

NATIONAL PARKS

A 16-MONTH 2009 CALENDAR



Avalanche



CALM AND CONFIDENT!

FEBRUARY

SWIMMINGLY!

SOFAR/SO BAD!

*YOU MAY SAY I'M A DREAMER, BUT I'M NOT THE ONLY ONE! "J. LEONARD"

UPRANA - COAST LINE CHURCH LA COSTA

Mount Rainier National Park, WA
Photo by © Charles Gurchie

WINDY
CRIM
"QUINCY"
WINDY

11:35 DENTIST
FEB. 02

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 RESTDAY!	2 RESTDAY!	3 WINNERS CIRCLE POOL RUN: 4.01 1 4.01 44.04 12 3.61 36.14 4.01 36.14 4.01	4 RESTDAY!	5 RAIN! EZ! DELMAR WOODS 8:09 AVE. 14.01 2 7.00 135.67 17 7.98 157 7.00 151 14.01	6 RAIN! WICK BITE! RESTDAY	7 EZ! J. STREET (RAIN) 8:12 AVE. 21.00 3 7.02 142.82 18 7.93 1:04 7:15 2:55 21.10
8 RESTDAY	9 RESTDAY	10 EZ HR 9:15 AVE 28.31 4 7.07 150.07 19 7.99 1:06 7:25 1:06 7:25	11 POOL RUN EZ 6.02 2 3.01 46.05 13 3.54 18.16 12.01 1816 2.01	12 EZ DELMAR 8:27 33.33 5 6.00 155.09 20 7.75 143 5.00 1:11 12.27	13 RESTDAY	14 RESTDAY
15 6:55 AM 1:30:38 EMPTY SOLID! TOO MANY TURNS!!! 50.75 12 8.45 172.51 21 8.21 17.42 2:10 2:10 17.42	16 RESTDAY	17 RESTDAY	18 HOOD @ EZ 8:43 AVE. 54.75 7 7.82 176.51 22 8.02 35 4.00 2:45 21.42	19 RESTDAY	20 * HOOD @ 7:53A 59.41 8 7.48 181.67 23 7.89 141 5:46 3:26 25.42	21 ENCINITAS: 7:59 AVE LEGG GOLF! 67.45 9 7.55 189.71 24 7.90 104 8:04 4:30 33.40
22 (Pm) POOL RUN @ EZ 9.37 3 3.13 49.40 14 3.52 30:18 3:35 30:18 3:35	23 RESTDAY	24 UCSD TRACK 1X1600 79.00 10 7.90 200.70 25 8.03 1:31 11:06 1:31 11:06	25 HOOD/DELMAR EZ 85.02 11 7.72 206.78 26 7.96 18.51 16 17.00 17.00	26 RESTDAY	27 BTM OF TOREY @ 7:50 Down @ 8:12 8:07:38 94.04 12 7.83 215.80 27 7.77 1:11 19:03 5:33 26.03	28 SORE! DELMAR @ EZ 8:16 AVE. 100.00 13 8.00 221.82 28 7.77 150 6:03 4:23 32.11

TRACK
4,000+ DEAD
30,000 WOUNDED

"TIME WAITS FOR NOONE!"

- RACE SCHEDULE •
- VISTA 2 MILE: 03/28
- CARLSBAD 5K: 04/05
- UNION TRIBUNE 8K: 04/05
- SANTA BARBARA MILE: 05/13

- RACES CONTINUED...
- AFC 1/2 MARATHON: 08/16
- TRAM RUN: 10/1
- HOLIDAY PAUL 5K: 12/1

SMACK UP IN THE BACK UP!

JANUARY						
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						
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				

FIND PLEASURE IN THE EFFORT! HAVE FUN!

MARCH

LIVE TO THE MOMENT!

Arches National Park, UT

Photo by © Chuck Latson

GRASSHOPPER GUTS!

LAUGHTER STRENGTHENS
THE IMMUNE SYSTEM

MOVE ON AND REGROUP!!

PAY IT FORWARD!

ALMOST NEARLY NOT GOING HARDLY!

WORK HARD, STAY FOCUSED
MOVE FORWARD

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 RESTDAY

2 RESTDAY

3 Pool Run!

4 Pool Run!

5 Hood @ 8:30A

6 YMCA
Drills/Swim

7 Top of Terry,
Inside to LITE.
@ 8:21 AVE. 4+

0 0 0
0 0 0
0 0 0

0 0 0
0 0 0
0 0 0

3.36 1 3.36
52.76 15 3.51
30.30 3.36 30.30 3.36

6.94 2 3.47
56.34 16 3.52
32.33 3.58 103.03 6.94

23.43 3 7.81
245.25 31 7.91
54.63 8.12 23.43

73 2 7.81
402 13 11.42
37.36 73 11.14

36.24 4 9.06
258.02 32 8.02
1.47 12.81 4.59 36.24

A 8 Palm Springs
Swim Center
LSD SWIM
119 3 3.38
448 14 12.72
46 1.37 1.46 1.37

9 RESTDAY

10 RANCHO LAS
PALMAS
POOL RUN!
10.36 3 3.43
59.70 17 3.51
30.30 3.36 30.30 3.36

11 RANCHO LAS
PALMAS
HOOD @ 8:41A
52.39 6 8.73
274.21 34 8.06
154 6.05 2.11 16.15

12 RANCHO LAS
PALMAS HOOD @ 8:11
62.41 7 8.01
284.23 35 8.12
1.22 10.02 3.33 26.17

13 YMCA
STRAIGHT
SWIM @ STEADY
146 4 4.14
475 15 13.49
27 1.26 1.03 73

14 SWAMIS
2mi @ 6:38 AVE.
68.54 8 8.50
290.36 36 8.06
47.3 6.13 4.20 32.20

15 RESTDAY

16 RESTDAY

17 ENCINITAS
@ 7:54
STRONG END EZ!
78.53 4 8.12
300.35 37 8.11
1.19 1.9.49 1.19 1.01

18 YMCA:
1 MILE SWIM
@ EZ NON
56.22 5 5.12
5.11 16 14.51
33.44 36 33.34 36

19 DELAGUS
TRAIL
GREEN
RESTDAY
DAY 1 WORK SITES

20 RESTDAY

21 AM/5:01
EZ HOOD @ 8:57
PM/4:00 6:18/6:18
VISTA 2mi Run 5:30
88.34 10 8.03
310.16 38 8.16
1.17 9.81 2.56 19.80

22 YMCA:
1 MILE
SWIM
@ EZ
55.05 4.92
218 6 6.19
547 17 15.53
33.02 36 33.02 36

23 RESTDAY

24 Pool Run
(WINNERS ARCHE)
13.64 4 3.41
63.04 18 3.50
30.11 3.34 30.11 3.34

25 EZ HOOD
@ 8:54 AVE.
106.45 12 8.97
328.27 40 8.20
1.03 7.03 2.37 18.11

26 RESTDAY

27 YMCA:
GOOD MILE
SWIM
@ 5.01
254 7 7.21
583 18 14.56
32.31 36 1.06 72

28 LSD
ENCINITAS
WORK
@ 8:06 AVE
844/1275
116.75 13 8.98
338.57 41 8.21
10.34 1.23 4.00 28.41

29 RESTDAY

30 YMCA SWIM
1500YDS:
3x500 9:05, 9:05, 8:51
STEADY/STRONG!
284 8 8.06
613 19 17.41
27.02 30 27.02 30

31 UCSJ
TRACK (1)
1mi @ 6:01 8x400 @ 6:09
1.24 1.32 1.37 1.41 1.40 1.40 1.40 1.40
127.00 14 9.07
348.82 42 8.30
1.20 1.10.25 1.20 10.45

X ALMOST NEARLY,
NOT QUITE HARDLY!!

~~~~~

FEBRUARY

APRIL

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

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



# APRIL

"WHEN YOU'RE IN A  
HOLE STOP DIGGING!"

FARECOMPARE.COM

USC = INVESTING IN YOURSELF!  
MARSHALL SCHOOL / MBA PROGRAM

Glacier National Park, MT

Photo by © Dick Dietrich/Dietrich Lois Stock Photography

| SUNDAY                                                                                                           | MONDAY                                                                                                       | TUESDAY                                                                                                | WEDNESDAY                                              | THURSDAY                                                 | FRIDAY                                                                               | SATURDAY                                                        |
|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| MARCH                                                                                                            | MAY                                                                                                          | SOME PEOPLE SEE THINGS AS THEY ARE AND SAY, WHY? DREAM OF THINGS THAT NEVER WERE AND SAY, WHY NOT? JFK | 1 YMCA (PM) SWIM: ALL DRILLS!                          | 2 RESTDAY                                                | 3 1500 yds. 9:15, 9:07 8:55 @ STEADY!                                                | 4 LSO @ 8:15 AVE.                                               |
| S M T W T F S<br>1 2 3 4 5 6 7<br>8 9 10 11 12 13 14<br>15 16 17 18 19 20 21<br>22 23 24 25 26 27 28<br>29 30 31 | S M T W T F S<br>3 4 5 6 7 8 9<br>10 11 12 13 14 15 16<br>17 18 19 20 21 22 23<br>24 25 26 27 28 29 30<br>31 | 30 1 30<br>643 20 18.26<br>30:46 30 30:48 30                                                           | 30 1 30<br>643 20 18.26<br>30:46 30 30:48 30           | 60 2 1.70<br>673 21 19.11<br>27:17 30 28:05 60           | 19.17 2 9.58<br>367.44 44 8.36<br>1:40 12:12 2:43 19.19                              |                                                                 |
| 5 RESTDAY                                                                                                        | 6 1500 yds: 9:14, 9:11, 8:55 GOOD!                                                                           | 7 UCSB TRACK! 1x 1500 2x 800 8x 400 @ 6:15 AVE. FELT STRONG!                                           | 8 DRILLS: 104x 500 yds @ 8:58                          | 9 LAGOON Run!! @ 8:51 AVE. OUT @ 8:58 BACK @ 8:42        | 10 RESTDAY                                                                           | 11 H. STREET: 7:44 AVE! 3 AM @ 8:40 AVE 1291 7:45 @ 7:24 AVE 32 |
| 90 3 2.55<br>703 22 19.97<br>27:21 30 27:21 30                                                                   | 31.17 3 10.34<br>380.00 45 8.44<br>1:36 12:01 1:36 12:01                                                     | 140 4 3.97<br>753 23 21.39<br>45:31 150 1:25 80                                                        | 29.68 4 9.42<br>388.51 46 8.44<br>1:15 8:51 2:51 20.52 | 50.17 5 10.05<br>399.00 47 8.46<br>1:22 10:49 4:13 31.05 |                                                                                      |                                                                 |
| 12 RESTDAY                                                                                                       | 13 SWIM: SPEEDWORK 8x 150 yds @ 2:28 CORE: 30:00                                                             | 14 UCSB TRACK: 4x 1 mi @ 6:14 AVE 6:23, 6:24, 6:14, 5:58                                               | 15 YMCA: ALL DRILLS: 200 yds @ 2:32                    | 16 LAGOON Run: OUT @ 8:46 BACK @ 8:16 @ 8:32 AVE         | 17 RESTDAY                                                                           | 18 RESTDAY                                                      |
| 176 5 15.00<br>22.41 24 28.9<br>31.43 36 31.13 30                                                                | 62.30 6 10.58<br>411.13 48 8.56<br>1:44 12:13 1:44 12:13                                                     | 216 6 6.13<br>829 25 23.55<br>31:51 40 1:10 76                                                         | 76.35 8 9.54<br>425.18 50 8.50<br>1:09 8:03 3:46 26.16 |                                                          |                                                                                      |                                                                 |
| 19 HOOD/ DEL MAR AREA @ 7:59 AVE.                                                                                | 20 RESTDAY                                                                                                   | 21 DEL MAR WOODS LOOP @ 7:58 AVE.                                                                      | 22 RESTDAY                                             | 23 LAGOON Run! @ 8:50                                    | 24 RESTDAY                                                                           | 25 DEL MAR WOODS LOOP @ 7:54 AVE. 7:59 B 7:50                   |
| 1.34 9 9.31<br>3.22 51 8.44<br>8.04 1:04 0.04                                                                    |                                                                                                              | 94.47 10 9.44<br>443.30 52 8.52<br>1:20 10:08 2:24 18.12                                               |                                                        | 103.46 11 9.40<br>452.31 53 8.53<br>1:16 9:01 3:40 27.13 |                                                                                      | 113.54 12 9.46<br>462.32 54 8.52<br>1:20 10:09 5:00 37.19       |
| 26 RESTDAY                                                                                                       | 27 RESTDAY                                                                                                   | 28 LAGOON Run @ 8:57 A 9:12 A B 8:43 C 8:13                                                            | 29 RESTDAY                                             | 30 RESTDAY                                               | ***** CONCERNED ABT ACCIDENT BUT NOT ALARMED! (April 26, 2010) off medication 1 year |                                                                 |
|                                                                                                                  |                                                                                                              | 121.56 13 9.35<br>470.39 55 8.55<br>1:12 8:02 1:12 8:02                                                |                                                        |                                                          | VITAMINS DON'T TAKE THEMSELVES                                                       |                                                                 |



④ 6:01 .70  
 ⑤ 5:55 .57  
 31:46  
 18:24 .35  
 2.9 MILES  
 SPLIT  
 - 6:08 .39  
 MILE AVE

IMM

Grand Teton National Park, WY  
Photo by © Larry Ulrich

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

APRIL

JUNE

5 months 110.1 miles \*  
 60 DAYS Run / 32.3 WKDY  
 114.21 miles Run  
 590.39 8.6 DAY  
 21 WEEKS / 28" AVE.

182 MILES / SWIM  
 2.33 YRS. / 18.39 YR

1 RESTDAY

2 RESTDAY

13:20 12.2 MILES  
 6:29, 6:44  
 3 \* LAST MILE TORID!  
 5B 6:00  
 2ND 60+ UNION TRIANGLE  
 31:46 / 6:24 AVE. 8K 18:24 1st  
 3MILE MILES  
 6:24

4 RESTDAY  
 5LBS CORE 8LBS  
 140:37 140:37 144:15

5 1/2 VONERO 130  
 11:00 @ 8:32

6 RESTDAY  
 8LBS CORE 11LBS  
 36:59 11:00 11:00 11:00

7 1/2 VONERO 138  
 LAGOON RUN:  
 8:43 8:34 AVE.  
 8:32

8 RESTDAY  
 CORE  
 1:00 10:00 14:50

9 RESTDAY

13:23 1 13:23  
 483.62 56 8.63  
 1:49 13:23 1:49 13:23

Constitution Day (observed Japan)  
 Greenery Day (Japan)  
 Bank Holiday (UK)

20.24 2 10:02  
 490.63 57 8:06  
 1:10 7:01 2:49 20:24

28:24 3 9:42  
 498.67 58 8:59  
 1:09 8:04 3:58 28:24

28:24 3 9:42  
 498.67 58 8:59  
 1:09 8:04 3:58 28:24

1:00 10:00 14:50

LSD

10 DELMAR  
 WOODS @ 7:50A  
 35:24 4 8:82  
 505.68 59 8:57  
 1:55 7:01 1:55 7:01

11 RESTDAY  
 CORE  
 1:00:21 101:21 5:57:15

12 OCSO TRACK:  
 4L MILES  
 1/2 MI REST!  
 6:09 6:11 6:07 6:11 / 6:10A  
 46:24 5 9:25  
 516.68 60 8:61  
 1:24 11:00 2:19 18:01

13 RESTDAY

14 1/2 VONERO 51  
 8:27 8:16 AVE  
 54:31 6 9:05  
 524.70 61 8:60  
 1:06 8:02 3:25 26:03

15 RESTDAY  
 CORE  
 48:28 1:44:47 6:45:53

16 RSP GC LOOP  
 @ 8:10 AVE.  
 69:58 7 9:94  
 539.97 62 8:10  
 2:04 15:27 9:29 44:30

31 1/2 VONERO 66  
 LAGOON RUN  
 08:11 3 7:48  
 (6:38) (6:33)  
 120:66 13 9:28  
 584.04 68 8:58  
 1:11 8:53 1:11 8:53

18 RESTDAY  
 CORE  
 0 0 0

19 RESTDAY  
 1/2 VONERO 110A  
 76:62 8 9:57  
 547.01 63 8:68  
 1:50 7:04 1:50 7:04

20 J. STREET  
 @ 7:58 AVE.  
 76:62 8 9:57  
 547.01 63 8:68  
 1:50 7:04 1:50 7:04

21 RESTDAY  
 1/2 VONERO 110A  
 76:62 8 9:57  
 547.01 63 8:68  
 1:50 7:04 1:50 7:04

22 HARCUT RUN  
 CORE  
 83:63 9 9:21  
 554.62 64 8:65  
 1:58 7:01 1:54 14:05

23 RESTDAY

24 1/2 VONERO 122  
 E-STREET  
 @ 7:54 AVE.  
 91:64 10 9:16  
 555.02 65 8:53  
 1:03 8:01 1:03 8:01

25 RESTDAY  
 0 0 0

26 RESTDAY  
 0 0 0

27 VESD TRACK:  
 4x1mi @ 6:24 AVE  
 10:25 66 8:54  
 1:36 12:41 2:39 20:41

28 RESTDAY  
 0 0 0

29 J STREET:  
 8:22 AVE  
 7:21 AVE  
 112:13 12 9:34  
 575.51 67 8:58  
 1:03 8:02 3:42 28:00

30 RESTDAY



(6:28) (3:10.5) 5-10 mi. split / 6:12 PACE

SINCE Palm Springs 1/2

1- 3 mo's 2 ~~days~~ 1

14 WEEKS

Avg. 30.08 WK MILE

421.23 MILES

8 X TRACK

2 X RACES 2mi / BK

48 DAYS RUN / 8.17 DAY AVE

# JUNE

Yosemite National Park, CA

Photo by S. Tom Winkler

A+ DAY!

cloudy 65° / 10-15 mph HEADWIND

31.05 / 6:12

5-10 mi split

(13.14)

GPS 71:24:58.35

(6:29)

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

#1

1 RESTDAY

2 RESTDAY

3 LAGOON  
O/B 5:42 @ 8:22A  
RIDS/EL CAMINO REAL (6:42)

4 RESTDAY

5 RESTDAY

6 FONTANA HALF MARATHON  
1st 60+ 1:25:00 / 6:29  
(6:29) 10 AM @ 1:04:35 5:40 20:22

7 RESTDAY

8 RESTDAY

9 LAGOON RUN  
CORE 5:48 RUN/WALK  
@ 9:54 AVE

10 RESTDAY

11 LAGOON  
@ 8:54 AVE

12 RESTDAY

13 LAGOON/RSF GC  
@ CHUCK @ 9:30A  
EZ / RAIN !!! GOOD!

14 RESTDAY

15 RESTDAY

16 LAGOON RUN  
@ 8:50A EZ  
(LEGS) (CHEST)  
ICE BATH 120/58-75/60

17 RESTDAY

18 HAIRCUT RUN  
@ 8:28A

19 MT. BALDY HIKE  
BEAR CANYON UP  
SKI HUT CABIN DOWN  
SLED BACK TO CAR

20 RESTDAY

21 RESTDAY

22 RESTDAY

23 RSF GC LOOP  
@ 8:45  
EZ! STEADY! NICE!

24 EZ WOOD  
@ 8:30A

25 LAGOON  
@ 8:14A

26 RESTDAY

27 H. STREET  
@ 7:56 AVE

28 RESTDAY

29 RESTDAY

30 RSF GC LOOP  
@ 8:41A B 8:12A 8:29A

24/50/112 2:16

MT. BALDY  
6.4 TO TOP  
8.6 TO CAR FROM TOP  
6:20 TOTAL  
4mi MANKOBI FLAT  
(TO VISITOR CENTER)  
START AT 10:25  
BACK AT 5:45

26 RESTDAY

27 H. STREET  
@ 7:56 AVE

Hilton Garden Inn  
Fontana

Rhonda Gharib  
General Manager

18543 Sierra Avenue  
Fontana, CA 92337  
Tel: +1 909 822 7300 Fax: +1 909 822 7400  
email: Rhonda.Gharib@Hilton.com

USA  
Olympic  
Team



JULY

DEBRA

9:45/10<sup>th</sup>

08 MT. WHITNEY

4:45 up  
4:20 DN

09 MT. WHITNEY

4:43 up  
4:38 DOWN

\* RAN FROM LONE PINE LAKE  
DOWN. (NON STOP)

Big Bend National Park, TX

Photo by © Laurence Parent

TEACHABLE MOMENT

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JUNE

| 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

| 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 |    |    |    |    |    |

|                 |      |                     |                                                                   |
|-----------------|------|---------------------|-------------------------------------------------------------------|
| ICE BATH 120/54 | 1    | 3/21 WARRS 149      | C STREET/ENCINITAS<br>@ 8:00<br>ROAD RUN!!!<br>8:30 UP 7:30 BACK! |
| 9.00            | 1    | 9.00                |                                                                   |
| 729.44          | 81   | 9.00                |                                                                   |
| 1:12            | 9.00 | Canada Day (Canada) |                                                                   |

|        |                 |                                               |
|--------|-----------------|-----------------------------------------------|
| 2      | 3/21 VONERW (61 | LAGOON RUN:<br>Ⓢ:53<br>BACK SORE! Will Power! |
| 17.04  | 2               | 8.52                                          |
| 737.40 | 82              | 8.91                                          |
| 118.04 | 2:32            | 17.04                                         |

|        |          |      |
|--------|----------|------|
| 3      | RESTDAY! |      |
| 9.00   | 1        | 9.00 |
| 729.44 | 81       | 9.00 |
| 1:12   | 9.00     | 1:12 |

Independence Day (observed)

|                |                |                 |      |
|----------------|----------------|-----------------|------|
| KEBATA 20/5/24 | 4              | 3/21 LUNAR 160  | 8:47 |
|                |                | 2mi. wheat up @ | 9:00 |
|                |                | H STREET 8mi    |      |
|                |                | Ⓢ 7:34 AVE.     |      |
| 27.09          | 3              | 9.03            |      |
| 747.53         | 83             | 9.00            |      |
| 1:19 10:06     | Indonesian Day | 27.09           |      |

5 RESTDAY!

6 RESTDAY!

|               |       |                    |       |   |
|---------------|-------|--------------------|-------|---|
| REBATH 50¢/20 | 7     | 5/21 MONDAY        | 77    |   |
|               |       | RSE GC. LOOP       |       |   |
|               |       | @ 8:43 AVE.        |       |   |
|               |       | STEADY / LSD PACE! |       |   |
|               |       |                    |       | 8 |
| 43.20         | 4     | 10.90              |       |   |
| 763.64        | 84    | 9.00               |       |   |
| 2:20          | 16.11 | 2:20               | 16.11 |   |

8 RESTDAY!

|                  |         |      |       |  |   |
|------------------|---------|------|-------|--|---|
| 3/21 WARE 65     |         |      |       |  |   |
| 9                | DEL MAR |      |       |  |   |
| 4 mi @ 7:30 AVE. |         |      |       |  |   |
| BST @ 5:16       |         |      |       |  | 5 |
| 47.24            | 5       | 9.44 |       |  |   |
| 767.60           | 85      | 9.03 |       |  |   |
| 3:04             | 4.04    | 2:50 | 20.15 |  |   |

10 RESTDAY!

11 RESTDAY!

12 1/2 LUNAR 173  
H. STREET  
@ 8:02 AVE

13 1250  
BADWATER  
STARTS!!  
23:38 BROZILLON  
HOT! RESTDAY

14 115/STONE PIPE  
WELLS  
BADWATER  
2ND LANE  
RESTDAY

15 7/15 PEGASUS 22  
MT. WHITNEY  
DAY HIKE  
UP 4:43 & RAN DOWN  
EZ/4:38 LONE PINE  
STOPS/CHANGES

16 RESTDAY!

17 RESTDAY!

18 101 NORTH  
@ 7:56 A

19 RESTDAY!

20 \* STIFF NECK?  
EZ LAPS  
3/4mi.  
@ 56.71  
AVE.

21 3/21 LUNAR 190  
TORREY/BOTTOM  
@ 8:32 AVE  
NECK BETTER! 4:10 @ 8:10

22 21 RUNS  
SINCE FONTANA  
RESTDAY

23 3/21 LUNAR 187  
LAGOON  
@ 9:20 AVE  
@ 8:37 AVE

24 NECK OK!  
EZ SWIM  
@ 5:58

25 3/21 LUNAR 194  
DEL MAR WOODS  
HARD/EZ @ 8:00 AVE  
MILE REPEATS!!  
7:20 / 7:18 / 7:10

26 RESTDAY!

27 EZ!

28 3/21 LUNAR 192  
RSE/LSD  
@ 8:57 AVE

29 EZ!

30 3/21 LUNAR 180  
DEL MAR  
INTERVALS  
6:58 @ 6:37 (13) 3:23

31 RESTDAY!

LAPS?  
WATCH!  
REF/ROADRUNNER



# AUGUST

Grand Canyon National Park, AZ  
Photo by © Robert Hildebrand

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JULY

| 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

| 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 |    |    |

2:28 @ 9:03A  
1:00 @ 6:34A  
2:04 @ 9:03A  
2:00 @ 6:58A  
1:42 @ 9:15A  
— AVG 15. —

VOMEROS 112  
1 SAN DIEGUITO PK  
TOP/LOMAS @ CLKWCK  
LAGOON BACK @ 7:11HAE  
10.30 1 10.36  
861.40 94 9.16  
1:28 10.36 1:28 10.36

2 REST DAY

3 EZ SWIM!  
(RECOVERY)

4 RSF/LSD  
@ 8:57AVE.  
VOMEROS 1128

5 EZ SWIM!  
(RECOVERY)

6 REST DAY

7 EZ SWIM!

8 DEL MAR WOODS  
2mi @ 6:40 Lmi @ 6:40  
2x 40 7:36 1/2 @ 3:28 8  
13/21 LUNAR 110

9 REST DAY  
1st PLACE / MAC 12:55:00  
DONATION \$5,000

10 HEAD GOLD  
9:45A  
REST DAY

11 SINUS?  
REST DAY

12 HAIRCUT  
RUN!  
HARRISBORO: 2000

13 LAGOON

14 REST DAY

15 101 NORTH:  
Lmi @ 6:39 NORTH  
2mi @ 6:58 SOUTH

16 101 NORTH  
@ 8:56AVE.  
18/12 VOMEROS 118

17 REST DAY  
140.00 LBS

18 CALF (20)  
RSF/LAGOON  
LSD @ 9:05  
SORE ANKLE HAD 2 STOP

19 CALF (15)  
REST DAY!  
WORKING BOARD

20 CALF (10)  
REST DAY  
ANKLE BETTER!

21 CALF (9)  
POOL RUN!

22 CALF X ANKLE NOT  
READY!  
REST DAY

23 CALF (8)  
POOL RUN!  
100 H2O 100 K2O 8

24 CALF (10)  
REST DAY

25 CALF (8)  
REST DAY

26 CALF (8)  
REST DAY

27 CALF (5)  
REST DAY

28 (5)  
REST DAY

29 (6)  
REST DAY

30 REST DAY

31 REST DAY  
Summer Bank Holiday  
(UK, except Scotland)



L PLAKE TO C CAMP 1:30:58/27:27(A) 1:07:07/20:31(A)  
SWITCHBACKS 1:11:18/31:18(A) 49:30/18:32(A)  
TRAIL CREST TO TOP 1:13:56/35:46 1:01:55/29:35  
5:03:11  
20:43 PACE  
3:32:51  
20:07 PACE

(2278 CALS)

8:36:02 TOTAL  
23 STOP AT TOP

8:00 AM START TO TOP  
1:03 AT TOP 120 MIN  
1:26 PM START TO BOTTOM  
5:03 PM FINISH

# SEPTEMBER

PART TRAGIC / PART MAGIC

INJURY  
RECOVERY MONTH

BRIAN KILDOW

Denali National Park and Preserve, AK

Photo by G. Larry Smith

UP: SWITCHES 1:11:18/31:18(A) 49:30/18:32(A)  
UP: SWITCHES 1:13:56/35:46 1:01:55/29:35  
DOWN: LONE PINE LAKE 40:10/14:00  
UP: L PLAKE TO CAMP 1:30:58/27:27(A)  
DOWN: L PLAKE TO CAMP 1:07:07/20:31(A)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

14 WEEKS / BASE  
405.33 MI  
45 DAYS RUN  
9.00 AVE MILES

MT. WHITNEY  
5:03 UP  
3:33 DN  
8:15  
3:30 TOP  
7/15 4:43 UP  
4:38 DN 3:00 TOP

1 NO RUNNING

2 1ST TREATMENT  
NO RUNNING  
BRIAN KILDOW:  
(760) 85-0816

3 SNAIL TRAIL

4 POOL RUN  
AEROBICS

5 101 NORTH  
GOOD BUT TIGHT  
8:05 AVE

6 RESTDAY!

7 SNAIL TRAIL  
8:44

8 10 WARM-UP 10 WARM-UP  
20 HARD/EZ DOWN  
POOL RUN  
E-MAIL TALK  
HEAVY DUTY PUMP/CHOIR

9 101 NORTH  
8:15 A 8:25  
BRIAN 10:20 / ARF 2

10 RESTDAY!

11 MT. WHITNEY  
DAY HIKE  
POWER HIKE EZ UP  
RUN/WALK DOWN AEROBICS

12

13 ALABAMA HILLS  
RUN/WALK  
10:27 AVE

14 RESTDAY!

15 101 NORTH  
8:15 A 8:25  
BRIAN 10:20 / ARF 2  
HAM/HAIRGUT

16 RESTDAY!

17 DEL MAR  
WOODS  
8:22 AVE

18 RESTDAY!

19 101 NORTH  
40 UP @ 8:30 AVE  
40 BACK @ 7:25 AVE

20 HOOD RUN @ 8:58  
AVE. 6

21 RESTDAY!

22 INSIDE/OUTSIDE  
TORREY TOP  
12 @ 8:00 AVE  
L 14

23 RESTDAY!

24 HOOD RUN  
AVE @ 8:58

25 POOL RUN

26 101 NORTH  
20 UP @ 6:58  
20 DOWN @ 6:58

27 POOL SWIM

28 RESTDAY!

29 UCSD TRACK  
4X 1600 @ 8:00  
#12 6:28, 6:29, 6:29, 6:27, 4

30 POOL RUN

\* RESERVATIONS  
FOR GRAND  
CANYON  
(MAY 15)  
2010

AUGUST

OCTOBER

GREEN  
@ 9:00 MILE

26 POOL RUNS / 94.63 125 / 8.30

\* WHEN YOU TAKE CONTROL / YOU HAVE CONTROL







# NOVEMBER

GULF OF EDEN  
SOMILA

568.25 miles / 60 DAYS  
SINCE FONTANA 9.47 AVE

STOCK MARKET:  
FEAR / GREEN

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 **RESTDAY**

2 **RESTDAY**

3 **UCSD TRACK:**  
4x400 (5:57)  
87:87 86:88  
87 AVE

4 **HOOD @ 8:58**

5 **YMCA**  
TREADMILL /  
LIFECYCLE

6 **POOL RUN**

7 **SOFT SHOULDER**  
**RESTDAY**

8 **LAGOON / RSF**  
@ 8:44 AVE

9 **POOL RUN**  
@ EZ

10 **UCSD TRACK:**  
5x400 @ 8:47 AVE  
(5:57)

11 **POOL RUN**  
@ EZ

12 **PCT /**  
TRAIN RUN / SUNRISE  
@ LSD

13 **POOL RUN**

14 **TEMPU**  
4mi @ 7:27 AVE

15 **RESTDAY**

16 **RESTDAY**

17 **UCSD TRACK:**  
6x400 @ 8:47 AVE  
(10X STRIDES) (5:57)

18 **POOL RUN**

19 **LAGOON (TR)**  
RSF / SD PARK  
@ LSD / 8:51 AVE

20 **POOL RUN**

21 **TEMPU**  
3.13 warm-up  
4.00 @ 6:59 7:05 2mi TRAIL (4)  
2.13 @ 8:51 6.54 2mi TRAIL (6)

22 **POOL RUN**

23 **RESTDAY**

24 **UCSD TRACK:**  
(400) 2x400 @ 6:18  
(200) 4x400 @ 5:56

25 **POOL RUN**

26 **LAGOON /**  
SOLANA VISTA  
HILL CLUB

27 **500yds FREE**  
500yds BACK  
250yds KB (FRONT)  
250yds KB (BACK)

28 **RESTDAY**

29 **LAGOON**  
RUN @ 8:53

30 **POOL RUN**

OCTOBER

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

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

TUSCON

834.43

10:15 DEC 3 / HEADWORKS



We hope you have enjoyed your calendar this year and wish you a joyous holiday season.





# DECEMBER

"DIFFICULT THINGS TAKE TIME...  
THE IMPOSSIBLE TAKES A LITTLE LONGER"  
SUNDAY MONDAY TUESDAY

BB = BAI'DEL

| WEDNESDAY                                                                                                  |  |  | THURSDAY                                                                               |  |  | FRIDAY                                                                                       |  |  | SATURDAY                                                                                                          |  |  |
|------------------------------------------------------------------------------------------------------------|--|--|----------------------------------------------------------------------------------------|--|--|----------------------------------------------------------------------------------------------|--|--|-------------------------------------------------------------------------------------------------------------------|--|--|
| 1 LAGOON + RUN @ 8:56A<br>BB 20 9.01 1275 61 140 9.11 1:20 9.01 1:20 9.01                                  |  |  | 2 Pool Run<br>18 1 2.00 969.52 42 107.73 18 2.00 18 2.00                               |  |  | 3 RESTDAY                                                                                    |  |  | 4 RESTDAY                                                                                                         |  |  |
| 6 ALLEY RUN:<br>Down @ 9:07A<br>Back @ 8:01A<br>BB 15:00 29.04 3 9.09 1295.69 142 9.12 1.00 7.03 1.00 7.03 |  |  | 7 RESTDAY                                                                              |  |  | 8 DEL MAR ROAD @ 8:27A<br>10/29 LUNAR 40 37.12 4 9.20 1303.22 143 9.11 1:00 8.03 2:00 15.05  |  |  | 10 SEASCAPE 100P @ 7:53A<br>BB 15:00 41.15 13 8.23 1307.75 144 9.09 1:32 4.03 2:40 19.09                          |  |  |
| 13 RESTDAY                                                                                                 |  |  | 14 DR. HEIGER RESTDAY                                                                  |  |  | 15 J. STREET TEMPORARY @ 7:10A<br>BB 20:00 69.02 7 9.07 1336.42 146 9.15 1:08 8.23 1:08 8.33 |  |  | 17 DEL MAR WOODS LOOP @ 8:54<br>79.16 8 9.89 1346.56 147 9.16 1:20 10.14 2:38 18.42                               |  |  |
| 20 RESTDAY                                                                                                 |  |  | 21 RESTDAY                                                                             |  |  | 22 RESTDAY                                                                                   |  |  | 23 LAGOON RUN @ J.C.<br>BB 12:00 99.5 10 9.96 1366.9 149 9.11 7.04 1.18 7.11 1.18                                 |  |  |
| 27 RESTDAY                                                                                                 |  |  | 28 RESTDAY                                                                             |  |  | 29 RESTDAY                                                                                   |  |  | 30 POOL RUN KICKBOARD<br>30 2 3.33 972.9 43 108.73 1:30 3.33 1:30 3.33                                            |  |  |
| 31 RESTDAY                                                                                                 |  |  | 31 RESTDAY                                                                             |  |  | 31 RESTDAY                                                                                   |  |  | 31 RESTDAY                                                                                                        |  |  |
| 5 SAN DIEGO TITO PARK: X PARK HILL (17.4)<br>BB 15 22.06 2 11.03 1288.66 141 9.13 1:58 13.05 3:18 22.06    |  |  | 9 RESTDAY                                                                              |  |  | 11 RESTDAY                                                                                   |  |  | 12 RSE/PARK HILL GOLF COURSE Loop @ 9:02 @ CHUCK<br>BB 15:00 61.49 6 10.24 1328.09 145 9.15 3:04 20.34 5:44 39.43 |  |  |
| 11 RESTDAY                                                                                                 |  |  | 12 RESTDAY                                                                             |  |  | 13 RESTDAY                                                                                   |  |  | 14 RESTDAY                                                                                                        |  |  |
| 16 RESTDAY                                                                                                 |  |  | 17 RESTDAY                                                                             |  |  | 18 RESTDAY                                                                                   |  |  | 19 SD PARK HILL @ 9:00AVE LSD @ CHUCK<br>BB 20:00 92.46 9 10.27 1359.86 148 9.18 2:00 13.3 4:38 31.77             |  |  |
| 24 RESTDAY                                                                                                 |  |  | 25 LAGOON TRAILHEADS<br>BB 15:00 109.51 11 9.26 1376.91 150 9.13 1:35 10.01 2:45 11.01 |  |  | 26 RESTDAY                                                                                   |  |  | 26 RESTDAY                                                                                                        |  |  |
| 26 RESTDAY                                                                                                 |  |  | 26 RESTDAY                                                                             |  |  | 26 RESTDAY                                                                                   |  |  | 26 RESTDAY                                                                                                        |  |  |