 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 LS COVE BIKE (1:49:23) 14.0 MPH 26 1:49 26 1:49	2 LBS: 20 NO CARDIO! Queen's Birthday (NZ) Foundation Day (Australia - WA) Bank Holiday (Eire)	3 0417 RBK 3198 RSF @ Loop @ JC 108 @ TURN 30:48 LAGOON BACK 2:11:48 TOTAL 2:02 16 2:12 16	4 POOL RUN 1-39:52-1 40 5 40 5	5 TORREY PINES L5 MI @ 5:24* 14.5 MPH 1-58:23-1 14:58 40 3:47	6 LBS: 20 NO CARDIO! Shafuet Begins	7 0417 RBK 7209 STAMMUNWILKE TOP OF TORREY 5.4 MILE 1:32 5.6 MILE 2:17* FM MILE 7:05 129 11 27 3:41
8 POOL SWIM 1750 @ 31:58 YAS - GOOD! 1750 32 32 1750 Whitsunday	9 LBS: 20 NO CARDIO! Queen's Birthday (Australia - except WA)	10 0417 RBK 10229 LSD @ USSD TRAIL 2:35:41 / 7:47 40:16 / 36:49 / 38:44 39:41 GREAT! 20 2:36 20 2:36	11 POOL RUN 1-40:02-1 40 5 40 5	12 NO CARDIO!	13 NO CARDIO	14 0417 RBK 14239 RICHARDSON FRED 45:31 OUT LAGOON @ 21:51 10 1-1:24:36-1 10 1:25 30 4:01
15 NO CARDIO! Father's Day (USA, Canada, UK)	16 CATALINA / SAN PEDRO 12:00 PM 2 HARBORS # RBT 7327 86- # 10 PUL NO CARDIO!	17 0417 RBK 17259 8.5 MI TO AIRPORT FROM 2 HARBORS CAMPGROUND 2 HARBORS TO AIRPORT * CHASED BY A BUFFALO ON WAY BACK! GREAT / GREAT!! 20 4:02 20 4:01	18 2 HARBORS / SAN PEDRO 2:30 PM 2 HARBORS NO CARDIO!	19 0417 RBK 19269 SC LOOP / ENGINHAS T-BOHE COURSE B DAY RUN 57! 10 1:23 30 5:24 Corpus Christi	20 NO CARDIO!	21 SCRIPTS 14.9 MPH AVE. L5 MILE 5:46 1-1:00:04-1 15 1:00 15 1:00
22 0417 RBK 22279 POLO FIELD 39:16 OUT / 37:34 BACK 1-1:16:51-1 1:17 10 1:17 10	23 LBS: 20 NO CARDIO!	24 0417 RBK 24306 RSF @ LSD / BRIDGES LAGOON BACK @ 22:45 AWE SOME! 1:41 / 1:02 1:06 3:06:45-1 3:07 22 32 4:24	25 POOL RUN 1-40:05-1 40 5 40 5	26 LBS: 20 NO CARDIO!	27 RSF REZ 14 MPH AVE 1:00 16 1:08 16	28 0628 RBK 2813 11:130 / RSF LOOP 4 CLUB HOUSE LAGOON @ 21:59 13 1:43 45 6:07
29 0628 RBK 2921 LAGOON RUN LAGOON BACK: 1-20:47-1 1:03 8 1:03 8	30 SCRIPTS 14.25 MPH AVE L5 MILE 5:37 1-1:01:50-1 15 1:02 15 1:02	1 10 RUNS 140 MILES 14.2 AVE	2 1 SWIM 1750 YDS 5X LBS	3 5 BIKE RIDES 86 MILES 17.2 AVE.	4	5

JUNE 30 / 10 AM
 PHYSICAL / DR. WORMAN
 * ~~TOE NAILS~~ SUN SPOTS
 TOE NAILS

May 2003

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 2003

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

RUN / MILE 140 / 10 / 14 DAY AVE.
 BIKE / MILE 86 / 5 / 17.2 DAY AVE
 POOL / RUN 15 / 3 / 5 DAY AVE
 POOL SWIM / 1 / 1750 / 1750 DAY AVE
 5X LBS 11 DAYS OFF
 N/A

July 2003

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

29 04/13

SINCE CARLSBAD
393 MILES RUN
263 MILES BIKE
4 MONTHS
04/13 - 07/13

30

410 MILES
RUN SINCE
CARLSBAD 5K
APRIL 13

0628
RBK I 363

15 20 15 11:01
BEACH RUN
20 101 @ 7:29/7:09
LC AVE. BACK
18:7 DAY 10 WKS
AVE Canada 2:30
TIMEASE

BLEACH TEETH

2

NO CARDIO!
1

11.8
MPH AVE 3

31 228 31 238
MT. SOLEDAD
TOP 1:10:46/13:30
2:38:12

1200 miles since 4/13

4

NO CARDIO!
Independence Day
(USA)

5

55 7 22 156
DEL MAR WOODS
FM @ 6:45

0628
RBK 43

6

NO CARDIO!
LBS

7

NO CARDIO!
0

309 8 SINCE
MILES MAY 1

8 1:03 8 1:03
LAGOON RUN
SPILT BACK
22:00
0628
RBK 51

9

SCRIPTS BIKE
56 MILE @ 6:24
SH-DOWN 14.6 MPH
RDE! AVE

10

NO CARDIO!
LBS
FOOT HETS
PRETTY GOOD

11

NO CARDIO!
RIGHT FOOT NOT
GOOD!

BIKE 12

277
MILES SINCE 5/1
15 1:01 30 2:03
SCRIPTS BIKE
56 MILE @ 6:07
SH-DOWN 14.6 MPH
RDE! AVE

13

32 4 32 4
SOLANA LOOP
@ EZ
0628
RBK 47

14

DR. WOMAN 2:30p
NO CARDIO!
0

15

32 4 10 4 8
DEL MAR OIB
FM @ 7:14
0628
RBK 51

16

NO CARDIO!
0

425 MILES / SINCE CARLSBAD
833 MILES / YEAR

59 7 15 2:03
HAIRCUT RUN
@ EZ
0628
RBK 58

18

NO CARDIO!
0

19

16 2 16 2
POOL RUN
@ EZ
DOW HILL 100°

20

GREAT DAY!!!
4000' VERTICAL
4:01 36 4:01 36
LONE PINE PM
BRIDGE @ EZ
Q. AMPHAR @ EZ
EZ OVER STEADY
BAG

21

841Y
433C
8 1:05 8 1:05
ACA PAMA HILLS
LOOP @ EZ
0628
RBK 64

4:18 UP 863Y
3:08 DOWN 450C

7:27 22 30 8:32
BADWATER STARTS
6am
MT. WHITNEY
HIKE/RUN
0628
RBK 186

23

11.1 MPH
AVE NO SUN!
524 6:19 6:25
BAD HILL BIKE
KEELER / WHITNEY
PORTAL 2:45 +
wow!! RECD 1:42
2:03:32

24

16 2 16 2
POOL RUN
@ EZ
DOW HILL 105°

25

NO CARDIO!
0

26

NO CARDIO!
0

27

NO CARDIO!
LBS

28

NO CARDIO!
0

29 871
YEAR

1:03 8 1:03
LAGOON RUN
0 23:48
B 22:58
0628
RBK 94

30

NO CARDIO!
LBS

31 878
YEAR

163 8 16 2:06
BEACH RUN
0-3200
B-30:31
0628
RBK 102

SINCE 4/101

485 MILES
53 RUNS
Q-AVE
91/10

YEAR 2

885 MI/BIKE
359/16
22.4 AVE

2:30 p WOMAN 14TH

54:42

1:25:01

2:14:43

JUNE 2003

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



AUGUST 2003

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

9 MILES RUN
10 RUNS / 9.5 AVE
157 MILES BIKE
5 RIDES / 31.4 AVE
2 POOL RUNS
4 MILES / 2.0 AVE

Vell, I'll be. ... I must've been holding the dang work order like this!"

AUGUST 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30 DAY 1 ↓	31	• I • NO CARDIO! 1—LBS(8)	0628 RBK 2 110 DELMAR BEACH RUN (87) D 32:13 B 31:59 1:04 8 1:04 8
• 3 • NO CARDIO • • • •	• 4 • * NO CARDIO! (Eire, Scotland, Australia—NSW, ACT) Picnic Day (Australia—NT)	0628 RBK 5 125 COAST COAST BEACH JOBBY • E Z	• 6 • NO CARDIO! 1—LBS(4) • • • •	1—58:02— • 7 • SCRIPTS BIKE 15.5 MPH AVE (5:41) 56 MILE 1—15:11— 58 15 11 58 15	0628 RBK 8 133 LAGOON RUN O 31:29 B 30:29 1—LBS(4)— 1:02 8 3:04 23	1—58:33— • 9 • SCRIPTS BIKE 15.4 MPH AVE (5:54) 56 MILE 1—15:10— 59 15 11 57 30
• 10 • NO CARDIO! • • • •	* • 11 • NO CARDIO! • • • •	0628 RBK 12 149 RSFCC 100P • E Z 24:11 B 23:52 16 20 8 16 21 00	1—59:51— • 13 • SCRIPTS BIKE 56 MILE (59:51) 15 MPH 1—LBS(4)— 1:00 15 11 00 15	0628 RBK 14 158 BCH/CREST CANY LOOP • E Z GOOD! 11:15:51— 9 11 16 25 32 4	1—58:58— • 15 • SCRIPTS BIKE 56 MILE @ 5:51 15.3 MPH AVE. 1—LBS(8)— 59 15 11 59 30	0628 RBK 16 167 BCH/CREST CANY LOOP • E Z GOOD!! 1—1:13:27— 9 11 13 34 43 7
• 17 • NO CARDIO! • • • •	• 18 • NO CARDIO! • • • •	0628 RBK 19 173 DELMAR ROAD FOOT HURTING! 6 15 1 6 15 1	• 20 • NO CARDIO! • • • •	• 21 • NO CARDIO! • • • •	• 22 • NO CARDIO! • • • •	• 23 • NO CARDIO! • • • •
24 NO CARDIO! 31 NO CARDIO!	• 25 • NO CARDIO! Bank Holiday (except Scotland)	• 26 • PACIFIC BEACH BIKE • E Z 13.5 MPH AVE 40 15 10 40 15 10	• 27 • NO CARDIO! CLOSING TO MARKS IN 66,600 YEARS	• 28 • NO CARDIO! • • • •	• 29 • NO CARDIO! • • • •	• 30 • NO CARDIO! • • • •

4 PM WORKS VANSKY

1 AM CLEANING / XRAY

— DENTAL APT 11th

Also BLEACH

— INSURANCE MEETING

BAM LA COSTA

July 2003

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 2003

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

RUN > 71 MILES / 7 RUNS
BIKE > 100 MILES
5X LBS

"Mr. Osborne, may I be excused? My brain is full!"

September 2003

NOV. 22 1963 KENNEDY ASSASSINATION
 DEC 6 1941 PEARL HARBOR
 SEPT 11 2001 9/11 ATTACK
 JUNE 4 2000 RER
 MAXIMUS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	• 1 •	* • 2 •	0628 RBK 3 177	0628 RBK 4 181	0628 RBK 5 183	0628 RBK 6 185
	NO CARDIO! (SICK?)	REAL BAD NO CARDIO! (BOTTOM)	DEL MAR BEACH WALK	DEL MAR BEACH WALK	ROAD RUN SOCAHA BCH	ROAD RUN SOCAHA BCH
	• Labor Day (USA, Canada) •	• • • • •	1:00 4 1:00 4	1:00 4 2:00 8	8:29 8:03	7:48 7:27
0628 RBK 7 192	*0628 RBK 8 195	0628 RBK 9 196	0628 RBK 10 200	0628 RBK 11 222	• 12 •	• 13 •
UCSD TRACK SOCCER FIELD @ EZ	ROAD RUN SOCAHA BCH	FAIRBROOK RUN @ EZ	FAIRBROOK @ MIL @ CONSERVANCY	MT. WHITNEY 4:45:01 up (26) 3:38:02 dn (20) WOOLLY BUT MAGIC	POOL RUN @ EZ LONE PINE	REST DAY!
1:00 7:10 7	25 3 10 1:25	4 35 14 2:00	1:47 4 18 2:47	8:23 22 40 11:10	20 2 1/2 20 2 1/2	• • • • •
0628 RBK 14 224	0628 RBK 15 234	0628 RBK 16 235	0628 RBK 17 238	• 18 •	• 19 •	• 20 •
SOCAHA 2mi 7:48/7:46	LAGOON RUN @ JC	YMCA FIELD LOOP @ EZ	HOOD RUN @ EZ	RIGHT FOOT HURT REST DAY!	TOP of TARRY 56mi @ 6:06 14.2 mph AVE	POOL SWIM 0.4 @ 16:59
15:35 2 15:35 2	10 20 10 12	132 4 32 4	132 3 16 2:07	• • • • •	12:2 5:47 2 5:47	0.5 17:40 0.5 17:29
0628 RBK 21 241	0628 RBK 22 248	0628 RBK 23	0628 RBK 24 252	• 25 •	• 26 •	0628 RBK 27 256
SOCAHA NO. 2mi @ 7:16/7:09	SOCAHA @ EZ	POOL RUN @ EZ	HAIKUT RUN 1mi @ 7:23	REST DAY! FOOT OK	POOL RUN @ EZ	HOOD RUN 1mi @ 8:38
1:25:40	1:20 WALK 1:20 RUN	40 5 40 5	1:42 4 13 2:16	• • • • •	40 5 120 10	20 7:02 7:08
1:26 3 1:26 3	1:11 16 10 1:44	1:30 3 30 3				1:40 8:40
• 28 •	• 29 •	• 30 •	I	2	3	4
REST DAY!	DENTAL APT @ 2P REST DAY!	FAIRBROOK POOL	ABSENTEE BALLOT INTO MAIL		RUN > 89/17 RUNS	
• • • • •	• • • • •	• • • • •			POOL < 19	
Rosa Hasaniyah ends	Queen's Birthday (Australia - WA)				RUN - 1/2	
					BIKE > 12.2	

SEPT 8 DR. WORMAN
 10AM - BIOPSY

SEPT 2 DR. COPELAND
 3:45 EYE EXAM

August 2003
 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 2003
 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

ROW VILLA 10, 11, 12
 # 213851 Room # 117
 * SEPT 29 @ 2:00
 DENTAL APT
 512 VINA DE LA VINA
 # 101 PADDLEMOUSE
 ALPACAS

Take this handkerchief back to the lab, Stevens.
I want some answers on which monster did this—Godzilla? Gargantua? Who?"

October 2003

POOL 51 MILES
13/3.9

1148 mi to OCT 1ST
135 RUNS / 1148 mi
8.5 AVE

TEETH CLEANING
BLEACH TEETH

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

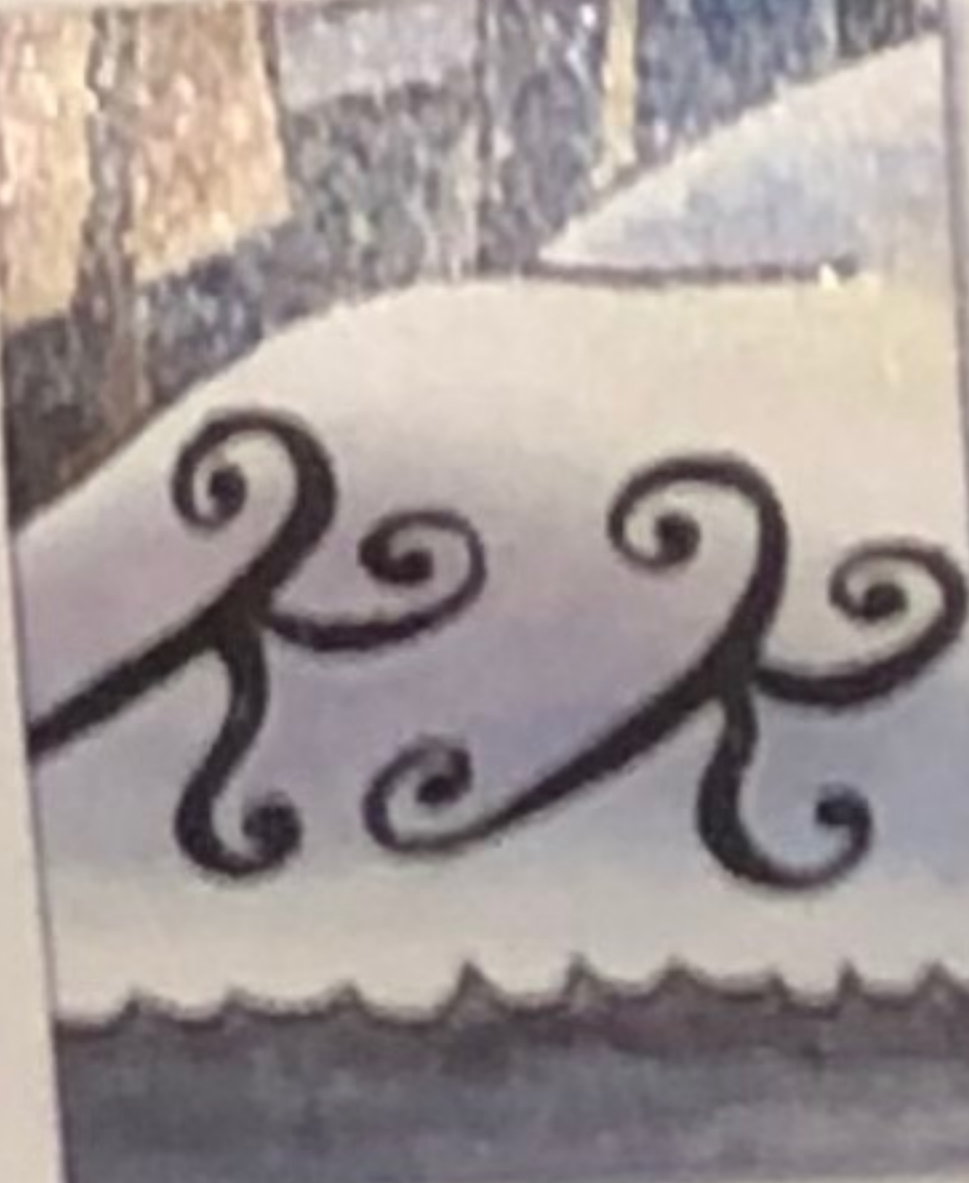
Saturday

28 RIGHT FOOT DR. SLOWIK (760) 630-9200 For John Date 10-14-03 Time 2:00 *CORTIZONE SHOT	29	30	1001 RBK 03 I 4 HOOD RUN 2mi @ 7:25 / 7:20 32 4 32 4	• 2 •	• 3 •	1001 RBK 4 8 HOOD RUN 2mi @ 14:02 7:02 / 7:00 31 4 1:03 8
• 5 •	• 6 •	1001 RBK 7 15 CREST CANYON POB RUN — FM @ 8:19 11 7 11 7	• 8 •	• 9 •	• 10 •	• 11 •
RESTDAY!	*RESTDAY!	RESTDAY!	RESTDAY!	BLEACH TEETH! RESTDAY!	RESTDAY!	POOL RUN @ EZ
• • • •	• • • •	• • • •	• • • •	• • • •	• • • •	• • • •
1001 RBK 12 19.5 101 NORTH CARDIFF @ EZ 38 4 38 4.5	1001 RBK 13 25 * 101 NORTH @ EZ 8:51 / 7:36 45 5 10 1:23	1001 RBK 14 33 *CORTIZONE SHOT 101 NORTH @ EZ / BEACH 11 2 8 18 2:35	• 15 •	• 16 •	• 17 •	• 18 •
POOL RUN @ EZ	POOL RUN @ EZ	POOL RUN @ EZ	POOL RUN @ EZ	CARLSBAD BIKE @ EZ	RESTDAY! FOOT BETTER!	RESTDAY!
• • • •	• • • •	• • • •	• • • •	• • • •	• • • •	• • • •
• 19 •	• 20 •	• 21 •	• 22 •	• 23 •	• 24 •	• 25 •
RESTDAY!	WINNERS CIRCLE POOL RUN @ EZ	WIND AND SEA @ EZ 12.3 MPH 30.36 30 2 27 31 2:27	YMLA Pool Run @ EZ 4 5 1:20 10	RESTDAY!	RESTDAY!	RESTDAY!
• • • •	• • • •	• • • •	• • • •	• • • •	• • • •	• • • •
• 26 •	• 27 •	• 28 •	• 29 •	1030 NWA 30 5 EZ POB FM @ 7:19 HEEL NOT TUES? 39 5 39 5	• 31 •	BIKE - 63/2 31.5 mi AVE. RUN - 38mi / 7 5.4 mi AVE POOL RUN - 26/5 5.3 mi AVE.
RESTDAY!	RESTDAY!	RESTDAY!	DAY #14 SINCE RESTDAY! CORTIZONE SHOT	RESTDAY!	POOL RUN	
• • • •	• • • •	• • • •	• • • •	• • • •	• • • •	

OCT 6 @ 1pm DR. WORMAN
OCT 13 @ 1pm DR. VENDORA
OCT 14 @ 2pm DR. SLOWIK

September 2003

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 2003

S	M	T	W	T	F	S
						1
						2
						3
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						26
						27
						28
						29
						30

TEAM RESULTS

1.35.53	1.99
2.34.45	32:58
3.35.01	1.02
4.35.17	36:03
5.35.41	41:29 1st SS-59

NOVEMBER 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 95mi Run 50 mi POOL RUN 19 DAZE/7.61 AVE DAY	28	29 * 11/05 LONGEST RUN IN 85 DAYS!	30	31	1030 NOVA I 10 POB @ EZ FM @ 7:43
• 2 • POOL RUN @ EZ 5:40 5:40	1030 NOVAS 3 15 * BEST DAY IN 6 MONTHS POB RUN FM @ 7:11 (38.48)	• 4 • POOL RUN @ EZ 5:40 10:10 1:20	1030 134 HA AVE NOVAS 5 31 CREST CANYON TORREY TRAILS BEACH BACK... @ JC @ EZ 16 2:28 21 3:07	• 6 • RESTDAY! FOOT (NO PAIN) EVERYTHING GOOD!!	• 7 • POOL RUN HR AVE @ 97 40 5:15 200	1030 NOVAS 8 35 DEL MAR FM @ 6:50 31 4:25 338
• 9 • RESTDAY!	• 10 • * RESTDAY!	1030 NOVAS 11 51 RSF GC LOOP @ 125 HR AVE. (2:08:07) Veterans' Day (USA) 2:08 16 2:08 16	SINCE / C.S. HOT 40 MILES TO DATE POOL • 12 • POOL RUN @ EZ 5:40 5:40	SINCE / C.S. HOT 55 MILES TO DATE RUN 1030 NOVAS 13 55 HAIRCUT RUN @ EZ 34 4:20 2:42	1030 NOVAS 14 60 MAIL RUN STEADY @ 141 AVE FM @ 7:23 40 5:25 322	• 15 • POOL RUN @ EZ 5:40 10:10 1:20
• 16 • RESTDAY!	• 17 • RESTDAY!	1030 NOVAS 18 78 11/5 RUN @ 143 HR AVE + 2:34:10 - 1 2:34 18 2:34 18	• 19 • POOL RUN @ EZ 5:40 5:40	1030 NOVAS 20 84 DEL MAR FM @ 7:06 / 153 HR 1-46:59 - 1 47 6:24 321	• 21 • KNEE / HEEL SORE! RESTDAY!	1030 NOVAS 22 90 DEL MAR FM @ 7:11 / 155 HR 1-47:11 - 1 47 6:30 408
23 RESTDAY!	• 24 • * RESTDAY!	• 25 • LSD POOL RUN 100 8 1:00 8	• 26 • RESTDAY! HEEL?	• 27 • RESTDAY! HEEL?	• 28 • RESTDAY! HEEL BETTER	• 29 • RESTDAY! HEEL BETTER

NOV 30 24/5 SKI CHECK

NOV 30 24/5 SKI CHECK

NOV 30 24/5 SKI CHECK

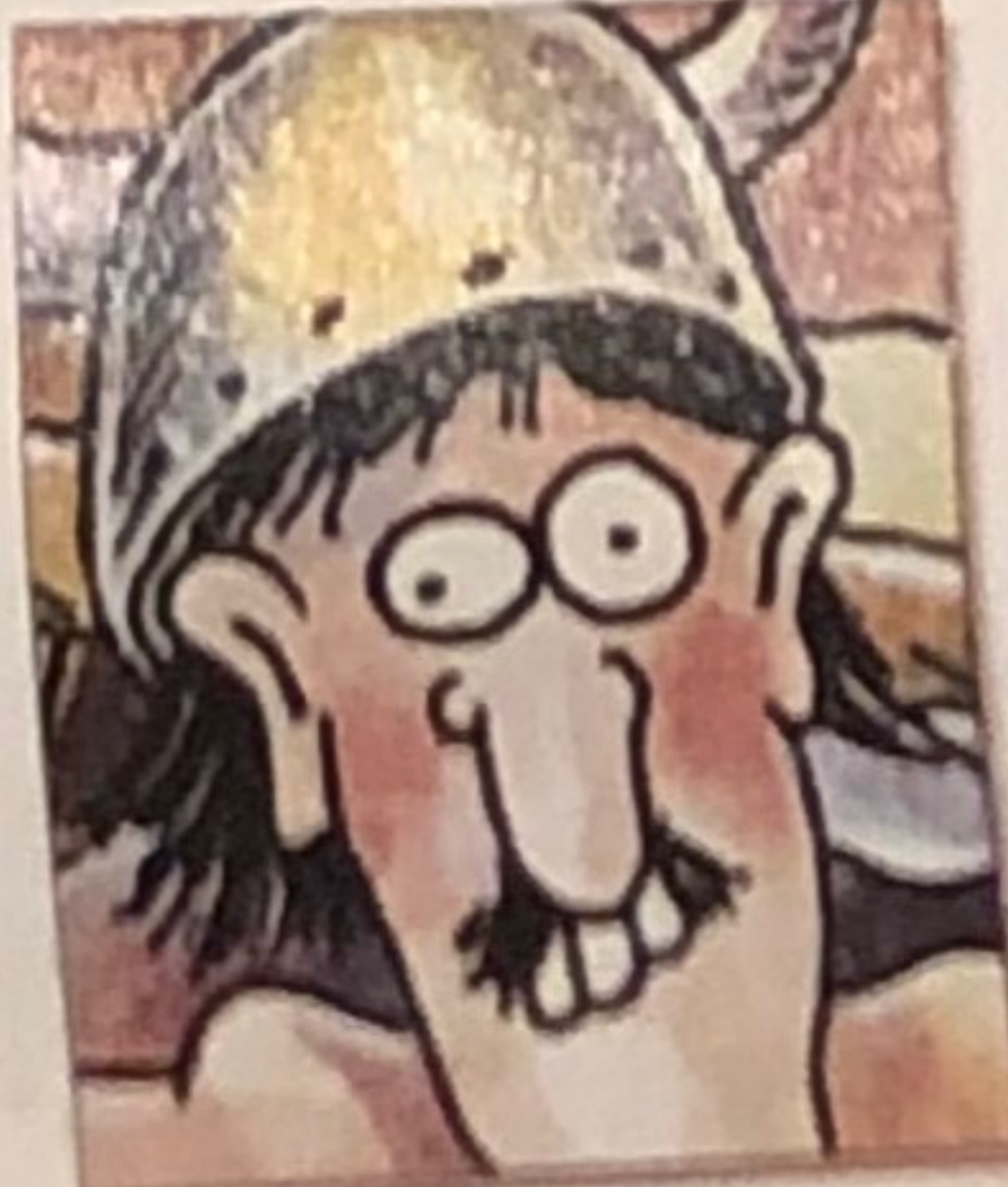
NOV 30 24/5 SKI CHECK

NOV 30 24/5 SKI CHECK

NOV 30 24/5 SKI CHECK

October 2003

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 2003

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			

Dr. TIM LINDAMOOD (SKIING)

(760) 806 5431

Run 90mi/11/8.10 DAY AVE
POOL RUN 38/7/5.42 DAY AVE

YR TOTALS > 1276 MILES / 152 / 8.3

December 2003

1404 miles

170 runs
8.2 AVE.
7.88 HR

241 mi less
in 2003
34 less runs

125 mi
67 runs

1645 in 2002
204 runs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2003 1404 miles 170 runs 8.2 AVE. 7.88 HR	• I • RESTDAY! 21.11.00 • • • •	1130 NOVA 2 100 POB RUN FM 7:46 / 1:46 39:55 • • • •	1130 NOVA 3 105 HAIRCUT RUN @EZ • • • •	• 4 • RESTDAY! • • • •	1130 NOVA 5 110 POB RUN FM 7:17 / 1:49 • • • •	• 6 • RESTDAY • • • •
1203 AZURA 7 15 POB RUN FM 7:25 / 1:42 HRA • • • •	1203 AZURA 8 20 POB RUN FM 7:23 FOOT BETTER • • • •	• 9 • RESTDAY! • • • •	1203 AZURA 10 25 POB RUN FM 7:09 • • • •	• II • RESTDAY! • • • •	1203 AZURA 12 30 GREAT DAY!! POB RUN FM 7:02 / 1:49 HRA • • • •	• 13 • RESTDAY! • • • •
• 14 • RESTDAY • • • •	• 15 • RESTDAY • • • •	1203 AZURA 16 54 CATALINA AIRPORT 11:34:23 / 1:26:29 1808 CALORIES BURNED 3:00:52 • • • •	1203 AZURA 17 55 PEBBLY BEACH LOOP 1336/161 RUN / WACK • • • •	1203 AZURA 18 63 PEBBLY BEACH 2400P 15:13 1) 20:54 (NEN) 2) 24:19 (stop) • • • •	1203 AZURA 19 70 ZANE GRAY LOOP @EZ @ ML 1453 TOTAL W. RUN LAKE + POOL • • • •	• 20 • RESTDAY! • • • •
1203 AZURA 21 86 RSF GC LOOP @J.C @ 130HRA LAKE BACK 22:07 @ 140HRA GREAT! • • • •	• 22 • RESTDAY! • • • •	1203 AZURA 23 91 POB RUN FM 6:59 145HRA • • • •	• 24 • RESTDAY! LBS - • • • •	1203 AZURA 25 96 POB RUN FM 6:48 RAIN / NO PAIN! • • • •	• 26 • 141 LBS RESTDAY! • • • •	1203 AZURA 27 102 OCEAN ALLEY FM 7:02 / 1:43 GOOD!! • • • •
• 28 • RESTDAY! LBS - • • • •	1203 AZURA 29 117 CREST CANYON DELMAR BEACH @EZ 120HRA • • • •	1203 AZURA 30 120 FAIRBROOK @EZ @ ML • • • •	• 31 • RESTDAY! LBS - • • • •	12/16 CATALINA RUN 33:54 SUMMIT / 18:06 WIPENICH / 23:08 BLK JCT / 19:13 AIRPORT / 1:34:23 18:21 1:08:10 /	AWESOME (NO FOOT PEBBLES) 21 MINUTE STOP AT AIRPORT FOR A20 145 AVE. HEART RATE / 163 MAX 3.2 133 AVE. HEART RATE / 174 MAX 2.0 126 AVE. HEART RATE / 188 MAX 2.7 131 AVE. HEART RATE / 143 MAX 2.5 130 AVE. HEART RATE / 177 MAX 116 AVE. HEART RATE / 170 MAX	• 29 • RESTDAY! • • • •

TRAC
245 mi
24 runs
8.4 AVE
7.45 HR
5.3 AVE
4.3 HR
Pool run

202
MILES SINCE
OCT 30
43 MILE
POOL RUN

DEC 15, 16, 17 711
CATALINA
31020962 # 203

DEC 18TH
ZANE GRAY PUBBL
18003783256 \$59 -

CATALINA EXPRESS (6pm
CANCELS)
11:45A 19TH 10A
517580 #78⁰⁰

November 2003
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



January 2004
S M T W T F S
17 DAYS 6 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
1:34:23
3:00:52

FEB 6TH ML BIRTHDAY
OCT 13TH SS BIRTHDAY
TUES 9TH 9:45A DR. SLOWIK

1:26 1:29
1:34 1:23
5 2

800 481-3470