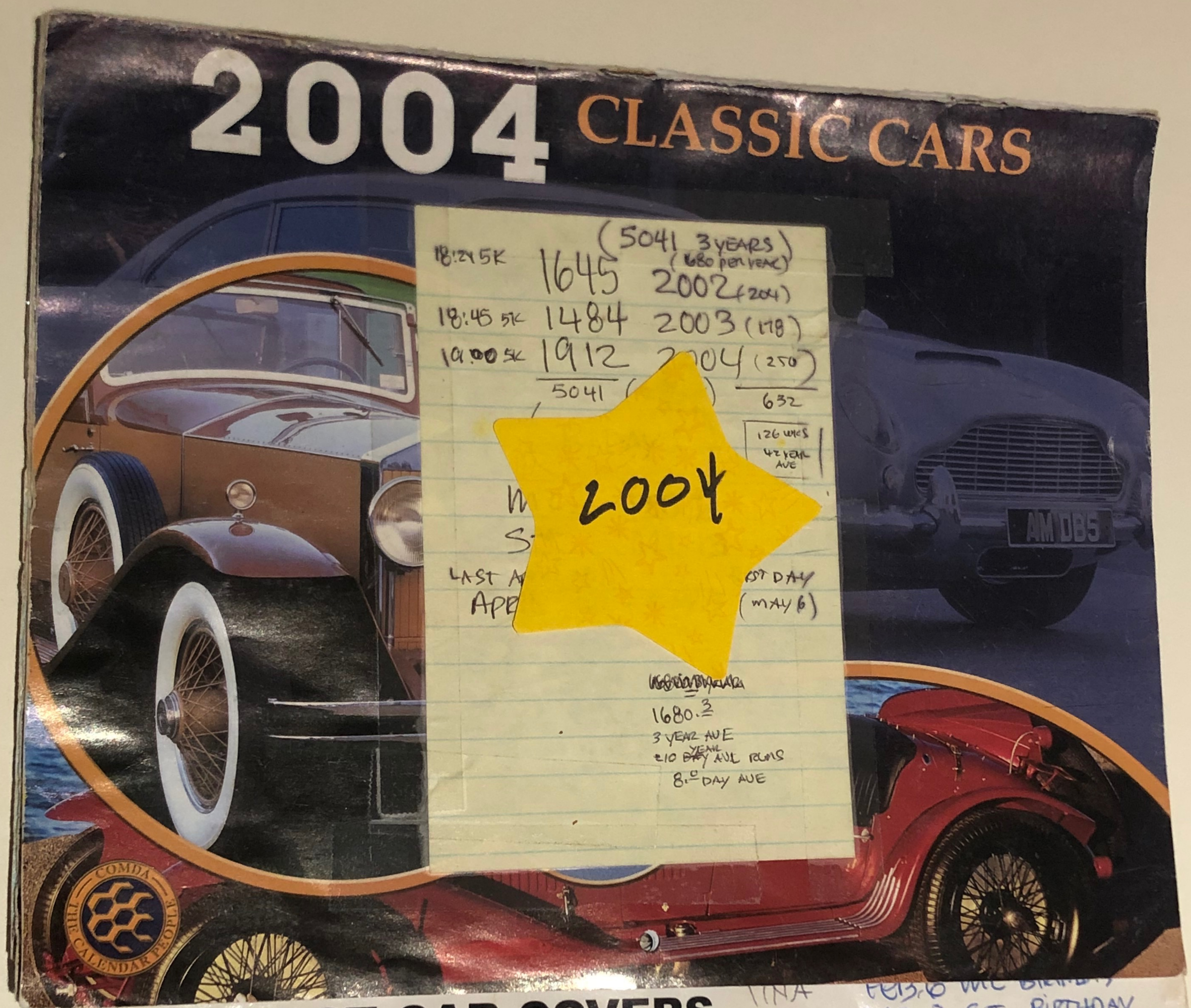
2004 CLASSIC CARS



COAST CAR COVERS

1229 MORENA BLVD
SAN DIEGO, CA 92110

(619) 275-7100

COVERING AMERICA'S FINEST CARS FOR

OCT 13 SJ BIRTHDAY
SEPT DR. COPELAND LENS REPLACEMENT

1955 Ford Thunderbird, Michel Gagne - Megapress

January 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	FEBRUARY 2004 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	36:27 WARM UP INCLUDES 16X100 1) 1:27.3 2) 1:30.2 3) 1:27.2 4) 1:29.4 5) 1:27.0 6) 1:25.0 7) 1:25.0 16X100 8) 1:24.0 25:55 WARM DOWN 1:30.23 TOTAL	140 MILES 17 RUNS 8.2 MI. AVE.	1 1203 AZURA 130 POLO 19 @ EZ HAPPY FEET DAY! 1:19 10 1:19 10	2 REST DAY! — LBS —	3 1203 AZURA 137 DEL MAR WOODS FM @ 1:35 (WIND) :54 7 17 2:13
4 REST DAY (1) — LBS —	5 REST DAY!	6 1203 AZURA 143 106 AIR!! 5 UCSD TRACK 8x400 @ 86.8 AVE GREAT 82 896 CALS / NO FOOT PAIN! 1:30 11 1:30 11	7 REST DAY! — LBS — Full Moon	8 1203 AZURAS 150 DEL MAR WOODS @ EZ 1st GEAR 58:36 :59 7 18 2:29	9 1203 AZURAS 157 DEL MAR WOODS @ 2ND GEAR NO FM 55:56 :56 7 25 3:25	10 1203 AZURA 165 DEL MAR WOODS 2ND GEAR L2M @ 15:12 (WIND) 1:02 8 33 4:27
11 REST DAY (2) — LBS —	12 REST DAY!	13 1203 AZURAS 183 BLACKS / ROAD RUN 1:19:26 DOWN 1:18:44 BACK 18 2:38 18 2:38	14 REST DAY! — LBS —	15 1203 AZURAS 193 DEL MAR @ EZ TOPACKS / PINES PARK (W) DEL MAR DAVE 1:35 10 1:20 4:13	16 1203 AZURAS 199 POBRUN @ EZ (NO FM)	17 1203 AZURAS 205 POBRUN @ EZ (NO FM) :50 6 40 5:53
18 1142 1203 REST DAY (3) — LBS —	19 1203 AZURA 209 RACE TRACK RUN @ EZ :36 4 :36 4	20 1203 1206 215 210 UCSD TRACK 4x800 3:11 3:13 3:02 2:59 GREAT! 1:41 11 15 2:17	21 1203 AZURAS 220 HAIRCUT RUN @ EZ 5 New Moon 44 20 2:58	22 REST DAY! — LBS —	23 1203 AZURA 225 DEL MAR FM @ 6:59 40 5 25 3:38	24 1203 AZURA 230 DEL MAR FM @ 7:05 :40 5 30 4:18
25 REST DAY (4) 140.2 LBS	26 REST DAY! — LBS —	27 1203 AZURAS 245 MT. SOLEDAD SICK DOWN 2:10/27 BUS BACK JOHN 4,270 MILES 2:27 15 2:27 15	28 REST DAY! SICK	29 1203 AZURAS 250 EZ DEL MAR WEAK! :41 5 3:08 20 First Quarter	30 REST DAY	31 REST DAY

4:57 4:47 4:38 4:37
(311) (313) (302) (259)

COAST CAR COVERS
1229 MORENA BLVD
SAN DIEGO, CA 92110
COVERING AMERICA'S FINEST CARS FOR
(619) 275-7100

TINA

FEB 6 MC BIRTHDAY
OCT 13 SJ BIRTHDAY
SEPT DR. COPELAND LEH'S DEPARTURE

1964 Aston Martin DB5, Ron Kimball Photography
AM DB5
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
February 2004
COAST CAR COVERS
1229 MORENA BLVD
SAN DIEGO, CA 92110
COVERING AMERICA'S FINEST CARS FOR
(619) 275-7100

1950 Mercury Monterey, Ron Kimball Photography

March 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STREAK in 14 DAYS 25.89 TOTAL 5.42 AVE.	1 0203 AZURAS 138 COAST @ LSD 15 1-1:32:30-1 86.09 5.73 1:33 10.2 1:33 10.2	2 0203 AZURAS 146 LAGOON TRAILS 16 1-1:17:33-1 94.09 5.88 8.0 1:18 18.2 2:51	3 0203 AZURAS 153 DEL MAR WOODS 17 1-57:43-1 101.09 5.94 .58 7.0 1:25 8.15 3.49	4 0203 AZURAS 158 HAIRCUT RUN 18 1-43:00-1 106.09 5.89 43.00 5.4 1:32 4:32 48:36	5 0203 AZURAS 167 (8:08) 5.95 19 1-51:37-1 113.2 .52 6.3 38 5.24	6 0203 AZURAS 173 700 STAIRS 3 20 (9:13) 1-56:09 118.49 5.96 6.20 14:25
7 0203 AZURAS 180 DEL MAR WOODS STEADY 21 55:34-1 125.88 5.94 .56 6.94 :56 6.94	8 0203 AZURAS 187 RACETRACK VIEW / LAGOON 22 1-1:01:10-1 6.04 133.05 1:01 7.17 1:57 14.11	9 0203 AZURAS 194 DEL MAR WOODS @ EZ 23 1-1:01:22-1 6.16 140.21 1:01 7.41 2:53 8.58 21.52	10 0203 AZURAS 208 RSF GC 100P (SMALL) 24:27 5.21 140.29 6.09 1-2:53.08-1 24 1328 6.42 55.3 154.21 2:03 13.75 5:01 35.27	11 0203 AZURAS 216 (5.0) RACETRACK VIEW 1-1:02:50-1 25 391 6.46 55.6 161.32 1:03 7.51 6:03 42.78	12 0203 AZURAS 221 30.5 SOLANA LOOP 1-38:31-1 26 430 6.39 55.0 166.23 4.51 :39 6.42 47.29	13 0203 AZURAS 226 118.49 5.92 LAGOON @ EZ 1-41:24-1 27 471 6.33 54.46 170.85 Last Quarter :41 7.23 92.01
14 0203 AZURAS 233 DEL MAR WOODS 7@56:07 14 LBS 1-56:58-1 28 1528 6.35 54.82 178.04 :57 7.09 :57	15 0203 AZURAS 242 BEACH RUN / LOW TIDE 29 1-1:12:55-1 55.20 6.42 1601 186.45 1:13 8.41 15.5 2:10	16 0203 AZURAS 257 LAGOON / RSF 1-2:65-1 30 57.93 6.21 1738 201.41 2:17 14.46 30.46 4.27	17 0203 AZURAS 210 RACETRACK VIEW St. Patrick's Day 31 1-1:01:03-1 58.03 6.73 1799 208.7 1.01 7.29 37.75 5.28	18 0203 AZURAS 217 SWAMI'S / 101 1-58:48-1 (8:02) 32 58.06 6.74 1858 215.95 :59 7.28 45.03 6:27	19 0203 AZURAS 225 LAGOON 1-1:13:03-1 33 58.51 6.78 1931 224.03 1:13 8.05 53.08 7:40	20 0203 AZURAS 232 DEL MAR WOODS 7@55:58 First Day of Spring 34 1-56:58-1 58.47 6.79 1988 231.4 5.7 New Moon 7.11 60.19 8:37
21 0203 AZURAS 236 SOLANA LOOP 35 1-36:37 57.85 6.71 2025 235.18 :37 4.04 :37 4.04	22 0203 AZURAS 240 DEL MAR 36 1-35:39-1 57.25 6.65 2061 239.44 :36 4.24 1:13 4.30	23 0203 AZURAS 247 SWAMI'S @ ML 37 1-107:40-1 57.54 6.64 2129 245.95 2.08 6.51 2:21 14.81	24 #1 AZURAS 4 DEL MAR 38 1-33:37-1 58.52 6.58 2163 250.13 :34 4.18 2:55 18.99	25 0324 #2 AZURAS 8 DEL MAR 39 35:59-1 56.38 6.52 2199 254.31 :45.59 4.18 3:31 23.17	26 0324 #1 AZURAS 14 RACETRACK VIEW 40 1-34:42-1 55.85 6.46 2234 258.43 :35 4.12 4.06 27.29	27 0324 #1 AZURAS 8 DEL MAR 41 1-35:20-1 55.34 6.40 2269 262.83 35:20 4.0 3.29 4.41
28 MILES 19 12 CARLSBAD 54 42 56.54 6.54 2375 294.74 1:46 12.31 12.31 1:46	29 0324 #1 16 BEACH RUN 43 1-1:15:49-1 57.09 6.58 2481 293.01 1:16 8.27 2.02 20.58	30 0324 #2 AZURAS 16 BEACH / ROAD DEL MAR 44 38:56 57.27 6.52 2520 281.23 :39 4.22 2:41 24.80	31 0324 #1 AZURAS 22 DEL MAR 45 1-48:58 57.08 6.51 2569 293.28 :49 6.05 3:29 30.85	THRU 9TH 1205 MINUTES 20 HRS. 05 MINUTES 52.39 PER DAY 215	FEBRUARY 2004 S M T W T F S	APRIL 2004 S M T W T F S

AS OF MARCH 10
1328 MINUTES RUN
55.3 AVE
24 DAYS / ROW
154 MILES
6.42 AVE

4.21
29099
45
6.46
215.99 216.12 39.99
2451
2684
266.88

MONTH TOTALS
216.93 TOTAL
6.94 DAY
31 DAYS RUN

COAST CAR COVERS
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SAN DIEGO, CA 92110
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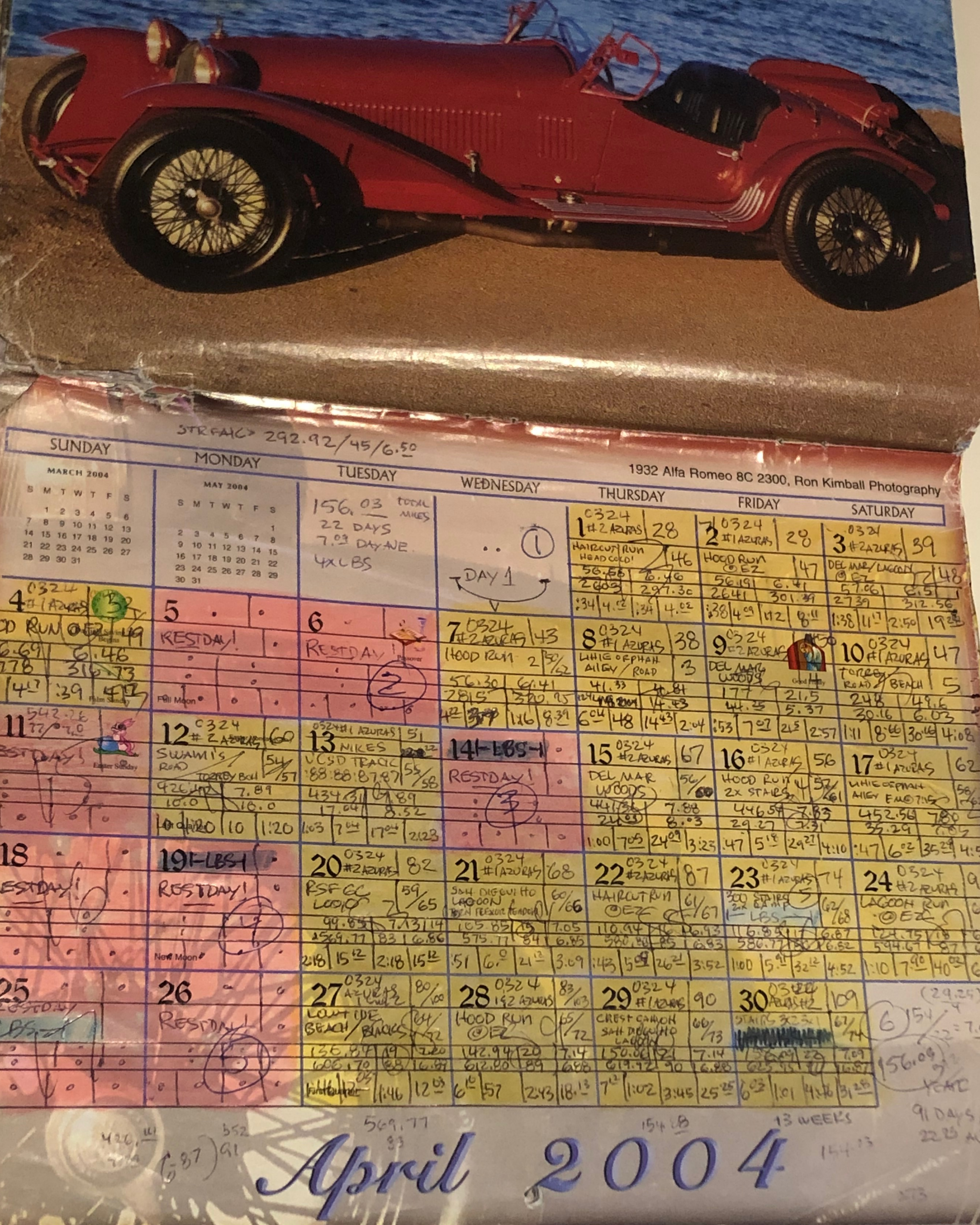
(619) 275-7100

TINA

FEB 6 WIL BIRTHDAY
OCT 13 SJ BIRTHDAY



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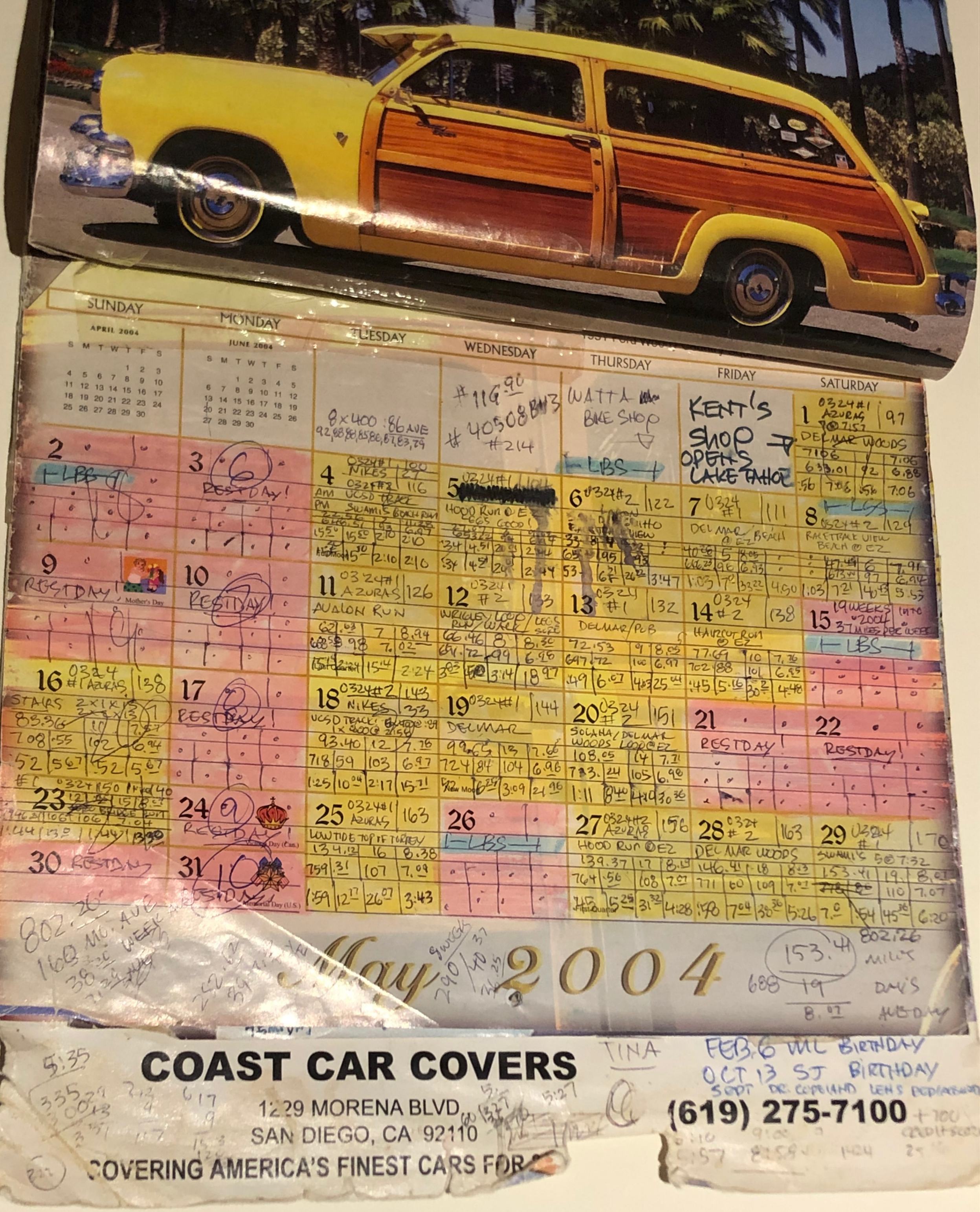
SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
APRIL 2004
JUNE 2004
KENT'S SHOP OPENS LAKE TAHOE
WATTA BIKE SHOP
LBS
REST DAY!
Mother's Day
Victoria Day (Can.)
Memorial Day (U.S.)
May 2004
COAST CAR COVERS
1229 MORENA BLVD
SAN DIEGO, CA 92110
COVERING AMERICA'S FINEST CARS FOR
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1908 Mercedes Grand Prix, Ron Kimball Photography

Blue Shield of California
An Independent Member of the Blue Shield Association

JAN - 140.00 - 17
FEB - 135.99 - 21
MARCH - 216.93 - 31
APRIL - 156.03 - 22
MAY - 153.41 - 19
JUNE - 163.70 - 19
966.06 129
6 MONTHS
966.06 MILES
7.48 DAY AVE 57.156
26 WEEKS/5 DAY

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 0324#2 176 NIKES 38 VCSD TRACK / BOOTS 3:02/2:52/2:35/2:48 SWIMMING BEACH 16.78 1 16.78 802.32 111 7.22 1:15 9.57 1:15 9.57 1:10 7.58 2:25 16.16	2 0324#1 180 CREST CANYON BEACH BACK 26.01 2 13.0 811.55 112 7.24 1:25 9.23 3.50 26.01	3 0324#2 180 HOOD @ EZ 30.01 3 10.0 815.55 113 7.21 Full Moon 4.0 4:24 30.01	4 0342#1 185 POB RUN @ STEADY 35.01 4 9.0 820.55 114 7.19 :34 5.0 4:58 35.01	5 0342#2 185 400 X 2 200 X 1 SOLANA STAIRS 40.08 5 8.01 825.62 115 7.17 :53 5.07 5:51 40.08
8 0324#1 200 SUNRISE HWY KBOAT - 9:05 / BACK 55.15 6 9.19 840.69 116 7.24 2:23 15.07 2:23 15.07	9 0324#2 200 CREST CANYON LAST TYPE TO CARDIFF @ EZ 70.28 7 10.04 855.82 117 7.31 Bulbulars 13 4:43 30.2	10 0324#1 206 RACETRACK VIEW 15 LBS.51 76.44 8 9.55 861.98 118 7.30 :53 6.16 5:36 36.36	11 0324#2 204 DEL MAR 80.64 9 8.96 866.18 119 7.27 :36 4.20 6:31 40.56	12 RESTDAY!
13 0324#1 211 NIKES 46 GRIFFITH PARK GLC 19:55 / TRACK AFTER 93.64 10 9.36 879.18 120 7.32 2:00 13.0 2:00 13.0	14 RESTDAY! Flag Day (U.S.)	15 0324#2 210 BLACKS BEACH 100.19 11 9.16 885.73 121 7.32 6.55 19.55 3:02 1:02	16 0324#1 217 AZURAS DEL MAR BEACH @ EZ 105.83 12 8.61 891.87 122 7.36 :52 5.04 3.54 25.19	17 RESTDAY! New Moon	18 RESTDAY! 15 LBS.51	19 0324#2 217 DEL MAR BEACH 112.85 13 8.68 915.21 123 7.44 1:00 7.02 5:54 32.21
20 RESTDAY! Father's Day	21 RESTDAY! First Day of Summer	22 0324#1 222 DEL MAR/BCH BRIDGE @ 8:09 117.75 14 8.41 920.11 124 7.42 :44 4.90 :44 4.90	23 0324#2 222 SOLANA BEACH @ EZ 122.86 15 8.19 925.22 125 7.40 :47 5.11 1:31 10.01	24 0324#1 227 SOLANA BEACH BP @ 4:55 127.86 16 7.99 930.22 126 7.38 :46 5.0 2:17 15.51	25 RESTDAY! First Quarter	26 RESTDAY!
27 NIKES + 8549 0324#2 230 SB MILE 5:21 HARO!! PM RUN @ JC 140.86 17 8.2 947.22 127 7.45 2:33 17 2:33 17	28 BP @ 6:43 0324#2 11:30 Bell 250 ROMERO CANYON UP START 900 - 3100' FEET! 154.48 18 8.56 960.84 128 7.56 2:37 13.62 3.62 4.10	29 0324#1 232 DEL MAR BEACH @ VERY EZ / LEGS SORE 163.37 19 8.40 966.06 129 7.48 5.22 50.13 25.84 5:13	30 RESTDAY! 14	163.37 8.61 19 DAYS 160/21 ?/7.61	MAY 2004 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	983 MILES 127 DAYS 7.34 37.23

26 WEEKS
STATE STREET MILE 5:21
SANTA BARBARA

1780 CALS
13 WEEKS
4380 MI
4X TRACK
2X RACE
60 DAYS
75 MI DAY

SINCE CARLSBAD
37.54 WEEK
7.5 DAY
173 mi/6

13 WEEKS
61 DAYS

June 2004

25 DAYS + 2004

2003
97 DAYS
735 MILES
7.57 DAY AVG.

2004
122 DAYS
908
7.43 AVG DAY

5:35

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TINA

FEB 6 MIL BIRTHDAY
OCT 13 SJ BIRTHDAY

1957 Chevrolet Corvette, D. Williams - Visual Contact
SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
JUNE 2004
AUGUST 2004
2003 TOTALS
6 MOS. 5846 MI
101 DAYS
2004 TOTALS
6 MOS 966 MI
129 DAYS
CALL DENTAL APT.
RESTDAY
RESTDAY!
CARDIFF-REEF BEACH @ EZ
DEL MAR BEACH
DEL MAR BEACH ROAD BACK
HAIRCUT RUN
LOW TIDE TO SWAMI'S
SWAMI'S TO LICANE — BEACH
BEACH/COAST CAM/ON
NIKE PEGASUS
RSF / H20 BACK LAGOON @ EZ
BEACH/CARDIFF @ EZ
BEACH/CARDIFF @ EZ
POB RUN
SAN JACINTO 1000 @ MAC
POB RUN @ 8:08
RSF H20 @ 9:45
DEL MAR WOODS 7 MI @ 7:40
HAIRCUT RUN LAGOON/DEL MAR
101 NORTH SEESIDE MI
EZ BEACH @ 10:00 PACE
RACETRACK VIEW @ SJ @ EZ
July 2004
21 DAYS / 150.34
COAST CAR COVERS
1229 MORENA BLVD
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COVERING AMERICA'S FINEST CARS FOR
(619) 275-7100
TINA
FEB 6 MIL BIRTHDAY
OCT 13 SJ BIRTHDAY

1964 Jaguar XKE Coupe, Ron Kimball Photography
SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
August 2004
COAST CAR COVERS
1229 MORENA BLVD
SAN DIEGO, CA 92110
COVERING AMERICA'S FINEST CARS FOR
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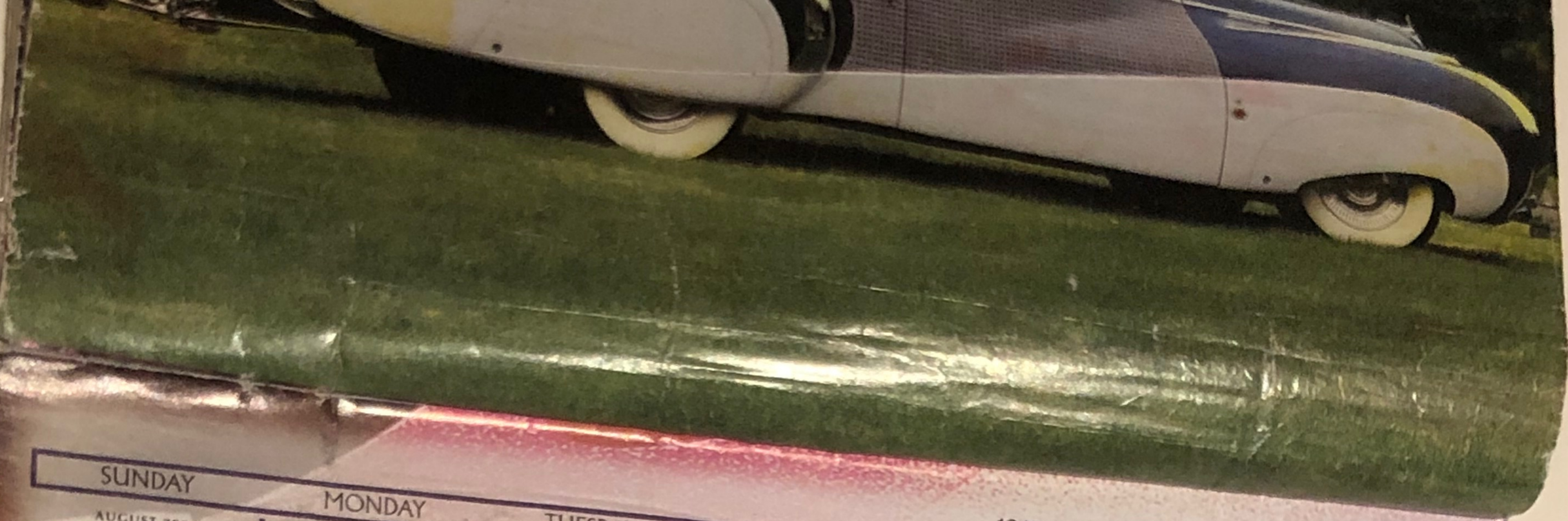

1948 Cadillac Series 62 Saoutchik, Photo, Jay Hirsch

September 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 2004 / OCTOBER 2004		WEEK	1	2 0714 AZURAS 133	3	4 0714 AZURAS 137
		6 LETTS BOOK 35 COUPLE A MINUTES IF EVERYTHING GOES WRONG 36.42	NO CARDIO!	BEACH RUN @ EZ 6.0 1270.05 170 7.47 6.8 :57 6.8 :57	NO CARDIO!	POB RUN FM @ 6:51 10.73 1274.78 171 5.36 7.45 4.73 :38 10.2 1:30
5 (11) 36/36.59	6 NO CARDIO! Labor Day Last Quarter	7 0714 AZURAS 142 POB RUN FM @ 7:00 15.80 1279.85 172 3 5.21 7.44 :42 5.21 :42 5.21	8 0714 AZURAS 147 POB RUN FM @ 6:49 20.84 1284.89 173 4 5.21 7.42 :41 5.24 1:23 10.21	9 NO CARDIO!	10 0714 AZURAS 155 HERMIT RIM TRAIL @ EZ 28.45 1292.5 174 5 5.69 7.42 1:14 12.37 17.72	11 0714 AZURAS 125 6.65 CROSSING 52.45 1316.65 175 6 8.2 7.52 6.53 24.21 14.12 9.27
12 0714 AZURAS 165 NORTH RIM / BOTH RIM AM / PM (12) 6.3.3 1326.38 176 7 9.0 7.54 :44 9.88 :44 9.88	13 0714 AZURAS 173 RIM ROAD @ BP EZ 1:29:38 AVE. WHAT A RUN 7.57 1324.62 177 8 8.9 7.54 1:19 8.21 3:00 18.12	14 37/36.21 NO CARDIO! (10) New Moon	15 0714 AZURAS 181 DEL MAR WARM-UP TRACK – 5 MILES COOL! 19.45 1348.62 178 9 8.22 7.54 1:07 8.12 4.07 26.12	16 0714 AZURAS 185 LI'S BEACH @ EZ Rosh Hashanah 83.45 1346.62 179 10 8.34 7.52 :37 4.12 4.44 30.12	17 0714 AZURAS 190 POB RUN (35 WEEKS 38.64) FM @ 7:07 88.44 1351.66 180 11 8.02 7.51 5.24 41 5:25 35.16	18 0714 AZURAS 197 DEL MAR WOODS @ 8:20 AVE 94.62 1358.61 181 12 7.85 7.50 .58 7.01 6.23 142.11
19 (13) 38/36.85 NO CARDIO!	20 NO CARDIO! (2)	21 0714 AZURAS 209 NIKES 54 TRACK WORKOUT #1 AM 8x400 @ .84 PM SWAMI'S STAIRS BEACH 112.20 1376.19 182 13 8.63 7.56 2.42 2.42 1.58 17.50 2.42	22 0714 AZURAS 215 DELMAR LOOP @ 8:33 (1st Day of Autumn) 118.33 1382.32 183 14 8.45 7.55 :53 6.13 23.21 3:35	23 0714 AZURAS 221 JC BIRTHDAY 50th CARDIFF / BEACH 124.43 1388.42 184 15 8.29 7.54 :59 6.10 29.21 4:34	24 0714 AZURAS 226 CARDIFF / BEACH 268 129.53 1393.52 185 16 8.09 7.53 :41 5.10 5:23 34.21	25 0714 AZURAS 233 DEL MAR WOODS @ 7:54 136.68 1400.67 186 17 8.55 7.52 7.21 :57 6:20 42.21
26 NONE 230	27 NO CARDIO 271 (3)	28 0714 AZURAS 243 272 CORONADO LOOP @ EZ 147.01 1416.0 187 18 8.16 7.54 1:44 10.22 1:44 10.22 Full Moon	29 0714 AZURAS 279 DEL MAR LOOP 273 LAGOON 153.67 1417.66 188 19 8.08 7.54 :58 2.42 16.22	30 0714 AZURAS 285 (1424 total) DEL MAR LAGOON 274 160.33 1424.22 189 20 0.01 7.53 :58 6.06 3.40 23.16	9/10 GPS READINGS 6:53:10 / 22.01 AVE 18:46 PACE 2823 CALS 11:05 WARM-UP	9/11 START AT 5:15A FINISH AT 11:40A 6:25 TOTAL TO LODGE 6:53

Pop @ 6:35 9/13 7.51 | 11AM WORMAH 6.0 | 9/21 84 84 81 84 84 79 85 84 | 1½ MILES TO LODGE FROM TH 1816/2:01 83.75 AVE | PHANTOM RANCH 1:58:36 7.13 / 16.38 585 CALS | 99° AT THE BOTTOM HIGH FOR DAY 181 162.62 142.6.67

DAYS @ 9/12 | BASE | 12 WEEKS / 30 MINUTES 34.25 AVE | 15 RUNS AVE 1:01 | OZO MOTLEY | WHO DISCOVERED AMERICA

5:35 335 2.00.13 3.51 2.13 6.17 1.7 1.7 1.3 1.28 | 5:27 60 1.37 1.10 | TINA

FEB. 6 MIL BIRTHDAY
OCT 13 SJ BIRTHDAY
SEPT DR. COPELAND LEH'S REPLACEMENT

COAST CAR COVERS

1229 MORENA BLVD
SAN DIEGO, CA 92110

COVERING AMERICA'S FINEST CARS FOR

(619) 275-7100

1930 Bentley Speed-Six Corsica Coupe, Ron Kimball Photography

October 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPTEMBER 2004 / NOVEMBER 2004						
3 NO CARDIO! 292	4 NO CARDIO! 293	5 10/5 AZURAS 5 60 293 8x400 @ 1:83	6 10/5 AZURAS 10 SOLANA BEACH @ EZ 295	7 10/5 AZURAS 15 SOLANA BEACH @ EZ 296	8 NO CARDIO 298	9 10/5 AZURAS 24 UCSD/TORREY/NORTH TRAIL 299
10 NO CARDIO! 294	11 10/5 AZURAS 28 SOLANA LOOP 295	12 10/5 AZURAS 32 SOLANA LOOP 296	13 10/5 AZURAS 36 SOLANA LOOP 297	14 NO CARDIO! 298	15 NO CARDIO! 299	16 10/5 AZURAS 41 NIKES UCSD MILE 300
17 10/5 AZURAS 48 297 DEL MAR WOODS @ 8:13	18 10/5 AZURAS 55 299 K STREET @ 7:57	19 10/5 AZURAS 62 DEL MAR WOODS @ 8:23	20 10/5 AZURAS 69 J STREET @ 8:37	21 NO CARDIO!	22 NO CARDIO! 296	23 10/5 AZURAS 81 247 TOP OF TORREY (OUTSIDE) @ 8:01
24 10/5 AZURAS 90	25 10/5 AZURAS 299 97 DEL MAR WOODS @ 8:01	26 10/5 AZURAS 300 105 E STREET @ 7:59	27 NO CARDIO / RAIN 301	10/5 AZURAS 113 302 DEL MAR WOODS @ 7:57	29 NO CARDIO! 303	30 NIKES 45 10/5 RUN 123 UCSD
31 10/5 AZURAS 305 DEL MAR BRIDGE @ 7:59 Daylight Saving Time						

1576.57 (YEAR TO DATE) 1576.57/210 DAYS

COAST CAR COVERS

1229 MORENA BLVD.
SAN DIEGO, CA 92110

COVERING AMERICA'S FINEST CARS FOR

(619) 275-7100

TINA

FEB 6 WIL BIRTHDAY
OCT 13 SJ BIRTHDAY

1966 Ford Mustang, Ron Kimball Photography

November 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GPS READINGS SHELTER ISLAND 5K 1 MI 6:09 1.01 2 MI 6:07 1.99 3 MI 7:10 1.15 19:26	1 1015 AZURAS 306 135 SOLANA 100P @ 8:45 1580.64 211 7.49 4.07 1 4.07 4.07 1:36 4.07 1:36	2 1015 AZURAS 307 SWAMI'S @ 10:00 ROAD BEACH Election Day (U.S.) 1587.43 212 7.48 10.86 2 5.43 6.52 1:09 10.52 1:45	3 1015 AZURAS 308 145 BEACH @ EZ 9:28 AVE 1591.75 213 7.47 5.18 3 5.26 4.32 1:41 15.52 2:26	1015 AZURAS 309 148 BREAKFAST @ KK M.L. 1594.62 214 7.45 18.09 4 4.51 2.51 1:25 18.02 2:51	5 310 REST! LEFT HIP/LOW BACK SORE Last Quarter	6 1015 AZURAS NIKES 156 BEAUTIFUL DAY JULIAN 5K 20:11/6:30 5TH O/A 1605.62 215 7.45 7.05 5 5.41 1:1 9.02 27.05 3:00
7 REST! 8	1015 AZURAS 165 3:4 BEACH SOUTH EZ @ 9:08 AVE 1611.82 216 7.46 35.42 6 5.85 8.10 1:14 8.12 1:14	9 1015 AZURAS 172 315 DELMAR WOODS @ 8:18 1618.72 217 7.45 42.15 7 6.02 7 9:58 15.10 2:12	10 1015 AZURAS 177 316 HAIRCUT RUN @ 9:37 1623.73 218 7.44 47.16 8 5.59 1:43 5.01 20.11 2:55	11 10/8 AZURAS 184 CREST CANYON Veterans' Day (U.S.) 1630.79 219 7.44 54.76 9 6.02 7.6 1:02 21.11 3:57	12 REST! New Moon	13 REST!
14 1015 EZ NIKES 190 55 SHELTER ISLAND 5K 19:30/6:17 1639.29 220 7.45 62.72 10 6.27 8.50 1:10 8.50 1:10	15 REST! 11 3:21	16 11/16 PEGASUS 9 322 2 MILES CREST CANYON BEACH BACK @ EZ 1648.34 221 7.45 71.80 11 6.22 1:28 9.02 17.50 2:28	17 11/16 PEGASUS 333 16 CREST CANYON @ 9:00 1654.73 222 7.45 78.19 12 6.51 5.87 6.32 23.02 3:26	18 11/16 PEGASUS 334 23 LAGOON RUN 1661.79 223 7.45 85.25 13 6.55 1:06 7.04 31.15 4:32	19 335 REST! First Quarter	20 10/16 AZURAS 200 336 TORREY PARK ENTRANCE @ 8:01 AM 1670.91 1670.94 224 7.45 94.34 14 6.13 1:13 9.02 5:45 40.12
21 REST! 11	22 11/16 PEGASUS 28 28 COPELAND 1P 10 BEACH RUN EXIT CARLSBAD 1675.88 225 7.44 99.31 15 6.62 4.47 1:55 4.47 1:55	23 REST! 2 MILES	24 REST!	25 11/16 PEG 33 SVCS 5 SD 5K GOOD!! 19:07/6:10 1ST 55-59 Thanksgiving Day (U.S.) 1686.96 226 7.46 110.39 16 6.89 11.09 1:05 16.02 2:00	26 REST!	27 1015 AZURAS 208 DELMAR PED'S BRIDGE @ 7:57 1694.96 227 7.46 118.39 17 6.96 1:04 8.02 24.02 3:04
28 1015 AZURAS 222 LACOSTA AVE. (120) GOOD!! @ 8:49 AVE 1708.96 228 7.49 132.39 18 7.35 1:57 14.02 1:57 14.02	29 11/16 PEGASUS 42 NATURE RUN CREST CANYON BCH BACK @ 8:19 1718.24 229 7.50 141.67 19 7.45 9.28 1:29 3:26 23.28	30 11/30 3 AUGS 11 TOP OF TORREY @ STEADY EZ 8:43 AVE LEGS (GOO)! 1728.95 230 7.51 152.38 20 7.61 10.71 1:33 4.32	150.34 8.33 YEAR? 1883.89 156.99 (250 DAYS RUN) JULIAN 7.53 AVE 14X TRACK WORKOUTS OF 400'S	3X 5K 24 4 95 8 15 152.38 172 20.	OCTOBER 2004 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 1726.9 156.99	DECEMBER 2004 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

* HIP BETTER! 37.58 MILES PER WEEK FOR 4 WEEKS

167 170 335.81

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OCT.	160	20	8.0
NOV.	152	21	7.24
DEC	180	20	7.5
6 MONTHS	(943.)	(121)	7.79 (DAY AVE)

7 35 HR.

1931 Rolls Royce Phantom 1, Ron Kimball Photography

December 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		21 CATALINA AIRPORT RUN 1:44:15 - UP 9.19 1:26:57 - BACK 9.55 SONG DAY	1 116 PEGASUS 48 HAIRCUT RUN DELMAR DIRT TRACK @ EZ 1735.01 231 7.51 6.06 1 6.06 6.06 51 6.06 :51	2 REST!	3 11:30 SAUCONYS 18 DELMAR WOODS @ 8:11 1742.02 232 7.55 13.07 2 6.53 :57 7.01 13.07 1.48	4 11:36 SAUCONYS 26 ENCINITAS ROADRUN @ 7:57 1750.07 233 7.51 21.12 3 7.04 1.04 18.05 2.52 21.12
7 PEGASUS 56 DEL MAR BEACH RUN @ 9:19 13 1758.07 234 7.51 29.12 4 7.28 1.14 8.12 1:14			8 11:30 SAUCONYS MOONLITE BEACH LOW TIDE RUN @ 8:40 Hanukkah 1767.01 235 7.51 38.12 5 7.62 9.12 17.12 1:18 2:32	9 REST!	10 11:16 PEGASUS 64 LAGOON RUN @ 8:57 1775.15 236 7.52 46.20 6 7.20 1:12 8.03 3.44 25.01	11:16 SAUCONYS 45 TOP OF TORREY (INSIDE H2O) GUY FLEMING @ 8:24 1785.12 237 7.53 56.77 7 8.11 1:29 5:14 36.65
14 70 11 5.55 EFFORT!			15 11:16/25 PEG 77 EZ HOME BCH/RD 1804.15 239 7.55 75.84 9 8.52 1:01 7.01 19.01 2:38	16 11:25 SAUCONYS 51 2x400 @ 1:32/1:41 POB RUN @ 8:12 1810.73 240 7.54 81.78 10 8.12 5.94 :49 25.01 3:26	17 SAUCONYS 57 RACETRACK VIEW @ 8:22 VQ @ 1:44/6:58 1816.95 241 7.53 88.00 11 8.0 1:52 6.12 4:18 31.28	18 11:25 SAUCONYS 66 DELMAR HAIRCUT + 1825.11 242 7.54 96.76 12 8.06 1:38.76 5.31 40.01
21 85 11:21 First Day of Winter 12/9:06			22 11:16 PEG 87 WRIGLEY LOOP @ EZ @ 116 AVE 1844.45 243 7.55 115.50 13 8.02 18.24 3:11 18.24 3:11	23 11:15 SAUCONYS 103 AIRPORT + RUN UP BACK 3.04 1855.33 244 7.60 126.38 14 9.02 16.09 2.03 5.14 29.12	24 REST! 1874.08 245 7.64 145.13 15 9.67 18.25 3:05 8.07 48.31	25 11:15 SAUCONYS 107 EZ DEL MAR @ 8:09 Christmas Day 1888.21 246 7.63 149.32 16 9.33 :34 4.19 8.51 52.51
26 113 Boxing Day (Can) 34.29 247 7.62 35.32 17 9.21 Fun Run 6.12 :48	27 95 CABOON RUN @ 9:23 1892.29 248 7.63 163.29 18 9.07 1:15 7.47 12:03 13.47	28 REST 16	29 REST!	30 11:16 PEG 104 11:25 SC 16 HOLIDAY BOWL 5K 19:00 8:58 AVE. 1906.38 249 7.65 177.43 19 9.33 14.14 2:07 28.11 4:10	31 11:15 SAUCONYS 119 EZ DEL MAR @ 8:22 1912.39 250 7.64 183.34 20 9.12 6.01 :50 34.12 5.00	MIKE (MANAGER) ZANE GREY HOTEL PURPLE SAGE ROOM DEC 20-25 $59 800 378-3256 www.zanegreyhotel.com

(GOALS) 2004 $ 7.63 / DA/AVE 35.73 — 173/DECEMBER #650 SINCE SEPT 1 — 40.6 WK 162.5 MO. AVE — 8½ ON 250 DAYS — 180 MILES MONTH / GOAL — 1908 TOTAL — 138.43 — 1911.71 — 175 — (1976) 38 MILES PER WEEK YEAR GOAL

250 DAYS RUN

9 RACES

50 SAUCONYS

1908 MILES RUN

(12) 132 3WKS 44 WK 14 CONS 9.4 1905 7.65 153.16 191.16

(16)

7 ⅜ HR.

1→2004 RACES →

MARCH 28 CARLSBAD 5K 19:07/6:09

MAY 23 CORONADO 4mi 25:55/6:24

JUNE 13 ANIMALS 5K 19:55/6:24

JUNE 27 SANTA BARBARA MILE 5:21

OCT. 16 UCSD MILE 5:26

NOV. 6 JULIAN 5K 20:11/6:30

NOV. 14 SHELTER ISL. 5K 19:30/6:17

NOV 25 SAN DIEGO 5K 19:07/6:09

DEC 30 (9) HOLIDAY BOWL 5K 19:00/6:07

5:35

335

TINA

FEB. 6 MIL BIRTHDAY

OCT 13 SJ BIRTHDAY

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