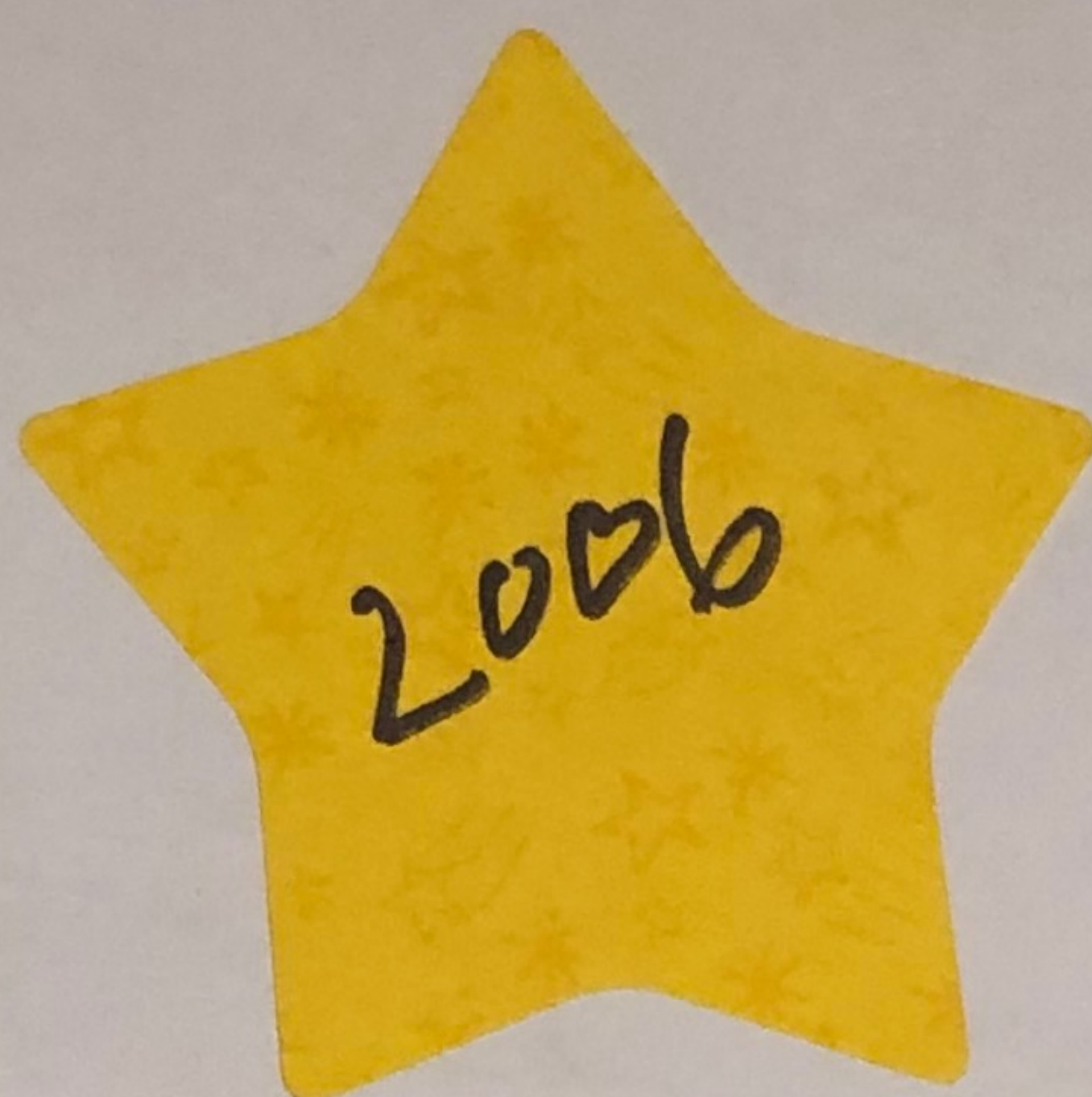




JANUARY

SUNDAY				MONDAY				TUESDAY				WEDNESDAY			
11/09 Skys New Year's Day				11/09 Skys 267				REST DAY!				11/09 Skys			
255 1				2 3				3				101 NORTH			
TORREY GATE RUN @ 5.00 @ 148:11 AWESOME DAY! 8:15 AVE BACK...				TORREY GATE RUN NON-STOP (SOLD) MORE AWESOME THAN JAN 1 @ 8:19 AVE BACK...				(DAY) 1				40 28			
12:40 1 12:40				24.81 2 12:40				48/49 138.1BS				30.81			
12:40 1 12:40				24.81 2 12:40				.				30.81			
12:40 1:48 12:40 1:48				12:41 143:11 24.81 3:31				.				6.2 46			
8				9				11/09 Skys 293 10				11/09 Skys			
REST DAY!				HEAD COLD / URGENT CARE REST DAY! Amoxicillin Robitussin (7)				DEL MAR @ 8:28 A @ 124 HRA				DEL MAR NO HRA			
.				56/57 140:11				51.11 6 8:51				56.12			
.				.				51.11 6 8:51				56.12			
.				.				5.02 :43 5.02 :43				5.01 40:30			
15				Martin Luther King, Jr. Birthday (Observed) 16				01/17 PEGASUS 8				01/18 Skys			
REST DAY! (13)				REST DAY				SAUCONY'S 52 17				HAIR CUT			
.				.				UCSD TRACK: #1				48/49 138			
.				.				8X100				92.28			
.				.				1mi @ 5:57 / 157 BPM				92.28			
.				.				GOT COLD!				6.2 44			
22				23				01/17 PEGASUS 13				01/17 Skys			
REST DAY (20)				REST DAY				SAUCONY'S 57 24				Hood 8			
56/51 139.8				49/50 140.1				UCSD TRACK: #2				1:00			
.				.				2X1 MILE 1mi REST I				132.4			
.				.				① 5:51 / 159 ② 5:47 / 164				132.4			
.				.				49/50 139.4 9X100 STRIDES				54 16			
29				30				126.37 16 7.89				168			
REST DAY				REST DAY!				126.37 16 7.89				10.24			
.				.				1:20 10.01 1:20 10.01				29			
.				.				01/17 PEGASUS 18							
.				.				SAUCONY'S 64 31							
.				.				UCSD TRACK: #3							
.				.				3X1 MILE 1mi REST INT.							
.				.				① 5:47 / 160 ② 5:42 / 163							
.				.				③ 5:40 / 163							
.				.				170.38 21 8.12							
.				.				170.38 21 8.12							
.				.				1:38 12.54 1:38 12.54							

AL CELL #
(760) 525-3104

ML CELL #
(760) 468-6321

1938 Chevy 5-Window Coupe

DAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	11/09 SKYLONS 273 4 101 NORTH 4@ 28:28 30.81 3 10:27 30.81 3 10:27 6.2 46 30.21 4:17	11/09 SKYLONS 278 5 RACETRACK VIEW 8:51 EZ! 121 HRA HEAD COLD?? 139.4 52/53 35.96 4 8.99 35.96 4 8.99 146 5.15 35.96 5:03	6 REST DAY!	11/09 SKYLONS 288 7 UNMANNED (HEAD COLD?) N. PORTAL ROAD LEAUCADIA @ 7:57 133 HRA STEADY! 46.89 5 9.21 46.89 5 9.21 1:21 10.13 46.89 6:24
10	11/09 SKYLONS 298 11 8:28 A DEL MAR @ 8:07 NO HRA 56.12 7 8.0 56.12 7 8.0 5.01 40.39 1:24 10.03	11/09 SKYLONS 303 12 101 NORTH 7:46 A? 61.26 8 7.65 61.26 8 7.65 5.14 1:40 2:04 15.17	11/09 SKYLONS 308 13 DEL MAR @ 7:32 A 142 HRA GOOD!! 54/55 138.21 66.27 9 7.36 66.27 9 7.36 5.01 38 2:42 20.12	11/09 SKYLONS 318 14 TORREY @ 7:53 AVE 138 HRA AVE NICE!! 76.28 10 7.62 76.28 10 7.62 1:19 10.01 4:01 30.18
17	01/17 SKYLONS 6 18 #1 HAIRCUT RUN 8:13 48/49 138 7.84 12 7.69 7.84 12 7.69 1:25 6.2 149 16.2 2:14	01/17 SKYLONS 14 19 101 SOUTH @ 7:36 A 147 BPM DOWN 7:43/147 BACK 7:28/147 46/47 139 100.31 13 7.71 100.31 13 7.71 1:01 8:03 3:15 24.03	11/17 PEGASUS 14 20 LAGOON RUN 9:33 1ST GEAR RUN 50/51 140.4 106.34 14 7.59 106.34 14 7.59 5.8 6.03 4:13 30.06	01/17 SKYLONS 24 21 TORREY @ 7:51 AVE 140 HRA AVE GOOD 116.36 15 7.75 116.36 15 7.75 1:19 10.02 5:32 40.02
24	01/17 SKYLONS 30 25 #2 REST I 47/164 STRIDES 7.89 132.4 17 7.78 7.89 132.4 17 7.78 10.01 54 6.03 16.24 2:14	01/17 SKYLONS 36 26 HOOD @ 8:56 1ST GEAR 548C 138.42 18 7.69 138.42 18 7.69 54 6.02 22.06 3:08	01/17 SKYLONS 42 27 HOOD @ 8:40 LEGS ARE BACK! 587C 144.48 19 7.60 144.48 19 7.60 42:00 6.06 4:01 28.12	01/17 SKYLONS 55 28 TORREY 101 OUTSIDE TORREY PINGS IN HRA WOLCAS @ 7:58 A GREAT!! 47/48 140.8 157.76 20 7.88 157.76 20 7.88 1:46 13.28 5:47 41.40
31	168 10.24 29	JANUARY TOTALS: 170.30/8.10/21 DAYS 23:22 HOURS // 8:10 170.30 MILES PER MILE AVE.	DECEMBER 2005 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 31 156.85 157.48	FEBRUARY 2006 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

LIBRARY

SUNDAY							MONDAY							TUESDAY							WEDNESDAY						
JANUARY 2006							MARCH 2006							MARCH 14TH							MARCH 15TH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
8	9	10	11	12	13	14	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
15	16	17	18	19	20	21	26	27	28	29	30	31															
22	23	24	25	26	27	28																					
29	30	31																									

5							6							7							8																											
REST WEEK NO TRACK!							REST DAY!							MOTEL 6. PALM SPRINGS 2 PEOPLE NON-SMOKE # 67.99 2 BEDS # 689N936649							01/17 SKYLONS 162 SACOHYS 71 10A BELLSTAFF MEETING TORREY GATE @ 7:32 AM PM BEACH RUN @ JC 46/47 141.2 5XSTAIRS @ 9:13 53.00 5 10.60 223.30 26 8.53 20.00 2:48 2:48 20.00 SACOHYS 23 St. Valentine's Day 01/17 PEES 71 UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30							01/17 SKYLONS 162 SACOHYS 71 10A BELLSTAFF MEETING TORREY GATE @ 7:32 AM PM BEACH RUN @ JC 46/47 141.2 5XSTAIRS @ 9:13 53.00 5 10.60 223.30 26 8.53 20.00 2:48 2:48 20.00 SACOHYS 23 St. Valentine's Day 01/17 PEES 71 UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30							01/17 SKYLONS 162 SACOHYS 71 10A BELLSTAFF MEETING TORREY GATE @ 7:32 AM PM BEACH RUN @ JC 46/47 141.2 5XSTAIRS @ 9:13 53.00 5 10.60 223.30 26 8.53 20.00 2:48 2:48 20.00 SACOHYS 23 St. Valentine's Day 01/17 PEES 71 UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30							01/17 SKYLONS 162 SACOHYS 71 10A BELLSTAFF MEETING TORREY GATE @ 7:32 AM PM BEACH RUN @ JC 46/47 141.2 5XSTAIRS @ 9:13 53.00 5 10.60 223.30 26 8.53 20.00 2:48 2:48 20.00 SACOHYS 23 St. Valentine's Day 01/17 PEES 71 UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30						
12							13							14							15																											
Lincoln's Birthday REST DAY							CHRIS @ 9:50/HIP REST DAY							UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30							01/17 SKYLONS 162 SACOHYS 71 10A BELLSTAFF MEETING TORREY GATE @ 7:32 AM PM BEACH RUN @ JC 46/47 141.2 5XSTAIRS @ 9:13 53.00 5 10.60 223.30 26 8.53 20.00 2:48 2:48 20.00 SACOHYS 23 St. Valentine's Day 01/17 PEES 71 UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30							01/17 SKYLONS 162 SACOHYS 71 10A BELLSTAFF MEETING TORREY GATE @ 7:32 AM PM BEACH RUN @ JC 46/47 141.2 5XSTAIRS @ 9:13 53.00 5 10.60 223.30 26 8.53 20.00 2:48 2:48 20.00 SACOHYS 23 St. Valentine's Day 01/17 PEES 71 UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30							01/17 SKYLONS 162 SACOHYS 71 10A BELLSTAFF MEETING TORREY GATE @ 7:32 AM PM BEACH RUN @ JC 46/47 141.2 5XSTAIRS @ 9:13 53.00 5 10.60 223.30 26 8.53 20.00 2:48 2:48 20.00 SACOHYS 23 St. Valentine's Day 01/17 PEES 71 UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30													
19							20							21							22																											
PRESIDENTS DAY REST DAY							CHRIS @ 11:10 (5) REST DAY							UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30							01/17 SKYLONS 162 SACOHYS 71 10A BELLSTAFF MEETING TORREY GATE @ 7:32 AM PM BEACH RUN @ JC 46/47 141.2 5XSTAIRS @ 9:13 53.00 5 10.60 223.30 26 8.53 20.00 2:48 2:48 20.00 SACOHYS 23 St. Valentine's Day 01/17 PEES 71 UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30							01/17 SKYLONS 162 SACOHYS 71 10A BELLSTAFF MEETING TORREY GATE @ 7:32 AM PM BEACH RUN @ JC 46/47 141.2 5XSTAIRS @ 9:13 53.00 5 10.60 223.30 26 8.53 20.00 2:48 2:48 20.00 SACOHYS 23 St. Valentine's Day 01/17 PEES 71 UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30							01/17 SKYLONS 162 SACOHYS 71 10A BELLSTAFF MEETING TORREY GATE @ 7:32 AM PM BEACH RUN @ JC 46/47 141.2 5XSTAIRS @ 9:13 53.00 5 10.60 223.30 26 8.53 20.00 2:48 2:48 20.00 SACOHYS 23 St. Valentine's Day 01/17 PEES 71 UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30													
26							27							28							29																											
REST DAY							REST DAY MASSAGE @ 5.00							MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30							01/17 SKYLONS 162 SACOHYS 71 10A BELLSTAFF MEETING TORREY GATE @ 7:32 AM PM BEACH RUN @ JC 46/47 141.2 5XSTAIRS @ 9:13 53.00 5 10.60 223.30 26 8.53 20.00 2:48 2:48 20.00 SACOHYS 23 St. Valentine's Day 01/17 PEES 71 UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30							01/17 SKYLONS 162 SACOHYS 71 10A BELLSTAFF MEETING TORREY GATE @ 7:32 AM PM BEACH RUN @ JC 46/47 141.2 5XSTAIRS @ 9:13 53.00 5 10.60 223.30 26 8.53 20.00 2:48 2:48 20.00 SACOHYS 23 St. Valentine's Day 01/17 PEES 71 UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30							01/17 SKYLONS 162 SACOHYS 71 10A BELLSTAFF MEETING TORREY GATE @ 7:32 AM PM BEACH RUN @ JC 46/47 141.2 5XSTAIRS @ 9:13 53.00 5 10.60 223.30 26 8.53 20.00 2:48 2:48 20.00 SACOHYS 23 St. Valentine's Day 01/17 PEES 71 UCSD TRACK! #4 ① 5:42/160 ② 5:44/162 44/42 141.6 1 Mi REST INTERVAL 90.09 10 9.00 260.39 31 8.39 12.0 1:39 1:39 12.0 01/17 DEBS 78 SACOHYS 28 UCSD TRACK! TIME TRIAL 12 2 Mi @ 11:53/164 GREAT! * ① 5:56/158 ② 5:57/170 41/42 142.7 BEACH RUN @ 8:56/129 130.68 15 18.71 300.98 36 8.36 12.03 1:40 12.03 1:40 01/17 SKYLONS 190 MASSAGE @ 5.00 CHRIS @ 10:50A (5) AM HOOD @ 9:00 PM MISSION BAY @ 9:00 165.11 20 8.25 335.41 41 8.11 6.20 1:58 1:58 6.30													

GREAT! * LOWEST HRA @ 21FE8069
FOR 2 YEAR...

— RATING SYSTEM —
 GREAT! GOOD! FAIR! BAD!

1962 Chevy Impala Lowrider

DAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 14TH 6S #67.99 936649	01117 SKYLONS 68 1 HOOD RUN @ 8:58 AVE LAGOON RUN @ JC 8:55 AVE TIRE! 138.6 13.11 1 13.11 183.41 22 8.32 1:57 13.11 1:57 13.11 01117 SKYLONS 100 8 HOOD @ 9:52 AVE 4X STAIRS 48/49 139.4 6 9.66 228.30 27 8.45 1:49 5.48 2:37 25.00	01117 SKYLONS 73 2 HOOD @ 8:43 LEGS BETTER! 34/55 140.0 17.58 197.88 2 8.79 1:39 4.47 2:36 17.58 01117 SKYLONS 113 9 HOOD @ 8:00 AVE. DO 8:16 BO 7:36 43/44 141.0 7 9.00 233.31 28 8.33 1:40 5.04 2:19 30.01	01117 SKYLONS 76 3 HOOD @ 8:05 52/53 140.4 20.61 190.91 3 6.87 1:24 3.03 4:00 20.61 01117 SKYLONS 118 10 HOOD @ 7:52 AVE DO 8:19 BO 7:26 40 5.42 4:57 35.01	01117 SKYLONS 89 4 TORREY GATE 7:49/135 49/52/139 B 47/03/132 8:05/6.20 7:36/6.19 27.00 4 8.25 203.30 25 8.13 1:36 12.39 5:36 33.00 01117 SKYLONS 120 11 TORREY 10 @ 7:11 AVE D 7:12/151 B 7:11/153 REMY 151 HRA 78.09 9 8.67 248.39 30 8.27 1:12 10.00 6:09 45.09
102 71 MEETING 7:52 AVE JC MRS @ 9:13 5 10.60 26 8.58 2:48 20.00 3 14 #4 GOOD! REST INTERVAL	01117 SKYLONS 136 15 HAIRCUT RUN @ 8:36 CARDIFF LITE (K's) SNAIL TRAIL 97.53 11 8.86 267.83 32 8.30 1:04 7.44 2:43 19.44	01117 SKYLONS 140 16 HOOD RUN @ 9:05 BP @ 7:22 104.14 12 8.67 274.44 33 8.31 1:00 6.61 3:43 26.00	01117 SKYLONS 147 17 CHRIS @ 9:50 #2 HOOD @ 8:45 (SOME RELIEF IN HPI!) 111.15 13 8.55 281.45 34 8.27 7.00 1:01 4:44 33.00	01117 SKYLONS 155 18 H STREET 6:04 @ 6:58/150 HRA GREAT! 140.2 14.45 14 8.47 288.95 35 8.25 1:55 7.50 5:39 40.56
8 21 TIME TRIAL 12 64 GREAT! 57/170 EACH RUN 8:56/129 5 8.71 36 8.36 2:02 1:40	01117 SKYLONS 162 22 LAGOON RUN @ 8:42 MAC! GOOD! 137.70 16 8.60 308.02 37 8.36 1:01 7.02 2:42 19.65	01117 SKYLONS 160 23 LITTLE 10 ALLEY @ 7:43 DO 7:56 BO 7:29 143.73 17 8.45 314.03 38 8.20 1:46 16.02 3:28 25.08	01117 SKYLONS 173 24 CHRIS/10 x (4) CARDIFF 3:81 @ 7:24 GOOD! 148.73 18 8.26 319.93 39 8.18 1:39 5.00 4:07 30.00	01117 SKYLONS 183 25 TORREY 10 7:31 AVE D 7:42/138 B 7:20/144 158.75 19 8.35 329.02 40 8.11 1:15 10.00 5:22 40.10
0 28 A(5) 2:00 @ 9:00 0 8.75 1 8.11 58 0.36	40 HR RESTING			

MARCH

SUNDAY

FEBRUARY 2006

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				

01/17 SKYIONS | 210

SAUCONAS | 83

(FAIR!) 18:49

PALM SPRINGS 5K

(GREAT!) 1ST 50+ * 7TH O/A T GREY * SHORT COURSE

24.83	3	8.27
360.24	44	8.18
13.1	11.44	13.1

12

WEEK II

RESTDAY

0	6	0
0	0	0
0	0	0

19

RESTDAY

144 / 140.14

0	0	0
0	0	0
0	0	0

26

RESTDAY

0	0	0
0	0	0
0	0	0

MONDAY

APRIL 2006

S	M	T	W	T	F	S
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						

01/17 SKYIONS | 217

3 PM CHRIS @

HOOD @ 8:23A

32.03 | 4 | 8.00

367.44 | 45 | 8.16

1:00 | 17.20 | 2:44 | 20.20

13

CHRIS @ 3P #9

RESTDAY

0	0	0
0	0	0
0	0	0

20

Spring Begins

CHRIS @ 3P #8

RESTDAY

0	0	0
0	0	0
0	0	0

27

RESTDAY

0	0	0
0	0	0
0	0	0

TUESDAY

GOOD! GREAT!
FAIR! BAD!

01/17 SKYIONS | 225

BLACKS (AM) WITH

JC @ 7:50A

GOOD!

40.04 | 5 | 8.00

8.01 | 375.45 | 46 | 8.16

01/17 SKYIONS | 250

TORREY GATE @ 7:57A

U @ 8:09A

B @ 7:44A GREAT!

8.17 | 8 | 65.40

400.81 | 49 | 8.17

1:38 | 112.33 | 1:38 | 12.33

03/21 HAYWARD | 6

03/21 SAUCONAS | 6

UCSD TRACK: (16x 75 yds)

1mi @ 8:00

1/2 @ 2:51 | 1/2 @ 2:58

1/4 @ :88 | 1/4 @ :88 | 1/4 @ :85

1/4 @ :88 | GREAT!

110.68 | 13 | 8.51

446.09 | 54 | 8.20

1:52 | 114.07 | 1:52 | 14.07

03/28 HAYWARD | 16

CARDIFF REEF TO TORREY

GATE and BACK!

@ 7:59AVE GREAT!

153.00 | 18 | 8.50

400.47 | 59 | 8.21

16.31 | 2:11 | 16.31 | 2:11

WEDNESDAY

01/17 SKYIONS | 196

DEL MAR RACETRACK

HRA @ 7:54

43/44 1143

6.00 | 1 | 6

341.41 | 42 | 8

6.00 | 47.20 | 47.20

RESTDAY

01/17 SKYIONS | 257

DEL MAR HOT

@ 8:04AVE

GOOD!

72.41 | 9

401.88 | 50

57.17 | 19.40

03/21 HAYWARD | 14

E2 HOOD @

TIM! 100

116.68 | 14

452.88 | 55

1:54 | 16.21 | 2:40

03/28 HAYWARD | 22

HOOD @

LEH 60

150.81 | 19

404.81 | 6

1:52 | 15.21 | 3:00

NATIONWIDE TAX RELIEF (800) 720-1000

NATIONWIDE TAX RELIEF (800) 750-7500

(700)
18007743
INTERNET

1940 Willys Coupe

WEDNESDAY										THURSDAY										FRIDAY										SATURDAY									
01/17 DEL MAR RACETRACK HRA @ 7:54 H3/4W 1143 6.00 341.41 6.00 = 47.28										01/17 SKYLONS 202 2 HAIRCUT RUN RACETRACK LAPS @ 8:01 14.83 347.24 5.02 = 47										3										4									
1 6.00 42 8.12 47.28 6.00										2 5.91 43 8.07 11:34 11.82										REST DAY										REST DAY									
1 8										9										10										11									
REST DAY										LITTLE O'ALLEY @ 8:00 AVE GOOD! 46.06 381.47 6.00 = 48										DEL MAR WOODS @ 8:00 AVE 53.07 398.48 7.01 = 56										REST DAY!									
01/17 SKYLONS 257 15										01/17 SKYLONS 265 16										01/17 St. Patrick's Day 272 17										01/17 SKYLONS 281 18									
DEL MAR HOTEL @ 8:04 AVE GOOD! 72.41 401.88 57 17.07										ENCINITAS @ 8:17 1/2 @ 3:27 1/2 @ 3:30 (101) 80.10 415.51 1.03 = 17.63										DEL MAR HOTEL 7X4 @ 6:50 AVE. GOOD! @ 8:27 AVE TOTAL 87.30 422.71 1.01 = 17.20										TORREY @ 7:57 BOTTOM H20 96.61 432.02 1.14 = 5.53									
9 8.05 50 8.15 19.40 2:35										10 8.01 51 8.14 3:38 27.03										11 7.93 52 8.12 4:39 34.23										12 8.05 53 8.15 5.31 45.54									
03/21 HAYWARDS 14 22										03/21 HAYWARDS 20 23										03/21 HAYWARDS 27 24										03/21 HAYWARDS 34 25									
E2 HOOD @ 8:56 Tired! wow!! 116.68 452.08 54 16.22										(HOOD) @ 8:41 LEGS BETTER! 122.73 458.19 53 16.05										DEL MAR WOODS @ 8:00 GOOD! 129.74 465.15 7.05 = 15.65										DEL MAR WOODS @ 7:59 136.72 472.19 56 16.48									
14 8.33 55 8.21 2:46 20.07										15 8.18 56 8.12 3:39 26.12										16 8.10 57 8.16 4:35 33.13										17 8.04 58 8.14 5.31 40.11									
03/28 HAYWARDS 22 29										03/28 HAYWARDS 20 30										03/28 HAYWARDS 36 31										JAN 170.36 21 (10) FEB 165.11 20 (8) MARCH 172.00 (21) (10)									
HOOD @ 8:58 LEGS GOOD!! 158.77 494.18 52 15.11										HOOD @ 8:49 BETTER!! 164.82 500.19 53 16.03										DEL MAR WOODS + @ 7:54 172.05 507.97 57 17.24										507.47 (62) (28) 8.15 DAY AVE									
19 8.21 60 8.23 3:03 22.05										20 8.24 61 8.20 3:56 28.16										21 8.19 62 8.18 4:53 35.24																			

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
MARCH 2006 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	MAY 2006 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		AS467 TUES APRIL 11 L 8:30A SEAT# D18 B #LFNFBY AS518 FRI APRIL 14 L 240P SEAT# E12 B 5:20P 1800 252 7522
Daylight Savings Time Begins (Subject to change) 2	3	03128 HAYWARDS 48 4	03128 HAYWARDS 53 5
REST DAY	REST DAY!	SWAMI'S ... 8:30AVE. 1mi UP @ 7:00 1mi BACK @ 6:59 11.32 2 5.66 518.79 64 8.10 :56 16.55 :56 6.55	DELMAR @ 8:53 16.40 9 3 5.40 523.82 65 8.02 45 5.08 1:41 11.63
03128 HAYWARDS 64 Palm Sunday 03121 SANJOHNS 10 19TH 55-59	03128 HAYWARDS 71 10	11	03128 HAYWARDS 80 12
CARLSBAD SK 1) 5:55 (159) 19:21 / 6:14 2) 6:22 (62.17) * RIGHT LEG / NERVE .1) 34 (176) 3) 6:15 (17.33) 31.00 5 6.20 538.47 67 8.03 10 381:38 1138 10.35	DELMAR WOODS @ 8:26 AVE. 38.00 6 6.33 545.47 68 8.02 7.00 :59 2:37 12.38	REST DAY	WASHINGTON SEQUIM BY RESIST TO SEQUIM @ 9:19 50.9 7 7.15 951.50 69 8.00 1:53 12.09 4:30 29.41
Easter Sunday 16	03128 HAYWARDS 120 17	03128 HAYWARDS 135 18	03128 HAYWARDS 141 19
REST DAY	DELMAR WOODS @ 8:28 "GARY"	TORREY OUTSIDE TB @ LSD / 8:31 AVE	DELMAR 26TH HOOD @ 8:50 TB
	88.60 10 8.06 596.01 72 8.27 :59 7.01 :59 7.01	103.70 11 9.42 611.11 73 8.31 1510 209 3:08 22.11	109.14 12 9.14 617.2 74 8.34 6.01 153 4:01 28.15
23	24	03121 SANJOHNS 16 03128 HAYWARDS 170 25	03128 HAYWARDS 176 26
REST DAY	REST DAY	UCSD TRACK: 8X100 Sprints 11X400 @ 1:28 GOOD!! TB 400 REST 1144.95 16 9.03 652.42 78 8.36 1:51 13.03 1:51 13.03	26TH @ 8:49 TB ELIN ICE BATH 150.1 17 8.8 658.2 79 8.35 1:55 16.5 2:42 19.0
30			

* SOMETIMES CHILDREN...
 * SOMETIMES FEATHERS!
 * KEEPING THE DREAM ALIVE!

17192
17192

1955 DeSoto Fireflite

WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
AS467 TUES APRIL 11 L 8:30A SEAT# D18 B #LENFBY AS518 FRI APRIL 14 L 240P SEAT# E12 B 5:20P 1800 252 7522				□				1:10:31 1:30:55 2:41:26 680 507.47				03/28 April Fool's Day HAYWARDS 41 1 DEL MAR 5mi @ 20:57 / 6:58 4.77 1 4.77 512.24 63 8.8 37 4.77 :37 4.77			
4 03/28 HAYWARDS 53 5 DEL MAR @ 8:53				03/28 HAYWARDS 58 6 2mi @ 13:48 / 6:54				7				8			
RESTDAY				RESTDAY				RESTDAY				RESTDAY			
11 03/28 HAYWARDS 80 12 Passover (at sundown) WASHINGTON SEQUIM BAY RESORT TO SEQUIM @ 9:19 50.09 7 7.15 557.56 69 8.08 1:53 12:09 4:30 29.47				03/28 HAYWARDS 99 13 AM OLYMPIC DISCOVERY TRNC @ 8:59 PM SEQUIM BAY AREA 68.34 8 8.54 575.81 70 8.2 2:41 18.25 7:11 47.72				Good Friday 0 14 RESTDAY!				03/28 HAYWARDS 112 15 12:25 TORREY (INSIDE) DRAWING RANGE @ 8:09 @ 8:22A B 7:56 81.59 9 9.06 589.06 71 8.29 1:48 13:25 8:59 60.97			
18 03/28 HAYWARDS 141 19 DEL MAR 26TH HOOD @ 8:50 TB 109.14 12 9.14 617.21 74 8.34 6:01 1:53 4:01 28.15				03/28 HAYWARDS 147 20 DEL MAR 26TH @ 8:33 TB 115.77 13 8.46 623.24 75 8.30 1:52 6:03 4:53 34.18				03/28 HAYWARDS 152 21 HOOD @ 8:29 TB ICE BATH #4 120.77 14 8.62 628.24 76 8.26 1:43 5:00 5:36 39.18				03/28 HAYWARDS 163 22 TOP OF TORREY H2O INSIDE 56mi @ 8:46 TB NONSTOP @ 7:55A 131.92 15 8.79 659.39 77 8.30 1:29 11:15 7:05 50.33			
25 03/28 HAYWARDS 176 26 Administrative Professionals' Day 26TH @ 8:49 ICE BATH TB EZ III 150.98 17 8.88 658.45 79 8.33 1:53 6:03 2:42 19.06				03/28 HAYWARDS 181 27 HOOD @ 8:44 TB 155.98 18 8.66 663.45 80 8.29 1:44 5:00 3:26 24.06				03/28 HAYWARDS 186 28 HOOD @ 8:55 161 19 8.47 668.47 81 8.25 1:45 5:02 29.00 4:11				03/28 HAYWARDS 197 29 TOP OF TORREY @ 7:59A 56 UP 8:22A GREAT! 56 DOWN 8:12A 172.10 20 8.00 679.51 82 8.33 1:29 11:14 5:41 40.72			

MAY

STEVE MYHRO
 E-MAIL - STEVE MYHRO@YA.HOO.COM
 AVATAR MEHEV GABA TRUST
 KINGS ROAD AHMEDNAGAR
 M.S. POST BAG 31
 INDIA 414001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 REST DAY! POOL 3:20	2 03/28 HAYWARDS 203 BLACKS SOLAHA BEACH @ EZ	3 03/28 HAYWARDS 209 HAIRCUT RUN @ 8:50A	4 03/28 HAYWARDS 209
7	8	9 3121 SAUCONY 22 3128 HAYWARDS 235 UCSD TRACK: POOL 120 6X800 @ 2:59A (162HRA) 400 REST STEVE MYRO: COOL... 144.28 6 7.38 723.89 88 8.22 1:52 14.0 1:52 14.0	10 03/28 HAYWARDS 241 DELMAR @ 8:59 LEGS TIRED! 50.24 7 7.16 729.90 89 8.20 54 6.01 2:46 20.01	11 03/28 HAYWARDS 241
Mother's Day 14	15	16 3/28 HAYWARDS 283 ENCINITAS POOL 120 ROAD 3mi @ 7:34 BEACH @ 9:00 82.41 11 7.49 762.00 93 8.19 1:43 12.01 1:43 12.01	17 3/28 HAYWARDS 289 LAGOON @ 8:56 GOOD!! 88.53 12 7.37 766.14 94 8.17 54 6.06 2:37 18.07	18 03/28 HAYWARDS 289
21	22 Victoria Day (Canada) REST DAY	23 03/28 HAYWARDS 307 TOP OF TORREY @ 7:58 56mi U 8:33 D 6:59 POOL 120 112.62 14 8.04 792.23 96 8.25 1:36 12.01 1:36 12.01	24 03/28 HAYWARDS 313 LAGOON @ 8:57 118.65 15 7.11 798.25 97 8.22 54 6.05 2:30 18.04	25 03/28 HAYWARDS 313
28 05/28 HAYWARDS 6 RAIL TRAIL @ 9:58 WITH BO @ EZ 15050 137.21 17 8.07 016.82 99 8.25 1:00 6.03 1:00 6.03	29 5/28 Memorial Day HAYWARDS 12 26TH STREET 20 @ 54 143.24 18 7.95 822.85 100 8.22 53 6.03 1:53 12.06	30 5/28 HAYWARDS 17 UCSD TRACK 12 12X400 85.8 / 5:27 AVE 156.84 19 8.17 834.95 101 8.26 1:42 12.10 3:35 24.16	31 5/28 HAYWARDS 23 HAIRCUT RUN RACETRACK @ 8:58 161.14 20 8.06 840.85 102 8.21 54 6.10 4:29 30.16	32 5/28 HAYWARDS 23

STEVE MYHRO
 MAIL - STEVE MYHRO @YAHOO.COM
 JATAR MEHEV GABA TRUST
 NG'S ROAD AHMEDNAGAR
 S. POST BAG 31
 INDIA 414001

1930 Ford Model A Roadster Pickup

DAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
203 2 BEACH @ EZ 83 6.03 1:05 6.05 22 235 9 ACK! POOL 2:59A (162HRA) COOL... 6 7.38 88 8.22 1:52 14.0	03/28 HAYWARDS 209 3 HAIRCUT RUN @ 8:50A 12:09 2 6.04 691.70 84 8.23 53 6.04 1:58 12.09 03/28 HAYWARDS 241 10 DELMAR @ 8:59 LEGS TIRED! 50.29 7 7.18 729.90 89 8.20 54 6.01 2:46 20.01	03/28 HAYWARDS 215 4 26TH @ 8:45 18.3 3 6.04 697.74 85 8.20 53 6.04 2:51 18.3 03/28 HAYWARDS 249 11 LAGOON (141 LBS) @ 8:58 GREAT! 58.31 8 7.29 738.0 90 8.20 1:13 8.10 3:59 28.11	03/28 HAYWARDS 221 5 LITTLE O'ALLEY @ 7:59 24.14 4 6.04 703.80 86 8.18 1:48 6.06 3:39 24.9 03/28 HAYWARDS 255 12 26TH STREET @ 8:58 64.44 9 7.16 744.05 41 8.11 54 6.05 4:53 34.16	3/28 HAYWARDS 227 6 SWAMI'S 4mi @ 7:29 STEVE MYRO... 30.24 5 6.05 709.89 87 8.15 50 6.09 4:30 30.24 03/28 HAYWARDS 261 13 LAGOON @ 9:07 70.46 10 7.04 750.07 92 8.05 55 6.02 5:48 40.13 03/28 HAYWARDS 295 20 ARMED FORCES DAY 03/21 SAUCEDAYS ENCINITAS 5K 19:06 / 6:09 POOL 25TH O/A 1ST 55-59 2ND 50+ 100.61 13 7.73 780.22 95 8.21 1:55 12.00 4:32 30.15
283 16 S Pool 3mi @ 7:34 1:00 11 7.49 93 8.19 43 12.0	3/28 HAYWARDS 289 17 LAGOON @ 8:56 GOOD!! 88.53 12 7.37 768.14 94 8.11 54 6.06 2:37 18.07	18 RESTDAY / Pool 120	19 RESTDAY	03/28 HAYWARDS 295 20 ARMED FORCES DAY 03/21 SAUCEDAYS ENCINITAS 5K 19:06 / 6:09 POOL 25TH O/A 1ST 55-59 2ND 50+ 100.61 13 7.73 780.22 95 8.21 1:55 12.00 4:32 30.15
307 23 REY @ 7:58 POOL 20 4 8.04 16 8.25 36 12.01	03/28 HAYWARDS 313 24 LAGOON @ 8:57 118.65 15 7.91 798.26 97 8.22 54 6.03 2:30 18.04	25 RESTDAY * HIP/LEGS FEELING BETTER!	03/28 HAYWARDS 325 26 LAGOON RSP (ROCK AND ROLL??) 53:16 OUT @ 8:29A 52:57 BACK @ 8:29A 131.18 16 8.19 810.79 98 8.27 1:46 12.53 4:16 30.57	27 RESTDAY!
35 30 17 K 5:27 AVE 9 8.17 01 8.26 35 24.16	5/28 HAYWARDS 23 31 HAIRCUT RUN RACE TRACK @ 8:58 161.54 20 8.06 840.25 102 8.24 54 6.00 4:29 30.16	163 170/856	APRIL 2006 S M T W T F S 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	JUNE 2006 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

JUNE

SUNDAY

MAY 2006

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

JULY 2006

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					

TUESDAY

DR. AHMED

WEDNESDAY

264,000 MILES AWAY
10 BLOCKS WIDE
July 2

5128 HAYWARDS 41

4

LAGOON Run
@ MAC
120 @ 54°

18.01	2	9.0
858.96	104	8.25
1:08	8.01	1:08
8.01		8.01

5/28 HAYWARDS 61
03/21 SAUCONY 38

11

SANTA BARBARA MILE
5:25 #4

6TH 50-59	5	8.40
42.40		
882.99	107	8.25
1:45	12.0	1:45
12.0		12.0

Father's Day

18

RESTDAY!

MONDAY

RESTDAY!

DENTIST @ 11:30A
RESTDAY!

5128 HAYWARDS 95 19

MT. SAN JACINTO to top
60' FROM TRAIL
@ J.C. 1:24 UP 12:00
GREAT DAY! 1:02 DOWN AVE
76.85 9 8.53
917.44 111 8.26
12.4 1:26 12.4 1:26

25

26

RESTDAY

RESTDAY

TUESDAY

5

RESTDAY!

5128 HAYWARDS 71 13

BLOOD WORK? CALL?
PSA/FREE PSA CALL DR. AHMED
CARLSBAD BEACH/RUN @ JC
52.4 6 8.73
892.99 108 8.26
1:24 10.0 3:09 22.0

13

Flag Day

14

RESTDAY!

10AM DR. AHMED

RESTDAY!

20

Summer Begins
5128 HAYWARDS 99 21

1000 @ 9:04
LEGS HEAVY!

80.48	10	8.04
921.01	112	8.22
32.55	3.63	1:29
16.03		

28

5128 HAYWARDS 121 27
03/21 SAUCONY 40

UCSD TRACK #10 12
8 X 400 @ 1:28/5:45
+ HIP/LEG PAIN ALMOST GONE!
+ LEFT FOOT SOMEWHAT SORE!

104.78	14	7.48
945.31	116	8.14
1:24	10.04	1:24
10.04		10.04

RESTDAY

7763

TRACK

DR. AHMED

1934 Ford 3-Window Coupe

DAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	264,000 MILES AWAY 10 BLOCKS WIDE ASTERDID July 2	1 <u>RESTDAY!</u>	5128 HAYWARDS 33 2 (NON STOP) NORTH 101 10 MOONLITE BEACH @ 8:03 GOOD RUN! 60 @ 9:03 8:01 @ 7:54 .59 @ 9:16 10.2 850.95 1 10.2 1:20 10.2 1:20 10.2	3 <u>RESTDAY!</u>
6	5128 HAYWARDS 47 7 26TH STREET @ 8:29 24.04 3 8.01 864.99 105 8.23 6.03 1.59 14.04	5128 HAYWARDS 53 8 NORTH 101 4 @ 7:33 30.04 4 7.51 870.99 106 8.21 48.16 2:47 20.04	9 <u>RESTDAY!</u>	10 <u>RESTDAY!</u>
13	Flag Day 14	5128 HAYWARDS 77 15	5128 HAYWARDS 83 16	17
7 CAH DR. AHMED RUN JC 6 8.13 08 8.26 09 22.0	<u>RESTDAY!</u>	26TH STREET @ 8:35 58.44 7 8.24 899.03 109 8.24 52 6.04 4:01 28.04	26TH STREET @ 8:31 64.45 8 8.05 905.04 110 8.22 51 6.01 4:52 34.63	<u>RESTDAY!</u>
20	5128 Summer Begins HAYWARDS 99 21 1100 @ 9:04 LEGS HEAVY! 80.48 10 8.04 921.07 112 8.22 32.53 3.63 1:29 16.03	5128 HAYWARDS 102 22 HAIRCUT RUN @ 9:11 83.49 11 7.59 924.00 113 8.17 28 3.01 3:26 19.04	5128 HAYWARDS 106 23 101 NORTH @ 7:59 A 2Mi @ 13:58/6:59 87.72 12 7.31 928.33 114 8.14 34 4.22 4:00 23.27	5128 HAYWARDS 113 24 DEL MAR WOODS @ 7:59 94.24 13 7.28 935.33 115 8.13 56 7.02 4:57 30.24
27	28 <u>RESTDAY!</u>	5128 HAYWARDS 126 29 26TH @ 9:00 EZ!! 109.79 15 7.31 950.38 117 8.12 45 5.01 2:09 15.05	5128 HAYWARDS 132 30 101 NORTH @ 8:31 115.08 16 7.19 955.67 118 8.24 45 5.29 2:54 20.54	10X TRACK WORKOUTS 4X RACES

TRACK WORKOUTS > 10 RACES > 4

JULY

SUNDAY

JUNE 2006

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

MONDAY

AUGUST 2006

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	31		

TUESDAY

WEDNESDAY

TH

RESTDAY

RESTDAY

03/21 SAUCONY'S
Independence Day
7/28 HAYWARD'S

HUNTINGTON BEACH 5K
19:43/6:22

2ND 50+ / 138 HOT! HOT! HOT!

468.61 | 120 | 8.07

8:00 11:04 | 1:04 | 8:00

5128 HAYWARD'S 182 11

HILTON / TORREY (MSIDE)
NON-STOP @ 8:20 / 12THRA

56MILE 8:50 UP / 7:12 ON GOOD!

54.1 | 7 | 7.13

100 9.84 | 125 | 8.07

1:57 | 14:06 | 1:57 | 14:06

5128 HAYWARD'S 214 18

3/21 SAUCONY'S 51

UCSD TRACK # 11

1mi @ 8:05 1/2 @ 3:01 1/2 @ 2:56

1mi @ 6:01

HOT! AWESOME DAY!!

94.44 | 12 | 7.00

1050.00 | 130 | 8.07

1:57 | 14:06 | 1:57 | 14:06

5128 HAYWARD'S 250 25

UCSD LSD TORREY PINE

@ 8:20 ROAD

130.86 | 17 | 7.69

1086.55 | 135 | 8.07

15:06 | 2:06 | 2:06 | 15:06

5128 HAYWARD'S 256 26

26TH ST @ 9:02 AM

LEGS GOOD

136.01 | 18 | 7.60

1092.22 | 136 | 8.07

15:06 | 2:06 | 2:06 | 15:06

5128 HAYWARD'S 256 26

26TH ST @ 9:02 AM

LEGS GOOD

136.01 | 18 | 7.60

1092.22 | 136 | 8.07

15:06 | 2:06 | 2:06 | 15:06

5128 HAYWARD'S 256 26

26TH ST @ 9:02 AM

LEGS GOOD

136.01 | 18 | 7.60

1092.22 | 136 | 8.07

15:06 | 2:06 | 2:06 | 15:06

5128 HAYWARD'S 256 26

26TH ST @ 9:02 AM

LEGS GOOD

136.01 | 18 | 7.60

1092.22 | 136 | 8.07

15:06 | 2:06 | 2:06 | 15:06

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26TH ST @ 9:02 AM

LEGS GOOD

136.01 | 18 | 7.60

1092.22 | 136 | 8.07

15:06 | 2:06 | 2:06 | 15:06

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26TH ST @ 9:02 AM

LEGS GOOD

136.01 | 18 | 7.60

1092.22 | 136 | 8.07

15:06 | 2:06 | 2:06 | 15:06

5128 HAYWARD'S 256 26

26TH ST @ 9:02 AM

LEGS GOOD

136.01 | 18 | 7.60

1092.22 | 136 | 8.07

15:06 | 2:06 | 2:06 | 15:06

5128 HAYWARD'S 256 26

26TH ST @ 9:02 AM

LEGS GOOD

136.01 | 18 | 7.60

1092.22 | 136 | 8.07

15:06 | 2:06 | 2:06 | 15:06

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1092.22 | 136 | 8.07

15:06 | 2:06 | 2:06 | 15:06

5128 HAYWARD'S 256

SS
32% + @ 70
8% PER YEAR 66 +
100% @ 66

1938 Ford 5-Window Coupe

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				5128 HAYWARDS Canada Day 137 1
				HOOD Run @ 8:50 AM EZ!
4	5128 HAYWARDS 150 5 Hully Gully Loop @ 8:56 AVE 1:21 9:01 2:25 17:01	5128 HAYWARDS 156 6 EZ HOOD/BEACH @ 8:56 AVE 1:54 6:03 3:19 23:04	5128 HAYWARDS 162 7 101 NORTH @ 7:44 AVE 1:49 6:02 4:08 29:06	5128 HAYWARDS 168 8 DEL MAR @ 7:48 AVE 1:47 6:05 5:55 35:11
11	5128 HAYWARDS 189 12 EZ DEL MAR HAIRCUT RUN 1:02 7:00 2:59 21:06	5128 HAYWARDS 195 13 101 NORTH @ 7:56 AVE 4 @ 7:30 AVE 1:48 6:02 3:47 27:00	5128 HAYWARDS 200 14 EZ BEACH @ 8:57 AVE 1:47 5:22 4:34 32:50	5128 HAYWARDS 200 15 101 SOUTH DM BRIDGE / 4 MI MARK @ 7:47 AVE 1:02 8:00 5:36 40:30
8	5128 HAYWARDS 218 19 HOOD @ EZ 9:19 AVE 1:38 4:05 2:35 18:05	5128 HAYWARDS 223 20 DEL MAR 26TH @ 8:42 AVE 43 5:00 3:18 23:05	5128 HAYWARDS 229 21 26TH STREET @ 8:40 AVE 1:53 6:04 4:11 29:09	5128 HAYWARDS 235 22 101 NORTH GRAP 4 MI @ 6:50 AVE 1:48 6:30 4:59 35:39
5	5128 HAYWARDS 256 26 26TH ST. @ 9:02 AVE LEGS GOOD 1:36 6:01 3:00 21:01	5128 HAYWARDS 262 27 HOT! BURNOUT @ WPK SECURITY REPORT HAIRCUT RUN AVE 1:54 6:14 3:54 27:21	28	5128 HAYWARDS 262 29 3121 SUCONY S 60 29 BACBIA PARK 5K FREE# 6 3 MI @ 19:24 / 6:28 HOT! HAND BUT GOOD!! 1:10 5:23 5:04 35:43
			RESTDAY	

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
JULY 2006 S M T W T F S 2 3 4 5 6 7 1 9 10 11 12 13 14 8 16 17 18 19 20 21 15 23 24 25 26 27 28 22 30 31 29	SEPTEMBER 2006 S M T W T F S 3 4 5 6 7 8 1 2 10 11 12 13 14 15 9 17 18 19 20 21 22 16 24 25 26 27 28 29 23 30 20 EZ at CHECK WEEK →		
6	Civic Holiday (Canada) 7	1 <u>RESTDAY</u>	8/02 HAYWARDS 6 2
<u>RESTDAY</u>	<u>RESTDAY</u>	5/28 SAUCONYS 65 8/02 HAYWARD 26	26TH ST @ 8:49 AVE.
13	14	UCSD TRACK #12 4 mi @ 25:51/6:28 EZ! NO PROBLEM!! AFC RACE PACE FOR 10 mi 51.59 11:38.49 142 8.01	08/02 HAYWARDS 32 9
<u>RESTDAY</u>	<u>RESTDAY</u>	08/02 HAYWARDS 58 15	* BEGIN REST FOR AFC HAIRCUT RUN 37.59 @ 9:04
20	21	DEL MAR @ EZ 9:06 AVE.	16
AFC 1/2 MARATHON 16 1:31:11 / 6:58 AVE. 3RD 60-64 NOTHANK! 84.20 10 8.42 1190.65 148 8.24 2:06 16-44 2:06 16-44	<u>RESTDAY</u>	22	23
27	28	08/17 SAUCONYS 24 08/02 HAYWARD 80	EZ DEL MAR @ 8:27 AVE
<u>RESTDAY!</u>	<u>RESTDAY</u>	UCSD TRACK # 13 4x 400 @ :87 109.80 15 7.32 1216.25 153 7.94 1:58 7.00 1:58 7.00	18TH STREET @ 8:29
		29	30

* WHEN

INFINITE MINDS
1800 700 24 74
READ FASTER

1956 Chevy Nomad

WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
1	8/02	4	6	2	8/02	4	13	3	•	•	4	8/02	21	5	
	HAYWARDS				HAYWARDS				REST DAY			HAYWARDS			
	26TH ST @ 8:49 AVE.				RAIL TRAIL @ BD RAIN! @ EZ 10:23							101 SOUTH DM BRIDGE @ 7:43A GOOD!!			
	6.05	112.96	139	8.00	13.31	2	6.65		•	•	•	21.52	3	7.17	
	53	6.05	53	6.05	1120.21	140	8.00		•	•	•	1128.43	141	8.00	
8	0802	4	32	9	0802	4	48	10	•	•	11	0802	52	12	21.53
	HAYWARDS				HAYWARDS							HAYWARDS			
	* BEGIN REST FOR AFC HAIRCUT RUN @ 9:04				RST @ MCE @ 8:50 AVE				REST DAY			HOOD @ 8:20 AVE			
	37.59	5	7.51		53.60	6	8.93		•	•	•	57.62	7	8.23	
	1144.49	143	8.00		1160.05	144	8.53		•	•	•	1164.01	145	8.02	
	54	6.05	2:13	16.06	2:22	16.01	4:35	32.07	•	•	•	134	4.02	5:09	36.09
15	•	•	16	17	080117	5	17	18	•	•	18	National Aviation Day			36.09
	REST DAY				4 @ 7:27 101 DELMAR				REST DAY			REST DAY			10.14
					67.76 9 7.52										
					1174.21 147 7.98										
					39 5.02 126 10.14										
22	080117	8	23	24	0802	6	24	25	0802	70	25	0802	76	26	
	HAYWARDS				HAYWARDS				HAYWARDS			HAYWARDS			
	EZ DELMAR @ 8:27 AVE				EZ DELMAR @ 8:16 AVE				EZ DELMAR @ 8:19 AVE			101 NORTH 4 @ 7:22			
	87.76	11	7.97		91.76	12	7.64		96.82	13	7.44	102.80	14	7.34	
	1194.21	149	8.01		1198.24	150	7.98		1203.21	151	7.96	1209.25	152	7.95	
	30	3.56	2:36	20.00	34	4.00	3:10	24.00	42	5.06	3:92	29.00	43	5.98	35.04
29	0802	13	30	31	•	•	31								
	HAYWARDS				REST DAY										
	18TH STREET @ 8:29														
	7.32	116.80	16	7.30											
	7.94	1223.25	154	7.94											
	7.00	159	7.00	1:57	14.00										

* WHEN YOU ARE IN A HOLE... STOP DIGGING!

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY																																																																													
AUGUST 2006 <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr></table>	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	31			OCTOBER 2006 <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr></table>	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							
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22	23	24	25	26	27	28																																																																											
29	30	31																																																																															
0 1 2 3	08/17 SAUCONY 39 Labor Day 08/02 HAYWARD 97 4	0 1 2 5	08/02 HAYWARD 104 6																																																																														
RESTDAY!	MT. BALDY RUN #819 1:36:45 1st 60-64 MAC STRONG! TUNED LAST 25.41 2 12.45 1249.16 156 8.00 18.87 14:14 4:14 18.87	RESTDAY	18TH STREET @ 8:51 32.93 3 10.97 1256.18 157 8.00 1:02 7.02 5:16 25.00																																																																														
0 1 2 10	0 1 2 11	08/17 SAUCONY 44 08/02 HAYWARD 119 12	08/02 HAYWARD 126 13																																																																														
WEEK # 37 RESTDAY!	RESTDAY!	UCSD TRACK 8x400 @ :08 GOOD!! 53.23 6 8.87 1276.48 160 7.47 1:14 9.00 1:14 9.00	DEL MAR HOTEL @ 8:44 AM 60.31 7 6.61 1283.56 161 7.97 1:02 7.00 2:16 16.00																																																																														
0 1 2 17	0 1 2 18	08/17 SAUCONY 51 08/02 HAYWARD 155 19	0 1 2 20																																																																														
RESTDAY 38	RESTDAY	UCSD TRACK # TRACK 15 12x400 @ :08 89.44 10 8.94 1312.74 164 8.00 1:47 13.02 1:47 13.02	RESTDAY																																																																														
0 1 2 24	08/02 HAYWARD 180 25	0 1 2 26	08/02 HAYWARD 188 27																																																																														
RESTDAY 39	H STREET 4 @ 7:45 114.69 13 8.02 1337.94 167 8.01 1:07 18.02 1:07 8.02	RESTDAY	CONNECTICUT 55'S MIDPOND ROAD 122.2 14 8.26 1345.10 168 8.01 1:08 18.02 2:15 16.07																																																																														

1955 Ford Courier Sedan Delivery

WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
								08/02 HAYWARDS	94	1					2
								18TH STREET @ 8:34 AVE				RESTDAY!			
								7.04			7.04				
								12 30.24	155		7.93				
								1:00	7.04	1:00	7.04				
5	08/02 HAYWARDS	104	6				7	08/02 HAYWARDS	111	8		08/02 HAYWARDS	115		9
								18TH STREET @ 8:51				DEL MAR @ 8:08 VERY TIRED			
								32.93	3	10.97		44.23	5	8.84	
								12 56.18	157	8.00		12 67.48	159	7.97	
								1:02	7.02	5:16	25.11	39	4.21	6:52	37.19
12	08/02 HAYWARDS	126	13				14	08/02 HAYWARDS	134	15		08/02 HAYWARDS	142		16
								DEL MAR HOTEL @ 8:44 AVE.				F STREET ENCINITAS @ 7:53 AVE			
								60.31	7	8.61		12 99.72	9	8.49	
								12 83.56	161	7.97		76.47	163	7.97	
								1:02	7.08	2:16	16.08	1:11	8.10	4:31	32.24
19			20				21	08/02 HAYWARDS	163			08/02 HAYWARDS	172		23
								101 NORTH 6@ 7:55 AVE.				TORREY BOTTOM 7.73 @ 7:38 AVE.			
								97.61	11	8.87		106.66	12	8.80	
								13 20.86	165	8.00		12 29.91	166	8.01	
								1:07	8.12	2:54	21.14	1:11	9.05	3:55	30.19
26	08/02 HAYWARDS	188	27				28			29		08/02 HAYWARDS	188		30
								CONNECTICUT 55'S MILLPOND ROAD				5TH AVE. MILE 5:53 40 60-64			
								122.73	14	8.78		122.73	15	8.78	
								13 45.98	168	8.01		13 45.98	169	8.01	
								1:08	8.04	2:15	16.07	1:04	8.02	2:19	24.07

A24798

OCTOBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

09130 HAYS
Yom Kippur
(at sundown)

115

1

#9

CENTRAL PARK 1/2
11:52.16 / 8:28 AVE
FULL RAIN STORM - COOL!
15.0 | 1 | 2:12
1568.08 | 170 | 8.05
15.0 | 12.12 | 15.0
09103
HAYWARDS 33

8

EZ 8 @ 8:20 AVE.
RIGHT FOOT?
PLANTAR FASCITIS!

33.11 | 4 | 8.27
1387.08 | 173 | 8.01
1:07.18 | 1:07 | 8.01

15

MONDAY

0

0

2

RESTDAY!

Columbus Day (Observed)
Thanksgiving Day (Canada)

9

RESTDAY!

0 | 0 | 0
0 | 0 | 0
0 | 0 | 0

16

TUESDAY

0

1

3

10:30 DR. AHMED
RESTDAY!

09103
HAYWARDS

49

10

VCSD LSD @ 8:29 AVE
FOOT OK!
EXCELLENT DAY!!

49.39 | 5 | 9.87
1403.31 | 174 | 8.06
2:18.16 | 2:23 | 2:13

09103
HAYWARDS

80

17

TORREY PINES LODGE
@ 8:25 AVE.
INSIDE — OUTSIDE

80.69 | 8 | 10.08
1434.61 | 177 | 8.10
1:58.14 | 1:58 | 1:41

WEDNESDAY

09130
HAYWARDS

20

4

POB @ 8:27 AVE

20.04 | 2 | 10.02
1374.08 | 171 | 8.03
1:43.15 | 2:15 | 2:04

11

RESTDAY!

0 | 0 | 0
0 | 0 | 0
0 | 0 | 0

09103
HAYWARDS

85

18

EZ HOOD
@ 8:58

85.69 | 9 | 9.52
1439.61 | 178 | 8.08
1:45.15 | 2:43 | 1:41

09103
HAYWARDS

133

25

LSD SOUTH BLACKS 18
LJFARNS ROAD LITE
LT STAGES VCSD, DIBAK!
@ 9:05 AVE

134.45 | 13 | 10.38
1488.08 | 182 | 8.18
2:45.11 | 5:03 | 2:50

MILES

155 / 10 MONTHS
151 AVE.

185 DAYS / 37 WEEKS
40th WK AVE.

Daylight Savings Time Ends
(Subject to change)

29

RESTDAY!

0

30

RESTDAY!

09103
Halloween
HAYWARDS

159

31

BLACKS @ LSD
8:58 AVE.

160.99 | 16 | 10.06
1514.01 | 185 | 8.08
1:55.12 | 1:54 | 1:44

12.94

1952 Ford Victoria Crestline

WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
3				4				5				6			
09130 HAYWARDS 20				09130 HAYWARDS 25				RESTDAY!				RESTDAY!			
POB @ 8:27 AVE				POB @ 8:30 AVE											
20.04 2 10.02				25.04 3 8.34											
1374.02 171 8.03				1379.02 172 8.01											
10				11				12				13			
09103 HAYWARDS 55				09103 HAYWARDS 55				09103 HAYWARDS 98				09103 HAYWARDS 106			
RESTDAY!				26TH STREET @ 8:30 AVE				RESTDAY				TOP OF TORREY H2O @ 8:05 AVE			
55.42 6 9.23				55.42 6 9.23								66.69 7 9.52			
1409.40 175 8.05				1409.40 175 8.05								1420.67 176 8.01			
17				18				19				20			
09103 HAYWARDS 85				09103 HAYWARDS 85				09103 HAYWARDS 98				09103 HAYWARDS 105			
EZ HOOD @ 8:58				RESTDAY!				HILTON / LITE @ 8:25 AVE LAST 1/2 MI @ SUB 7:00				HAIRCUT RUN @ EZ 9:51			
85.69 9 9.52								99.84 10 9.98				106.86 11 9.21			
1439.67 178 8.03								1453.82 179 8.12				1460.87 180 8.11			
24				25				26				27			
09103 HAYWARDS 133				09103 HAYWARDS 133				09103 HAYWARDS 140				09103 HAYWARDS 147			
LSD SOUTH BLACKS @ 9:05 AVE				RESTDAY!				25TH STREET @ 8:51 AVE				101 NORTH @ 37:33 / 7:30			
134.94 13 10.38								141.05 14 10.75				148.05 15 9.81			
1488.92 182 8.18								1495.02 183 8.16				1502.03 184 8.15			
2:48:11 5:03 28.08								1541.61 185 8.14				1551.72 186 8.13			
31															
MILES 1515 / 10 MONTHS 151 AVE.								SEPTEMBER 2006				NOVEMBER 2006			
185 DAYS / 37 WEEKS 401.94 WK AVE.								S M T W T F S				S M T W T F S			
								3 4 5 6 7 8 9				5 6 7 8 9 10 11			
								10 11 12 13 14 15 16				12 13 14 15 16 17			
								17 18 19 20 21 22 23				18 20 21 22 23 24			
								24 25 26 27 28 29 30				26 27 28 29 30			

NOVEMBER

LIVE WITH PASSION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
OCTOBER 2006 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 2006 S M T W T F S 31 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		
5 RESTDAY!	6 RESTDAY!	8/17 SAUCONY 601 09/03 Election Day HAYWARDS 195 UCSD TRACK 3X2M @ 6:59/6:58/6:57 AWESOME!! 35.49 3 10.36 1550.00 188 8.24 1:30 11.05 1:30 11.05	09/03 HAYWARDS 164 1 EZ HOOD 4.34 @ 9:15 1519.31 4.34 1519.31 186 8.16 40 4.34 140 4.34
12 RESTDAY!	13 RESTDAY!	09/03 HAYWARDS 235 14 RSF GOLFCOURSE @ LSD 4 LOOPS ① 40:52/18:50 CC ② 38:05/8:25 C ③ 40:11/8:59 CC ④ 38:56/8:36 75.64 7 10.60 1590.64 192 8.25 2:38 18.09 2:38 18.09	15 RESTDAY
19 RESTDAY	20 RESTDAY	09/03 HAYWARDS 278 21 AM TORREY DRIVING RANGE TRACK @ 8:05 NOW-STOP 1:45:15 / 13.02 PM BEACH RUN @ JC @ 8:16 1:06:23 / 8.04 118.81 11 10.00 1633.78 196 8.35 2:52 21.06 2:52 21.06	22 RESTDAY
26 RESTDAY!	27 RESTDAY!	11/25 HAYWARDS 15 28 08/17 SAUCONY 68 5X1MI @ 6:16AVE 1/2MI UCSD TRACK REST: TRACK 00:21 @ 6:20 @ 6:19 @ 6:11 @ 6:19 GREAT!!! 176.01 15 10.40 1670.48 200 8.35 1:42 13.06 1:42 13.06	11/25 HAYWARDS 23 29 101 LACOSTA AVE 8 TO FREE PLANT WITH JORDAN 1670.48 201 8.35 1:07 14.09 1:07 14.09

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1958 Ford Fairlane

WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
09/03 HAYWARDS 164 1				0 2				0 3				09/03 HAYWARDS 184 4			
EZ HOOD 4.34 @ 9:15 1519.31 4.34 1519.31 186 8.16 40 4.34 140 4.34				RESTDAY!				RESTDAY!				MOONLITE BEACH / CARDIF REEF LOOP 5.2 MILE X 4 2:46:36 GOOD! @ 8:19 AVE			
0 8				09/03 HAYWARDS 202 9				09/03 HAYWARDS 209 10				09/03 HAYWARDS 217 11			
RESTDAY!				HAIRCUT RUN @ EZ @ 8:50 AVE 42.44 LEGS HEAVY! 42.44 4 10.61 1557.41 189 8.24 1:02 7.01 2:32 18.06				DELMAR WOODS @ 8:57 AVE LEGS BETTER! 49.45 5 9.89 1564.2 190 8.23 1:03 7.01 2:35 25.01				Veterans Day Remembrance Day (Canada) 101 NORTH * ADD 60 PHONE MINUTES 6 @ 7:39 GOOD! 57.55 6 9.59 1572.52 191 8.23 1:05 8.10 4:40 33.47			
0 15				09/03 HAYWARD 242 16				09/03 HAYWARDS 249 17				09/03 HAYWARDS 257 18			
RESTDAY				DM HOTEL @ EZ 8:57 AVE 82.74 8 10.34 1597.11 193 8.21 1:04 7.10 3:42 25.19				DM WOODS @ 8:30 AVE 89.75 9 9.97 1604.12 194 8.21 1:00 7.01 4:42 32.20				101 NORTH 6 @ 7:09 AVE 97.15 STRONG! 1612.72 195 8.21 1:03 8.00 5:45 40.20			
0 22				09/03 Thanksgiving Day HAYWARDS 285 23				09/03 HAYWARDS 290 24				09/03 HAYWARDS 290 25			
RESTDAY				DM HOTEL @ 9:02 AVE LEGS GOOD! 125.87 12 10.48 1640.84 197 8.32 1:04 7.06 3:56 28.06				DM HOTEL BETTER! @ 8:58 AVE 132.90 13 10.22 1647.81 198 8.32 1:03 7.03 4:59 35.05				101 NORTH 8 @ 7:31 AVE STEADY 142.95 14 10.21 1657.92 199 8.32 1:20 10.05 6:19 45.20			
09/25 HAYWARDS 23 29				09/25 HAYWARDS 30 30				160/16 10 ² AVE 1864 14 FOR 170/17 DAYS 331/2 MONTHS / 33 DAYS / 10 ² 171.03 532 ⁰²				515 17 16 146.81 71 160 DTC FOR 500			
101 LACOSTA AVE TU POWER PLANT WITH JC @ 8:21 AVE 164.01 16 10.26 1670.90 201 8.35 1:07 249 8.00 21.00				DM HOTEL @ 8:59 171.13 17 10.06 1686.10 202 8.34 1:04 17.12 3.53 28.10											

DECEMBER

1762.43
MILES YEAR

Oct 1
400

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NOVEMBER 2006 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	JANUARY 2007 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			
3 RESTDAY!	4 RESTDAY!	5 11:25 HAYWARDS 64 AM DELMAR/ENCINITAS 101 10mi @ 1:14.00/7.25ME PM CARLSBAD BEACH RUN @ JC @ 8:51AVE 10 34.07 3 11.35 1720.41 205 8.31 22.13.03 3:03 22.16	6 RESTDAY!	7 RESTDAY!
10 RESTDAY!	11 RESTDAY!	12 11:25 HAYWARDS 93 DM/HOOD @ 9:02 63.28 7 9.04 1749.38 209 8.27 1:03 7.00 1:03 7.00	13 11:25 HAYWARDS 101 DM WOODS + @ 8:07 Pop in RIGHT FOOT? 71.28 8 8.91 1757.38 210 8.36 1:04 8.00 2:07 15.00	14 RESTDAY!
17 RESTDAY!	18 MACRAE #GIRZOTSI RESTDAY!	19 11:25 HAYWARDS 108 2mi @ 10:00 78.38 10 78.38 1764.48 212 8.32 1:20 2:01 1:20 2:01	20 RESTDAY!	21 RESTDAY!
24 11:25 HAYWARDS 117 POB @ 7:57AVE 4 1/2 mi GOOD / 1/2 mi Limp GOOD THEN BAD!!! 87.42 12 7.28 1773.52 214 8.28 1:10 15.03 1:40 15.03	25 Christmas Day 1mi @ 8:52AVE 1 Girl DONE! 88.45 13 6.80 1774.55 215 8.25 1:09 11.02 1:49 6.05	26 Boxing Day (Canada) YMCA 12:20 DR. @ 120 1mi SWIM 31:25 AMED 5mi BKE / 30:00	27 YMCA 1:30 POOL RUN 1:30 LIFE CYCLE	28 RESTDAY!
31	31	31	31	31

60 mi CROSS TRAINING
= 5 mi RUN

By JAN 13th 1870
CO PHONE MINUTES

1870
8.30

1311 32 Pool Run 5
33 Pool swim 5
BANKING HOUSE 310 570 4228

1762.42
MILES YEAR

Oct 1 - DEC 16
409 MILES / 42 DAYS
9.73 DAY AVE

\$164.64

611 20TS1

(858) 218 5601

1955 Mercury Montclair

DAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DENTIST JANUARY 9:30A / 8TH	TOTALS YEAR 1799 / 220 DAYS 8.0 DAY AVE 44 WEEKS / 40.88 AVE	11/25 HAYWARDS 34 1 EZ HOOD @ 9:04	11/25 HAYWARDS 42 2 101 NORTH 6@ 7:28 AVE
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

ADD PHONE MINUTES 1870 8:50 / 1868 10:11 / 00 11:11 / 221 12:11 / 183 MILES / 1-180A / 515 MI 51 DAYS / 1855 MILES / 217 DAYS 8.45 DAY AVE