

OCT 19TH
NORTH RIM / 8T73864383

JANUARY 2013

6:45

TUESDAY

1 11/07 VOLMEROS 8173

RST GC Loop
@ 9:19 AM

1754 CALS.	1500	1	1500
	1500	1	1500

WEDNESDAY

2 # #

1:59/100

PHYSICAL THERAPY @ 10:45 AM	1350	1	0.76
	1350	1	0.76

THURSDAY

3 11/07 VOLMEROS 8676

EZ RAILTRAIL
@ 9:27 AM

2003	2	1001
2003	2	1001

FRIDAY

4 # #

1:56/100

118 CALS @ 7:25	2	1.47
	2	1.47

SATURDAY

5 LUNAR RACERS 7675

1 @ 9:48 / B # 15
1 @ 7:14 / 3 # 80
1 @ 9:50
1 @ 7:04
2 @ 9:35 / 9:59

SUNDAY

6 # #

(4) L O

2:03/100

MONDAY

7 # #

RESTDAY

8 11/07 VOLMEROS 9776

1:56/100

RST / BAHFIELD
@ 9:19 AM

4100	3	2.32
4100	3	2.32

9 # #

1:54/100
STRONG!

6600	5	3.75
6600	5	3.75

10 11/07 VOLMEROS 10178

EZ RAILTRAIL
@ 9:28 AM

475 CALS	4106	5	8.21
	4106	5	8.21

11 # #

1:54/100
Good!

216 CALS	7950	6	4.51
	7950	6	4.51

12 LUNAR RACERS 8276

3 @ EZ 9:37 AM
2 @ 14:51 7:26
1 @ 9:37

13 # #

(8) 1.55

1:56/100

14 # #

RESTDAY!

15 11/07 VOLMEROS 9476

RST / TENNIS COURTS
@ 9:13 AM

1:56/100

16 # #

STOP THE RUNNING!
RESTDAY!

LEFT KNEE PAIN

17 # #

STOP THE RUNNING!
RESTDAY!

LEFT KNEE PAIN

18 # #

POOL RUNDZ

19 # #

RESTDAY

9300
7 5:28

9300
7 5:28

2555 1350 2555 1350

5907 7 8:43

10650 8 6:05

1:50:35 12:00 1:50:35 12:00

#

#

#

#

#

#

1:30 1 3

1:30 1 3

20 3 30 3

#

#

#

915
57.18
16

855
1:53.43 / 100

862

5:30
5:35

WEDNESDAY

20 # #
(13) 10
Pool Run:
1:54/100

21 # #
RESTDAY!
RESTDAY!

22 # #
Pool Run:
2:00/100

WEDNESDAY
23 # #
Pool Run
1:53/100

24 # #
(14) 25
RESTDAY/135
RESTDAY!

25 # #
(15) 5
140
2:03/100

26 # #
(16) 0
140
RESTDAY!

45:00 2 4:50
45:00 2 4:50
11:55 9 12:30
11:55 9 12:30
15:00 1:50 15:00 1:50
17:10 9:00 17:10 9:00

2nd 500 STROG!
DR. GLENN @ 11AM

#

75:00 3 7:50
75:00 3 7:50
130:50 10 13:05
130:50 10 13:05
30:00 3:00 45:00 4:50
29:52 15:00 38:02 24:00

105:00 4 10:50
105:00 4 10:50
140:50 11 7:48
140:50 11 7:48
30:00 3:00 75:00 7:50
19:18 10:00 57:20 34:00

#

154:00 12 8:15
154:00 12 8:15

135:00 12:25 47:50

LAUTRA REFILL

#

27 # #
(17) 0
140
2:00/100

28 # #
OFF
RESTDAY!

29 Gym!
OFF
1:59/100
HAIRCUT @ 9AM

30 Gym!
(18) 0
140
1:56-100

31 Gym!
(19) 25
165
1:56/100
24 LAPS.

* DR. SALEM APT. MARCH:
CHANGE TO MON/TUES!

* CALL NORTH RIM:
877 386-4383

16600 13 945
16600 13 945
1276
2351 1200 2351 1200

#

18600 14 1032
18600 14 1032
1328
3937 2000 1:03 3200

19950 15 1133
19950 15 1133
1133
1350 1:29 37 4550

21150 16 1201
21150 16 1201
1321
1200 1129 5750

FEB 5 / 10:30
DR. GLENN (TUE.)

* DR. SALEM Apt. MARCH:
CHANGE TO MON/TUES!

* CALL NORTH RIM:
877 386-4383

FEB 5 / 10:30
DR. GLENN (TUE.)

11.90 GASTANK
CAPACITY

21300 yds.
1210 MILES
1331 DAY AVE.
16 SWIMS

FEBRUARY 2013

320
100
200 5-500
100 5750
300

1/23/80
(14)
*
JANUARY
21150
16
12.01
1321
1:57.19/100

3. \$5.00 \$10.00 (27) 1:59/100 224 CALS 2600 2 1.47 1300 23750 18 13.49 1319 2728 1400 2728 1400 # # # #	4. # # RESTDAY 2:00 MPJ 11:30 DR. AT MED # # # #	5. # # 4:59/100 DR. GLENN @ 10:30 4150 3 2.35 1383 25300 19 14.37 1331 304 1550 58 12 2950 20 13.50 1:12 4300	6. \$25.00 \$35.00 (23) 2:00/100 ML. BIRCHMAY 61 5500 4 3.12 1375 26650 20 15.14 1332 1850 1000 1:30 5300 3523 1800 2:06 7100	7. \$0 \$35.00 (24) 1:54/100 6500 5 3.09 1300 27650 21 15.71 1316 1:50.07/400 1520/400	8. \$25.00 60.00 (25) COLD NITES 1:59/100 280 CALS 8300 6 4.71 1383 29450 22 16.73 1338 RESTDAY	9. \$30.00 \$90.00 (26) BUSY COLD @ WORK RESTDAY
10. \$25.00 \$115 (27) HEAD COLD AGAIN! RESTDAY	11. # # CALL SAIGUN APT. BLOOD TEST! BEFORE!! BIKE/GYM 31 30 # # # #	12. # # 15/4.07 15/4.11 30 MACHINES! # # # #	13. # # HEAD COLD BETTER! RESTDAY BAM LA COSTA # # # #	14. \$5.00 \$120 (28) 15.07/400 1520/400 # # # #	15. \$20.00 \$140 (29) RESTDAY	16. \$5.00 \$145 (30) 15/15 (1) LEVEL 8 10/15 8 LEVEL 8 (2) 7 LEVEL 7 # # # #
# # # # LEVEL 8 1 8 miles 16 MPH 2 SETS 20+ RPS # # # # 1:01 - - 1:01 1:01 - - 2:01	# # # # LEVEL 8 1 8 miles 16 MPH 2 SETS 20+ RPS # # # # 1:01 - - 1:01 1:01 - - 2:01	# # # # LEVEL 8 2 8 mi 16 mi 2 SETS 20+ RPS # # # # 1:01 - - 1:01 1:01 - - 2:01	# # # # LEVEL 8 3 8 mi 16 mi 2 SETS 20+ RPS # # # # 1:01 - - 1:01 1:01 - - 2:01	# # # # LEVEL 8 4 8 mi 16 mi 2 SETS 20+ RPS # # # # 1:01 - - 1:01 1:01 - - 2:01	# # # # LEVEL 8 5 8 mi 16 mi 2 SETS 20+ RPS # # # # 1:01 - - 1:01 1:01 - - 2:01	# # # # LEVEL 8 6 8 mi 16 mi 2 SETS 20+ RPS # # # # 1:01 - - 1:01 1:01 - - 2:01

SUNDAY RESTDAY
 MONDAY 1,800 SWIM
 TUE BIKE 8 / GYM X2 SETS
 WEDS. 1,800 SWIM
 THURS. BIKE 8 / GYM X2 SETS
 FRIDAY 1,800 SWIM
 SATURDAY BIKE 8 / GYM X2 SETS

2.34

1056

812

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17. 30.00 RESTDAY	18. # SWIM 1:56/100	19. # PAC M SPRINGS S J PLU @ AIRPORT @ 6:40pm 1:30 YMCA BIKE/MACHINES	20. # SWIM 1 HR. WALK AT AVALISTING CASINO 30:00 ACE HOTEL GYM 90RPM	21. # BIKE/MACHINES 2:00/400 60 CALI FOR (DR. GLENN) REF-LE VICONIN	22. \$5.00 \$180.00 SWIM (32) RESTDAY PAPER WORK INTO MAIL INSURANCE DECISION! \$208 TURN IN!	23. #57.00 #237.00 BIKE/MACHINES (33) RESTDAY
# # #	# # #	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	# # #	# # #	# # #
14300 9 8.12 35450 25 20.14 1418	10100 7 5.73 31250 23 17.75 1358	BIKE STRAIGHT 5 8.25 40.50 130 LBS 5 2x 20 RPS	90RPM LEVEL 5-8 6 8.75 40.25 NO LBS 6	12500 8 7.10 1562 33650 24 19.11 1402		
34.47 1800 34.47 1800	34.47 1800	1:00	5:02	5:32 47.50 2400 1:22 4220		
24. # 1:57/100 POOL RUN CALL EMILY AM	25. # PALM SPRINGS/ML POOL RUN WINNERS CIRCLE * POOL RUNNING NOT GOOD FOR BIKES	26. # OUTDOOR POOL/80° 2:04/100 EZ PALM SPRINGS REC CENTER 1610	27. # HARD * 1:52/100 PALM SPRINGS REC CENTER	28. # EZ 2:01/100 PALM SPRINGS REC CENTER	* CHANGE DR. SACEM APT IN MARCH VACATION FEBRUARY 25 - 02 MARCH	
14300 9 8.12 35450 25 20.14 1418	0 0 AVE. 2.75	16100 10 9.14 37250 26 21.46 1432	17900 11 16.27 39050 27 22.18	19700 12 17.19 40850 28 23.31 1458	25, 26, 27 25, 26, 27 PALM SPRINGS	
:35 1 3.50 :35 1 3.50	:55 2 5.50 :55 2 5.50	# # #	# # #	# # #		
3503 1800 3503 1800	3503 1800	3609 1800 1:11	3603 1800 1:44	1800		
:35 3.50 :35 3.50	:20 2.4 55.4 5.50	# # #	# # #	# # #		

RENT!!

3 DAYS OFF
18, 19, 20

500V
54 APRIL 11

2013
SWIM

DR. SALEM
JUNE 6
WEDNESDAY
2:20 pm

1.	#	#	#
	#	#	#
1) Gym.	BIKE 5 ⁴⁵ LB	2X MACHINE	BIKE 5 ⁵² LB
2) Swim:	2:00/100		
3) Gym:	BIKE 5 ⁴⁵ LB	2X MACHINE	BIKE 5 ⁵² LB
900	1	900	
		0.51	
41750	209	1439	
		23.72	
17:56	900	17:56	900

3.		4.		5.		6.		7.		8.		9.	
\$15 \$20		# #		# #		# #		# #		\$15 \$35		\$15 \$50	
1:53/100		1:59/100		RESTDAY/		1:57/100		1:56/100		1:57/100		RESTDAY/	
GOOD! STRONG AIRTHEWAY!		MAC/ELLIPTIC											
1900	2	950	2900	3	966	#	#	#	3900	4	975	5100	5
42750	30	1425	43750	31	1411	#	#	#	44750	32	1398	45950	33
1847	1000	1847	1938	1000	1857	#	#	#	1925	1000	1857	3000	23
10.	\$10 \$60	11.	# #	12.	# #	13.	\$20 \$80	14.	\$10 \$90	15.	\$15 \$105	16.	\$15 \$120
RESTDAY/		GYM/2X20R		RESTDAY/		GYM/ABS X 2		RESTDAY/		RESTDAY/		RESTDAY/	
1:59/100		1:51/100											
GLENN APT (REFU)		SHORTEN PULL/MORE KICK											
AHMED APT.		176 # # # # # 176											
		TOYOTA PRINCIPAL ONLY											
#	#	#	7500	8	1071	#	#	#	8600	8	1075	#	#
#	#	#	48350	35	1381	#	#	#	49450	36	1373	#	#
#	#	#	1200	2337	1200	#	#	#	2011	1100	2337	#	#

MARCH 2013 BIKE/GYM

21ST
DR. GLENN
REFILL

Bike →

JUNE 6TH WEDNESDAY
DR. SKEM 220
CANDLE/DINNER?

530 min / 8:50
480

GYM →

1. #

2. #

RESTDAY

RESTDAY

#	#	#	#	#	#
#	#	#	#	#	#
#	#	#	#	#	#

3. #	4. #	5. #	6. #	7. #	8. #	9. #
RESTDAY!	EMOTIONAL BUT NO CRYING! TORREY/INSIDE ELLIPTIGO RII MAC! WOOD!!! SHOCK, EMBARRASSING, AWESOME!	RESTDAY!	1) 5mi @ 33:37 2) 5mi @ 34:27 3) 5mi @ 25:34 BEACONS: OUT/BACK! 18 ⁶⁰ min mph 575 CALS. 9.6 mph AVE	RESTDAY!	RESTDAY!	JC'S CHESTERFIELD! 26 mph max
# # #	2:00 1 15 ⁰⁰	# # #	3:35 2 30 ³⁰	# # #	# # #	4:37 3 40 ⁰⁰
# # #	2:00 1 15 ⁰⁰	# # #	3:35 2 30 ³⁰	# # #	# # #	4:37 3 40 ⁰⁰
# # #	2:00 15 ⁰⁰ 2:00 15 ⁰⁰	# # #	19 ³⁰ 135 ³⁹ 30 ³⁰ 3:35	# # #	# # #	102.10 ³⁰ 437 40 ⁰⁰
10. #	11. #	12. #	13. #	14. #	15. #	16. #
RESTDAY!	RESTDAY	MAX 20.60 mph ET COVE: 1380 CALS. AVE SPEED 10.00	706 CALS TORREY/8 OUTSIDE UP INSIDE BACK! 11.30 mph AVE / 31.40 max	RESTDAY	RESTDAY!	CARLSBAD 13.50 mph AVE. 684 CALS / 25 mph max
# # #	# # #	7.39 4 71 ⁰⁰ 17.75	43 ⁰⁰ 5 84 ⁴⁰ 10.00	# # #	# # #	60 ³⁰ 6 605
# # #	# # #	7.39 4 71 ⁰⁰ 17.75	84 ⁴⁰ 5 84 ⁴⁰ 16.00	# # #	# # #	101.30 6
# # #	# # #	3:02 30 ⁴⁰ 3:02 30 ⁴⁰ 1:11 13 ⁴⁰ 4:13 45 ⁰⁰	# # #	# # #	# # #	1:15 16 ⁰⁰ 5:28 60 ²⁰

APRIL

2013

1. 5:00 ELLIPTICAL
15:00 LEGS/ABS
5:00 ELLIPTICAL
1.54/100
1100 CALS
26 YW/SWIM
240 CALS

2. 01 SIDE:
12.90 MPH AVE.
24.20 MAX MPH
1158 CALS

3. Gym/25:00
1.57/100
100+ CALS Gym
240 CALS SWIM

4. Restday!

5. Gym/25:00
1.56/100
100+ Gym
240 CALS

6. 15 SHORES DR.
UCSD
12.90 MPH AVE
27.50 MAX
CALS
941+30% = 1223

7. Restday!

8. 1.51/100
240 CALS

9. 01 SIDE PIER:
13.10 MPH AVE.
1327 CALS + 30% = 1723
24.10 MAX MPH

10. 1.59/100

11. Restday!

12. 1.54/100

13. TOYOTA \$ PAYMENT
\$175 - 949
VSCD
12.70 MPH AVE
26.00 MAX

#

6000 4 1500 3.20 82.60
62675 46 1362 35.61 254.41

3 27.53
12 21.20

7400 5 1480 4.20
64075 47 1363 36.40

#

9200 6 1533 5.22
65875 48 1372 37.42

102.70 4 25.67
274.51 13 21.11

14. 155 1832

15. VICODIN REFILL?
440 TOTAL/500.00

16. JOLLY ROBELO/01 SIDE
NON STOP!
12.90 MPH AVE.
140.6 LBS 1546 CALS
MARCH 4TH ELLIPTICAL

17. 1.56/100

18. Restday!

19. 1.57/100

20. 175 \$852
26.25 (TODAY PIES)
ROAD/UCSD
ARDAATH (60)
ROAD/UCSD
12.00 MPH AVE
(1070 CALS)

Restday!

1.54/100
33 Gym 2X SETS

140.80 5 28.16
14 22.32

12800 8 1600 7.21
69475 50 1389 39.47

#

14600 9 1622 8.29
71275 51 1397 40.49

163.10 6 27.10
334.91 15 22.32

#

11000 7 1571 6.25
67675 49 1381 38.45

140.80 5 28.16
14 22.32

12800 8 1600 7.21
69475 50 1389 39.47

#

14600 9 1622 8.29
71275 51 1397 40.49

163.10 6 27.10
334.91 15 22.32

#

34.17 1800 34.17 1800 2:57 38.10
2:57 38.10 34.47 1800 1:09 3600

140.80 5 28.16
14 22.32

12800 8 1600 7.21
69475 50 1389 39.47

#

14600 9 1622 8.29
71275 51 1397 40.49

163.10 6 27.10
334.91 15 22.32

#

34.17 1800 34.17 1800 2:57 38.10
2:57 38.10 34.47 1800 1:09 3600

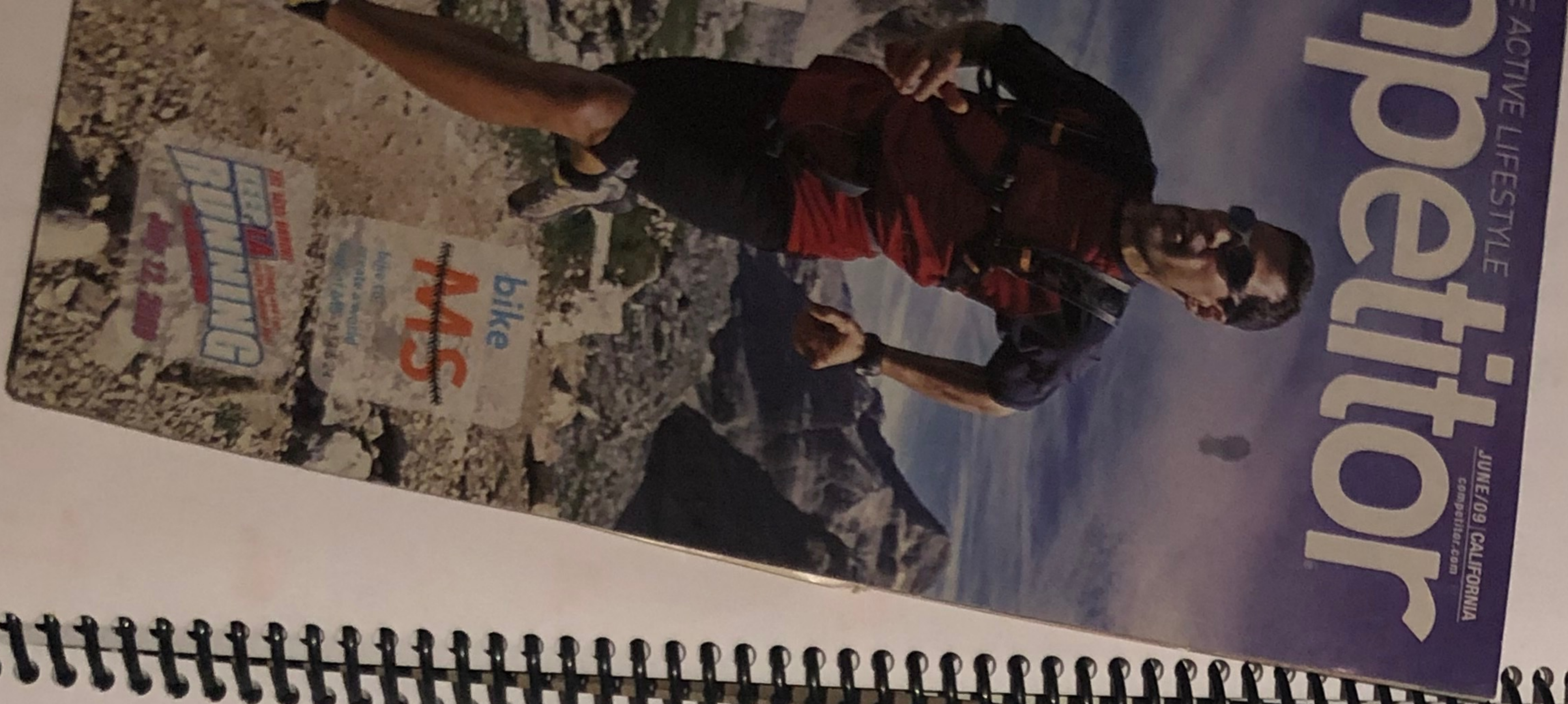
140.80 5 28.16
14 22.32

12800 8 1600 7.21
69475 50 1389 39.47

#

14600 9 1622 8.29
71275 51 1397 40.49

163.10 6 27.10
334.91 15 22.32



SCOTT:
450 MORSE AVE.
06 GATE

ARDATH ROAD LOOP:
+ INSIDE TORREY PINES HILL
+ LJS STORES / UCSD HILL (scripts area)
+ BACK TORREY PINES ROAD / 401
22 MILES

MT. SOLEDAD LOOP:
+ INSIDE TORREY PINES HILL
+ LJS STORES / UCSD HILL DOWN (scripts area)
+ OVER ARDATH RD UP MT. SOLEDAD
HIDDEN VALLEY / VIA CARPI
+ AROUND CROSS DOWN VIA CARPI
ACROSS ARDATH RD. UP N. TORREY PINES
ROAD BACK 401
28 MILES

21. 1801 857 (6) <u>RESTDAY!</u>	22. # # 1:53/100	23. # # DR. CHAN / 9:10 CLAIREMONT MESA P.M. BIKE RIDE = MT. SOLEDAD LOOP 11:20 MPH 1443 CALIF 2920 MAX MPH	24. # # 1:53/100	25. 20 1887 (60) <u>RESTDAY!</u>	26. 215 1893 7:37 2890 MAX MPH STING ARDATH ROAD LOOP @ 12:10 MPH 1207 CALIF AVE.	27. 245 923 (7) <u>RESTDAY!</u>
# # #	16400 10 9:31 1640	191.30 7 27 ³²	18200 11 1034 1654	# # #	21630 8 27 ⁰³	# # #
# # #	73075 52 41 ²¹ 1405	363.11 16 22 ⁶⁹	74875 53 42 ⁵⁴ 1412	# # #	388.11 17 22 ⁸³	# # #
# # #	33 ⁵⁰ 1800 33 ⁵⁰ 1800	2:32 28 ²⁰ 2:32 28 ²⁰	33 ⁴⁹ 1800 1:07 ³⁸ 3600	# # #	2:04 25 ⁰⁰ 4:36 53 ²⁰	# # #
28. 255 933 * PR PACE (11) 1:49/100	29. # # 10 AM Bloodwork CLAIREMONT MESA 1:56/100	30. # # O'SIDE PIER @ 13 ³⁰ MPH AVE. 34	5893 Copley Dr. MAY 13TH GARFIELD 9:30 BACK DR. AMBACH 4TH FLOOR 1634 BROADWAY / DAVE 413/18 EGO YEAR 22.94 240+ MILES MONTH MAY 13 \$175 - CALL FOR NORCU SCRIPT			
10700 12 11:19 1641	21225 13 12:05 1632	25140 9 27 ⁹³	70 866 385 2632 / REFILLS / KAISER			
76375 54 43:39 1414	77900 55 44:26 1416	423.21 18 1:21 ²⁹ 2351	34 www.KP.ORG			
21 ¹⁵ 1500 21 ¹⁵ 1500	29 ²³ 1525 30 ³⁸ 3025	239 35 ¹⁰ 2:39 35 ¹⁰	DR. SALOM JUNE 6TH 2:20 (888) 694-7857 VR OLOGIST JUNE 4TH 7:15 AM PRIARS ROAD 210N AVE 13TH FLOOR			

(888) 457-8378
NOTE # / KAISER

DR. FLYNN
SPECIAL CARE

(888) 694-7857

MAY

2013

MR. (522)
Grouppo
(RESO??)

1. #1 933 1:59/100 1000 1 1000 78900 56 1408 1000 19:38 1930 1000	2. #25 #958 RESTDAY	3. #20 45 978 RESTDAY	4. #15 #60 993 647 CALS Ponto @14.40 MPH 25.80 MPH MAX AVE.
5. #5 65 998 RESTDAY	6. # # (30 Gym) 2:00/100	7. # # 1159 CALS LASSOLLA SHORES LOOP @ 11.60 MPH AVE. 27.10 MAX MPH	8. # # DR. GLENN RECORDS PLU FOR NXT MONDAY 1:59/100 320 CALS 6X11:33
# # # 3125 2 177 # # # 81025 57 1562 # # # 4223 2125 4223 2125 210 2520 210 2520	# # # 4030 2 2015 # # # 46351 20 2317 # # # 4223 2125 4223 2125 210 2520 210 2520	9. #5 70 1003 RESTDAY	10. #5 #75 #1008 RESTDAY
11. #5 65 998 RESTDAY	12. #10 910 1023 1:53/100	13. # # 1:54/100	14. # # SPORTS AUTHORITY 20% OFF COUPON SNAIL TRAIL @ 8:58 AVE LAST RUN JAN. 15TH
15. # # HAIRPIN RUN @ 8:57 AVE LEGS VERY SURE!	16. #20 110 1043 RESTDAY LEGS BETTER!	17. #10 120 1053 25.40 MAX MPH (81) CARLSBAD @ 13.40 MPH AVE. 823 CALS	18. #20 140 1073 MARSHALL FAULK (82) GUF ROUTINE (82) 5163 RESTDAY UPPER BACK/STRAIN? WOW!! BIKE/ROCK?
19. #5 65 998 RESTDAY	20. #5 65 998 RESTDAY	21. #5 65 998 RESTDAY	22. #5 65 998 RESTDAY
23. #5 65 998 RESTDAY	24. #5 65 998 RESTDAY	25. #5 65 998 RESTDAY	26. #5 65 998 RESTDAY
27. #5 65 998 RESTDAY	28. #5 65 998 RESTDAY	29. #5 65 998 RESTDAY	30. #5 65 998 RESTDAY

JUNE 10TH
DR. AMBACH

JUNE 4TH (TUES.)
7:15 AM
PRIARS ROAD
DR. FLYNN (210N) 1ST FLOOR

DENTAL APT. 27TH DR. HEISTER
10HRS GPS
WATCH BATTERY

JUNE 8TH: DR. FLYNN DR. SALEM
2:20 PM BLOOD RESULTS (888) 694-7857
(THURSDAY) 7:50 AM
ULTRA DIRT.COM

JRM1@ATT.NET
PICTURES/LACOSTA

TOM HANKS
BELLBOY

INHALE 3 STEPS
EXHALE 2 STEPS
BPM RHYTHMIC

19. #21 161 1094 HOKA 15 MAY 13 #860	20. #83 RAIL TRAIL @ 9:10 (1) 9:30 (2) 9:15 (3) 9:12 (4) 9:05 (5) 8:54	21. # 2790 mph/max MT. SALEM @ 10:10 MPH AVE. 1529 CALS.	22. #15 176 1109 1:54/100 288 CALS 11:30 WORK START!	23. #30 206 1139 9:10 (85) \$150/8 1/2 HRS @ 8:36 9:40 AM @ 8:56 10:1 NORTH @ 8:38 @ 8:55A @ 8:56 659 CALS @ 9:14	24. #10 216 1149 RESTDAY 1321 WALK MILES 11:30 WORK START!	25. #5 221 1154 438 TIMES 15 HOKA 13 - 18.67 @ 8:35 @ 8:42 101 NORTH @ 8:10 @ 8:20A @ 8:23
# # # 13.61 3 4.53 # # # 78.68 10 7.26 # # # 48.18 52.7 48.18 52.7	# # # 110.50 5 22.10 # # # 533.81 23 23.20 # # # 2:50 30.20 2:50 30.20	# # # 9625 6 5.46 # # # 87525 61 49.73 # # # 34.24 1800 34.24 1800	# # # 1966 4 4.91 # # # 78.73 11 7.5 # # # 54.60 6.05 23 32	# # # 23.68 5 4.73 # # # 82.75 12 6.89 # # # 33.29 4.42 52 15.54	# # # 23.68 5 4.73 # # # 82.75 12 6.89 # # # 33.29 4.42 52 15.54	# # # 23.68 5 4.73 # # # 82.75 12 6.89 # # # 33.29 4.42 52 15.54
26. #10 231 1164 11.82 MI. WALK/WORK 15 HOKA 13 20.68 SPEEDWORK: 1) 8:35 2) 7:52 8:14 AVE. 218 CALS	27. # 21.32 27 35:23 32 27:02 1) 30:00 2) 12:03 (24.90) 3) 18:48 AVE 4) 26:10 AVE 5) 31:18 AVE 6) 31:18 AVE 7) 31:18 AVE 8) 31:18 AVE 9) 31:18 AVE 10) 31:18 AVE 11) 31:18 AVE 12) 31:18 AVE 13) 31:18 AVE 14) 31:18 AVE 15) 31:18 AVE 16) 31:18 AVE 17) 31:18 AVE 18) 31:18 AVE 19) 31:18 AVE 20) 31:18 AVE 21) 31:18 AVE 22) 31:18 AVE 23) 31:18 AVE 24) 31:18 AVE 25) 31:18 AVE 26) 31:18 AVE 27) 31:18 AVE 28) 31:18 AVE 29) 31:18 AVE 30) 31:18 AVE 31) 31:18 AVE 32) 31:18 AVE 33) 31:18 AVE 34) 31:18 AVE 35) 31:18 AVE 36) 31:18 AVE 37) 31:18 AVE 38) 31:18 AVE 39) 31:18 AVE 40) 31:18 AVE 41) 31:18 AVE 42) 31:18 AVE 43) 31:18 AVE 44) 31:18 AVE 45) 31:18 AVE 46) 31:18 AVE 47) 31:18 AVE 48) 31:18 AVE 49) 31:18 AVE 50) 31:18 AVE 51) 31:18 AVE 52) 31:18 AVE 53) 31:18 AVE 54) 31:18 AVE 55) 31:18 AVE 56) 31:18 AVE 57) 31:18 AVE 58) 31:18 AVE 59) 31:18 AVE 60) 31:18 AVE 61) 31:18 AVE 62) 31:18 AVE 63) 31:18 AVE 64) 31:18 AVE 65) 31:18 AVE 66) 31:18 AVE 67) 31:18 AVE 68) 31:18 AVE 69) 31:18 AVE 70) 31:18 AVE 71) 31:18 AVE 72) 31:18 AVE 73) 31:18 AVE 74) 31:18 AVE 75) 31:18 AVE 76) 31:18 AVE 77) 31:18 AVE 78) 31:18 AVE 79) 31:18 AVE 80) 31:18 AVE 81) 31:18 AVE 82) 31:18 AVE 83) 31:18 AVE 84) 31:18 AVE 85) 31:18 AVE 86) 31:18 AVE 87) 31:18 AVE 88) 31:18 AVE 89) 31:18 AVE 90) 31:18 AVE 91) 31:18 AVE 92) 31:18 AVE 93) 31:18 AVE 94) 31:18 AVE 95) 31:18 AVE 96) 31:18 AVE 97) 31:18 AVE 98) 31:18 AVE 99) 31:18 AVE 100) 31:18 AVE	28. # 2370 CALS MT. LAGUNA OYAMARA LOOP @ 11:10 MPH AVE. BARKER 1.5 mi (7.40) SUMMIT 350	29. # 216 CALS SWIM 1350 6.23 1567 50.49 1435	30. # 231 1164 SCIP AFTER 120M @ NORCO/NAPROSYN 2370 CALS 5 AIRCUT APT. HOKA 13 (5.07) DEL MAR DIRT TRACK = @ 8:58 RUN 4.31	31. #510 231 1169 241 1174 RESTDAY SWIM 1350	32. # 231 1164 30.70 7 4.38 89.77 14 6.41 44.58 5.01 101 7.03
25.69 6 4.28 84.76 13 6.52 16.33 2.01 16.33 2.01	# # # 155.44 6 25.90 # # # 578.75 24 24.11 # # # 44.94 4.02 4.02 44.94	# # # 10975 7 6.23 # # # 88875 62 50.49 # # # 26.13 1350 26.13 1350	# # # 30.70 7 4.38 # # # 89.77 14 6.41 # # # 44.58 5.01 101 7.03	# # # 23.68 5 4.73 # # # 82.75 12 6.89 # # # 33.29 4.42 52 15.54	# # # 23.68 5 4.73 # # # 82.75 12 6.89 # # # 33.29 4.42 52 15.54	# # # 23.68 5 4.73 # # # 82.75 12 6.89 # # # 33.29 4.42 52 15.54

*

JUNE 13TH
CAR PAYMENT

JUNE 4 FLYNN
JUNE 6 SALEM
JUNE 10 AMBACH

20 WORK DAYS
14 WALK/WORK
7 PUNS
30 MI/4287 MI/EXHALE ON ALTERNATE FOOT STRIDES
16 RIDES
155 MI/2582
19 WORK DAYS
INHALE FOR TWO FOOT STRIDES
EXHALE FOR TWO - 11

INHALE
3 STEPS
EXHALE
2 STEPS

16 # # # 15 95 1274 RESTDAY! # # # # # # # # #	17 # # # # # # RESTDAY! # # # # # # # # #	18 # # # 30 HOKAS 13 52.60 MT. BALDY 3:11:50 TOP/29.52 A 1371 CMLS START BEAR FLATT TOP DEVILS SLIDE (21.82 A) CHAIR LIFT TRAIL ROAD TO VISITOR'S CENTER 22 52.60 7 7.51 143.65 21 6.84 543 5:37:41 5:37:41 1543	19 # # # # # # RESTDAY! # # # # # # # # #	20 # # # 105 10 11284 RESTDAY! # # # # # # # # #	21 # # # 30 135 1314 RESTDAY! # # # # # # # # #	22 # # # 5 140 1319 RESTDAY! # # # # # # # # #
23 # # # 5 145 1324 30 HOKAS 13 56.61 CARDIFF 104 @ 8:09 AM 56.61 8 7.07 1500 1 1500 0.85 147.66 22 6.71 90375 63 1434 51.34 4.01 32.40 32.40 4.01 20.39 1500 29.39 1500	24 # # # # # # NORCO REFILL 1:59 → 100 1200 664 CALS 62.65 9 6.96 153.70 23 6.68 6.04 51.17 1.23 10.05	25 # # # 30 HOKAS 13 62.65 8:53 8:33 8:45 8:07 8:14 8:23 LSD CARDIFF 8:29 AM PIU NORCO AFTER 12 PM SEASIDE + @ 8:28 8:46 8:13 8:27 1200 65.74 10 6.57 156.79 24 6.53 3.09 26.00 1.17 13.14	26 # # # 10 155 1334 30 HOKAS 13 65.74 RESTDAY! # # # # # # # # #	27 # # # 10 165 1344 RESTDAY! # # # # # # # # #	28 # # # 20 185 1364 1:59 → 100 1200 1850 2.10 72.76 92575 64 1446 52.59 163.81 25 6.55 43.38 2200 1.15 3700 7.02 5.15 2.18 20.16	29 # # # 10 195 1374 30 HOKAS 13 72.76 770 CMLS SWANIS @ 8:30 AM 9:07 15.1 mi 7:51 7.1 mi 5.00
30 # # # 5 200 1379 RESTDAY! # # # # # # # # #	108 work DAY 99.15 10/09 DR. SALEM @ 1:40 (619) 297-4707 SALEM, CAROL @ SOPHIEHEALTH.ORG (LONG TRAIL) MY GP THRU THICK AND THIN (LITERALLY) THANKS YOU. -					

四四四四四

7 25 140

70

6) 27:00
7) 28:33
8) 31:28
9) 32:12

TOP:
5:19

VANGUARD
WEBSITE / RETIREMENT ?
NO COMMISSIONS FUND 6

SINCE CUYAMARA RIDE
8950 / 5⁰⁰ miles swim
MAY 28TH

Mt. Whitney BUILD:

75⁷⁵ 13 RUNS / 5.8⁰² AVE. 4WKS

122.9³ / 20 / 6.14

117.9² 19 RUNS / 6.2⁰ AVE. 6WKS

2 WEEKS / COMPUTER!

21. 65 1444	22. 65 1444	23. 65 1444	24. 70 1449	25. 75 1454	26. 95 1474	27. 100 1479
BACK REALLY HURTS NOW - TOO MANY MILES! RESTDAY! 4 HRS WORK OVERHEATED / WOOLY	ICE BACK 1 HR RESTDAY! BACK BETTER BUT SORE!!!	ICE BACK 1 HR 1:54 / 100	8 HRS WORK! ICE BACK RESTDAY! BACK SORE BUT OVER HEATING / COOLING BETTER!	ICE BACK 1/2 HR RESTDAY! 8 HRS WORK!	#170 TURN-IN! 1:52 / 100 1/2 HR ICE BACK	ICE BACK 1/2 HR RESTDAY!
# # #	# # #	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	# # #	# # #	# # #
28. 110 1489	29. 110 1489	30. 110 1489	31. 120 1499			
07/07 HOKAS 57.33 (9:20) 8:50, 8:52, 8:48 (9:07) (8:50 AVE.) CARDIFF @ 8:59 AVE.	RESTDAY! 3 HR NRP	H STREET / ENCINITAS 9:05 WARM-UP 1) 8:47 2) 9:12 3) 8:28 4) 8:23 5) 8:09 6) 8:02 8:29 AVE 8:52 WARM DN	MARY ANN. 1:57 / 100			
62.37 9 6.93	# # #	70 ³⁹ 10 7 ⁰³	6800 6 3 ⁰⁶			
219 ¹⁷ 34 6.44	# # #	227.19 35 6.49	99375 70 5 ⁴⁶			
45 ²⁸ 5 ⁰⁶ 45 ²⁸ 5 ⁰⁶	# # #	1:09.00 8 ⁰² 1:54 13 ⁰⁸	30 ⁰⁹ 1550 30 ⁰⁹ 1550			

AUGUST 05 / EPIDURAL
AUGUST 19 / DR. CHAN (NEW OFFICE)

STOP RUNNING!
HIKING REGROUP 7/17

DR. CHAN
ANNA MARIA
(858) 573-5211
NURSE ASST.

AVG. 6
@ 9:50
DR. CHAN
READ BLOODWORK

AUGUST

• 2013 •

(858) 616-5605
KANSER EPIDEMIAL

DAVE
760 717 0972

HAKA RAPA NUI

1. 5 (125) # # 1504 RESTDAY! # # # #	2. 10 (126) # # 1514 LUNAR RACERS 86.78 (8:04) 7:51, 7:52 (8:10) NORTH 101: @ 7:59 AVE STEADY swim # # # # 4.02 1 4.02 23.21 36 6.42 4.02 32.06 32.06 4.02	3. 5 (127) # # 1519 LUNAR RACERS 89.87 NORTH 101: (9:30) 7:11 (9:30) EZ HAED # # # # 7.11 2 3.55 23.4.30 37 6.33 3.09 27.09 59.09 7.11
4. 10 (128) # # 1529 RESTDAY! # # # #	5. # # 10:30 LAB/BLOODWORK 11:30 EPIDURAL SHOT (OUCH) FLIGHT INTO SHOP RETURN SHOES CALL DOW WILIA RESTDAY! Swim # # # #	6. # # RESTDAY! BACK BETTER!! Run # # # #
7. 25 (29) # # 1554 01/30 HOKAS 12.06 CARDIFF @ 8:30A 1) 8:54 2) 8:29 3) 8:23 4) 8:13 # # # # 11.15 3 3.21 23.8.34 38 6.27 4.4 34.21 34.21 4.04	8. 0 55 1554 RESTDAY! Run # # # #	9. 5 (130) # # 1559 LUNAR RACERS 95.89 CARDIFF @ 8:47 WARM UP @ 9:09 1) 8:08 2) 8:14 3) 7:25 4) 7:51 = AVE (7:56) WARM DOWN @ 8:47 # # # # 17.17 4 4.29 24.4.36 39 6.26 6.02 49.54 1.24 10.06
10. 5 (131) # # 1564 RESTDAY! # # # #	11. #10 (132) # # 1575 LUNAR RACERS 99.99 CARDIFF: 1 mi WARM-UP @ 9:23 2 mi @ 14:20 (NICE!) 4 (7:18, 7:02) K 1 mi WARM-DOWN @ 9:37 # # # # 21.27 5 4.25 248.46 40 6.21 24.17 4.10 34.17 4.16	12. # # PRIVS PAYMENT \$175.00 DLO NORDO OFF RPN 200/100 SWIMMING 16? BACK? # # # # 18.00 1 7.02 10.11.75 71 14.25 18.00 35.00 35.00 18.00
13. # # 07/03 HOKAS 22.17 LAGOON/H2O @ 8:58 AVE. # # # # 31.38 6 5.23 258.57 41 6.30 10.11 13.45 2.05 14.21	14. #10 (133) # # 1585 RESTDAY! # # # #	15. #10 (134) # # 1595 LUNAR RACERS 103.07 SPEEDWORK: NORTH 101 1) 8:39 2) 6:58 3) 8:53 # # # # 34.46 7 4.42 261.65 42 6.22 25.17 3.08 25.17 17.29
16. 15 (135) # # 1610 RESTDAY! # # # #	17. 5 (136) # # 1615 LUNAR RACERS 106.02 SPEEDWORK: NORTH 101 1) 9:14 2) 6:59 3) 8:56 # # # # 37.41 8 4.67 264.60 43 6.15 25.19 2.05 25.19 10.02	

HOKAS July 2ND Run WORK
 HOKAS July 3RD WORK
 8:44
 12:30
 11:40
 20
 12:00 143.15
 70 84
 213 99
 214 00 / 6.46
 11 JUNE
 10 JULY
 12 AUGUST
 33 107M
 11 MO. AVE.

ICE BATH / :20

0020731164

18. #5 (137)	19. # (138)	20. # (139)	21. 5 (138)	22. 30 (139)	23. 15 (140)	24. 5 (141)
120 #	1620 #	# #	125 #	1625 #	155 #	1655 #
RESTDAY!	CALL DR. CHAN NEW OFFICE... 4 PM DROS BORNE = RESTDAY!	07/03 HOKAS 34 60 LSD RUN (12) PSF 09:59A GOOD ME. 12 LSD RUN	PLU NORCO AFTER 12 PM 201/100 PB 200 FS 200	RESTDAY!	RESTDAY!	SPEEDWORK: 101 NORTH 1EZ 2HARD 1EZ 08:34 07:58 08:22 08:02 07:54 07:33 07:33 07:57 = 7:59 AVE
# # #	# # #	49 04 9 553	2800 2 159	# # #	# # #	5784 10 5:18
# # #	# # #	277 03 44 629	102175 72 5805	# # #	# # #	28503 45 633
# # #	# # #	12 43 1:52 1:52 12 45	1000 20 06 1000 20 06	# # #	# # #	8 00 1:04 2:56 20 43
25. 5 (142)	26. # (143)	27. # (144)	28. # (145)	29. 20 (143)	30. 25 (144)	31. 0 (145)
# #	# #	# #	# #	35/200 #	36/225 #	37/225 #
RESTDAY!	RESTDAY!	07/03 HOKAS 54.66 LSD RUN (147) 2 PSF 09:59 RUN/WALK 15 20	1:56/100	RESTDAY!	RESTDAY!	SPEEDWORK: 6 1EZ 2HARD 1EZ 3EZ 2@1447/126 1EZ 6:16-6:47 3
# # #	# # #	77 04 11 707	3800 3 215	# # #	# # #	84 12 700
# # #	# # #	365 03 46 663	103175 73 5863	# # #	# # #	3119 47 662
# # #	# # #	20 06 3:20 3:20 20 06	1000 19 12 1000 19 12	# # #	# # #	5200 616 42 2622

ICE BATH / :15
 CANYON MOUNTAIN
 10.43
 SWIM DAY AVE
 2ND / 4

20 77mi/6.41
 352
 72

26 miles run
 1.42 mile swim

\$213 AVE BONUS MON THRU JULY
 \$21450 BONUS
 THRU AUGUST.

[illegible]

MAY-SEPT
4mo RUN:
297.99
47 RONS
6.34 DAY AVE.

SEPTEMBER 2013

SEPT 2

22. #5 (156) 46188 #1807 # # RESTDAY! # # # # # # # # # # # # # # # 29. 15 (159) 152 1872 # # RESTDAY! # # # # # # # # # # # # # # #	23. # # # # # RESTDAY! # # # # # # # # # # # # # # # 30. # # # :35 (17) Gym 1:59/100 5700 4 323 108875 77 6186 2942 1500 2942 1500	24. # # # MAX MPH 28.50 SOUTH (1) ARDAITA RD. LOOP 11.80 MPH AVE. 2510 1 2510 60385 25 2413 2:08 2510 2:08 2510 2946 1500 2946 1500 Gym + SWIM	25. # 1 # # # # 2:00/100 EZ!!! 2700 2 1:53 1350 60.15 1411 105875 75 1411 2946 1500 2946 1500	DOUBLE SPENCOS 26. 15 (156) 2103 1822 # # RESTDAY # # # # # # # # # # # # # # # MONDAY NEXT APT MAKE APT. DR. CHAN: * DERMATOLOGIST APT. * ACEMENOPHEN DOSE AMT.?? *	27. 30 (157) 31133 1852 # # 2:00/100 EZ!!! 4200 3 2:38 1400 61.00 1412 167375 76 1412 2949 1500 59435 3000	28. 5 (158) 41138 1857 MAX MPH 25 MPH NORTH (1) CARLSBAD 1370 MPH AVE WAX 4020 2 2010 1895 26 2380 146 1510 3:14 4020
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(2) OCT. 21ST
EPIDURAL
DR. NOH
AMBACH
NOV 4TH

SCHEDULE ON 11TH/15TH
(3) NOV 4TH
MONDAY
3pm
DR. AMBACH

0020731164 → 1872

OCTOBER 2013

11:15
MONDAY

64800 = 12 x 1800
176225
COVERED
CALIFORNIA
4 SCANS

1. # # MAX 2760 ARDATH RD OUT OF SOUTH @ 11:20 MPH Windy, 10-15 MPH 2510 1 2510 64405 27 2385 2:14 2510 2:14 2510 3008 1550 3008 1550	2. # # 1-2:35 GYM - 1:57/100 STEADY! 1550 1 .88 110425 78 1350 62.74 1415	3. 10 (10) 10 1883 5 - RESTDAY	4. 30 (16) 40 1913 6 - 1:56/100 #187 #175 2550 2 1.44 11425 79 1410 1410	5. 30 (162) 20 11943 7 - POINSETTIA @ 1466 *PR (132) (14.2) (16.5) 26.12 MAX/MPH 4020 2 2010 65915 28 2354 510 103 3:17 4020		
6. 20 90 1963 #160 RESTDAY	7. # # 1-3:32 GYM - 1:57/100 F-3110 GYM 1350 4050 3 2:30 112925 80 64.16 1411780 2023 1500 2923 1500	8. # # RESTDAY LOTS OF REST! # # # #	9. # # 1-3:42 GYM - DR. SALEM / 1:30p 1-1:57/100 2-POOL RUN 600XDS 3-3:12 GYM 1350 5550 4 3:15 114425 81 65.1 1412 2922 11500 5255 3000 3048 600 1 6000 3048 600 1 6000	10. 5 (16) 95 1968 9 # RESTDAY	11. 15 (165) 110 1983 10 # SCHEDULE EPIDURAL TIME FOR 2:51 1:57/100 7350 5 4:15 116225 82 66.23 1417 357 1800 1:34 4800	12. 5 (166) 115 1988 11 # 5 1-30:56-1 (GYM) REST # # # #
13. 20 (16) 135 2008 12 # RESTDAY	14. # # 1) 1:54/100 2) POOL RUN 3) GYM 5 30:14 4622 3 5:13 4622 3 5:13 27.11 3.01 10050 7 67.57 118925 84 1415 1415 1:52 2100	15. # # POOL RUN 1:58/100 # # # #	16. # # RESTDAY	17. 10 (168) 145 2018 13 7:35:50 35:33 / 1:06:11 1:53/100 11050 8 6:27 119925 85 68.13 1410 1850 1000 1:11 3900	18. 5 (169) 150 2023 14 # CALL LEVITRA RESTDAY	19. 10 (170) 160 2033 15 # MATT BRYAN 49:48 / 2:54 18 4:40 # # # #

160/2033

KEEP TRACK OF \$ FOR MEDS
2014 / TAXES ?

KEEP TRACK OF \$ FOR MEDS
2014 TAXES?

20. \$10 (180) 170 2043 16 #	21. # # # # # DR. NOIT / EPIDURAL 11:15 RESTDAY	22. # # # # # RESTDAY	23. # # # # # GYM 15 ROW MACHINE 15 STRIDER 10 SPIN MACHINES X 2SETS 9 -	24. # # # # # 1:59/100 PULL BJOY! EZ!!! 12850 9 7:30 1427 121725 86 69.96 1415	25. # # # # # 1:56/100 FELT STRONG! 14650 10 8:32 1465 123525 87 70.15 1419	26. # # # # # RESTDAY
# # # # # # # # #	# # # # # # # # #	# # # # # # # # #	# # # # # # # # #	1:17 5:57 - -	3536 1800 3536 1800 3434 1800 1:40 3600	# # # # # # # # #
27. # # #	28. # # #	29. # # # GYM 10 ROW MACHINE 10 STRIDER 25 X 2SETS 2:00/100	30. # # #	31. 175 2048 17 # (190) RESTDAY	(SPINE SURGEON) DR. FLIPPEN) APT NOV. 4TH DR. AMBACH OR 3pm DR. CHAN NORCO 10/350 NOV 1ST. NORCO RUNNERS WORLD . COM /	
1:57/100 16650 11 9:46 1513 125525 88 71.32 1426	RESTDAY # # # # # # # # #	# # # # # # # # #	# # # # # # # # #	2:00/100 19650 13 11.16 1511 128525 90 73.02 1428		
38 47 2000 38 47 2000	# # # # # # # # #	29 51 1500 48 34 3500	1500 29 51 148 25 5000	# # # # # # # # #		

22880 26mi
1147475

19650
11.16

1615 = 13
1420 1500 = 12
21126
100 = 176000

DYNAMIC WARMUP:
1) WARRIOR LUNGE
2) TOY SOLDIER
3) LATERAL SQUAT
4) STAR TOUCH 5) RUNNERS TOUCH

NOVEMBER 2013

BAGL GUY
(Lenny)
RICHARD BURGER
(?) 273-1414

800 222 5902
FREE BTL
A3 (Joint Formula)
RIZITA PRODUCTS
866 459 2912
DR. PUPPIN

1	# 25	2	# 15
18	\$25 #2073	19	\$40 #2088
1:54/100		10:00 Row 10:00 GLIDE 7 MACHINES X 25ERS	
1000	1	56	1000
129525	91	1359	1423
190	100	1900	1000
45	1	45	1
6:42	11	36	54

3	# 15	4	#	5	#	6	#	7	# 15	8	# 10	9	# 10
20	55	2103	#	#	#	#	#	21	70	2118	22	80	2128
NYC MARATHON 2:08:25 / MUTH		5pm START! 20 ROW 20 ELLIPTICAL 7 MACHINES X 2 100 MCH		RESTDAY		1:52/100 2800 CAL * 6000 / 22 E 2800 2 1:59 131825 92 1427		RESTDAY		1:54-100 4600 3 2:61 133125 93 1421		RESTDAY	
1:10	2	1:10				33	180	33	180	34	180	34	180
7:52	12	39	33										
10	#	11	#	12	#	13	# 25	14	# 25	15	# 5	16	# 15
24	#	#	#	#	#	25	115	2163	26	140	2188	27	145
GYM		10 Row 20 ELLIGLIDE		GYM SWIM LSD		HOKAS IN ROAD RNR \$200 TOYOTA PAYMENT		GYM		SWIM		GYM	
1:53/100		1:57/100		1:57/100		RESTDAY		RESTDAY		1:54/100 139325 96 1412		RESTDAY	
6400	4	3:69		8600	5	4:00		10800	6	1800			
134925	94	1435		137125	95	1443		41	144	1910	6200		
33	41	1800	1800	42	1200	1:16	1400						
2:10	3	43	33	8:42	13	40:15							

160/2208

7:19

18 swims
1400 x

11 (800) 777-5633
~~WATER~~
KNEE/BACK?
WEB SITE?

17. 45 (20)	18. #	19. #	20. #	21. 15 (23)	22. 5 (24)	23. 0 (25)
29 175 2223	# #	# #	# #	30 190 2238	31 195 2242	32 - -
30 TOTAL 0:5.20 Row 0:5:00 Elliptical 30RPS x 1	4:56/100	RESTDAY	CLAY WARE 10:30 1:56/100	PLU 200/160! RESTDAY	NORCO/PV 10-325 1:54/100	RESTDAY
840 4 :40 9:12 14 39:42	141325 97 80.29 12800 7 7.27 38.46 2000 2000 38.46		143175 98 81.34 14650 8 8.32 35.37 1850 1:14.23 3850		144675 99 82.20 16150 9 9.27 28.42 1500 1:43 5350	

24. #5 (206)	25. 0	26. 0	27. #5 (27)	28. #35 (28)	29. 0 (29)	30. 25 (210)
33 200 2247	0 0	0 0 0	34 205 2252	35 240 2287	36 240 2287	37 265 2312
1:59/100 EZ!	RESTDAY	1- LSD - 54 LAPS 432 CALS 1:56/100 STEADY!!	+5 1550 2:03/100 7:7	THANKSGIVING! THANKFUL THE PAIN IN MY LEGS ISN'T WORSE THAN IT IS!!! RESTDAY	288 CALS 1:52 → 1:00 STRONG SWIM!!	RESTDAY GOLD MONTH!! IN THE POOL.
145675 100 82.70 17150 10 9.27 14.30 1000 19.28 100		148375 101 84.20 19850 11 11.27 51.50 2700 1:11.28 3700	149925 102 85.10 21400 12 12.15 31.42 1550 1:43 5250		151725 103 86.20 23200 13 13.18 33.37 1800 2:16 7050	

22880
5730

45 BAZE
ON 10 KA
#13

FLIPPIN
1st FLOOR

25150

8 EAST
BATH MISSING GORGE
LEFT DOWN TO 210N
HOSPITAL LAST ENTRANCE

RIGHT AT WINDYS
24650

86
10:15 MON (10:00)
DEC 2 DEC 3
1:45P TUESDAY
DR. WHITE
DERMATOLOGIST

JULY 4 mi
 AUG. 2 mi
 SEPT. 3 mi
 5mo AVE 3.8 mi
 17 mi
 5mo
 17.92 mi
 MAY 6.23
 JUNE 2.10
 JULY 3.86
 AUG 2.15
 SEPT 3.23

20 DECEMBER 13

IN MUSIC DUI-D + 0.5 NANOGRAM OF 14C 2312 PER MILLIMETER		20. DECEMBER. 13		ELLIPITIC TOTALS YR. 659.15 / 28 RIDES	
1. 25 (211)	2. #	3. #	4. #	5. (212) \$10	6. (213) \$25
38 25 2337	# #	# #	# #	39 \$35 2347	40 60 2372 41 69 2317
1:52/100 STRONG.	DR. FLEPPIN @ 10:15A 1:57/100 EZ	DR. WHITE @ 1:45P NO PROBLEMS RESTDAY	1:54/100 STEADY	RESTDAY	SEPT. 17 MARTIN SNAIL TRAIL @ 9:07AVE. HORAS # 7
1800 1 1.02	3600 2 2.04	# # #	5400 3 3.06	# # #	# # #
153525 104 87.23	155325 105 88.25	# # #	157125 106 89.21	# # #	3.02 1 3.04 6.30 2 3.15
1476	1479	# # #	1482	# # #	351 55 6.44 357 56 6.38
33.27 1800 33.27 1800	35.16 1800 1.08.43 3600	# # # #	34.06 1800 1.42.01 5400	# # # #	27.24 3.10 27.24 3.02 28.58 3.20 55.26 6.30
8. # (215)	9. #	10. #	11. #	12. # (216)	13. \$5 (217)
# # #	0 # #	0 # #	0 # #	# # #	70 2382
1:59/100 EZ!	1:53/100 STRONG!	8AM WORK MEETING TIPS RESTDAY	CALL APT NORCO RECD GABAPENTIN PICKUP 1:53/100	(+16H) NO 200 SNAIL TRAIL @ 9:14	#200 CAR PAYMENT. 1:56/100
7200 4 4.09	9000 5 5.11	# # #	10800 6 6.12	(9:31)(9:37)(9:05)(8:43)	12500 7 7.10
158925 107 90.24	160725 108 91.32	# # #	162525 109 92.34	360 73	57 6.34
1485	1488	# # #	1491	360 73	57 6.34
35.30 1800 35.30 1800	33.58 1800 1.04.20 3600	# # # #	33.48 1800 1.20.12 5400	37.01 40.1 37.01 4.01	32.57 1700 2.01 7.00 24.54 3.33 1.06 13.64
15. # (219)	16. #	17. #	18. #	19. # (220)	20. \$5 (221)
# # #	# # #	# # #	# # #	# # #	44 75 2387 45 223 2535
1:54/100	17X1000 @ 18:46 2X1000 @ 1:53 16300 9 9.25 168025 112 95.46	2:30 VALERIE SNAIL TRAIL + @ 8:56 AVE (9:01)(9:10)(8:56)(8:48)	1:52/100 HEAD DOWN	MAIL XMAS CARDS HAPPY CRT RUN @ 8:59AVE. GABAPENTIN 33	RESTDAY
14300 8 8.12	16300 9 9.25	17.69 5 3.53	18000 10 10.28	21.71 6 3.61	# # #
1610025 111 94.30	168025 112 95.46	369 11 59 6.25	169825 113 150.2	373.13 60 6.21	# # #
800 34.23 1800 37.44	200 1.12 3800 36 4.05	36.11 4.05 33.41	1800 1.45 5600	36.09 403 1.12.20 8.07	# # # #
					35.4 388 1.47 11.96

223/2535 1800 7:10 2585 (OILFLIX) 176000 340 DAYS OTC 5200 260 226 DAYS WORKED 2013 SEP 25TH START HOKA (ROBO CALLS) [3 months] \$202 min-in

22. 10 (223) 23. # 24. # 25. # 26. # 27. \$5 (224) 28. \$35 (225)	46 233 2545 0 # # # # 47 233 2545 # # 48 238 2550 49 273 2585
1:56/100 3:36 MRI SAN MARCOS 1:53/100 CAFE BETTER!!! SNAIL TRAIL: @ 9:07 AVE. XMAS 2013 RESTDAY! SNAIL TRAIL: @ 8:42 AVE. 1:53-100 SNAIL TRAIL: @ 8:49 AVE 5.82	98.42 173 225 10.00 99.11 175 025 12.00 101.16 219.21 319.03 330 8:07 AVE 3.21 108.27 219.22 318.43 0.42 @ 7:40 3.33 100.46 176 825 12.21 102.51 180 425 13.00 101.49 178 625 12.78 102.51 180 425 13.00 101.49 178 625 12.78 102.51 180 425 13.00
101.00 11 10.85 20100 12 11.42 28.93 8 3.61 # # # 32.35 9 3.59 21500 13 12.21 35.73 103.57	170825 114 97.09 171825 115 97.62 380.24 62 8.13 # # # 383.66 63 6.08 173225 116 98.72 387.04 64 6.04
18:40 1000 1840 1000 1849 1000 37.29 2000 30.22 3.33 30.22 3.33 # # # 24.42 342 1.60 6.75 26.29 140 1.03 3400 29.48 3.38 129 10.13	29. 135 30. # 31. # RAPA NUI 12/31 5:00 226 DAYS WORKED 1) 8:51 2) 8:51 3) 8:46 4) 8:41 5) 7:56 40 MIL
1:52/100 1:57/100 SNAIL TRAIL @ 8:37 AVE 5.82 580 CALS 4.22 3.82 65 3.88 3.33 40.73 11 3.70 392.04 65 6.03	101.49 178 625 12.78 102.51 180 425 13.00 101.49 178 625 12.78 102.51 180 425 13.00 101.49 178 625 12.78 102.51 180 425 13.00
22500 14 12.78 24300 15 13.00 40.73 11 3.70 392.04 65 6.03	174225 117 98.99 176025 118 149.1 392.04 65 6.03
184 1000 184 1000 35.21 1800 54.03 2800 43.10 5.00 43.10 5.00	

26.5 38.50 (30) 1520 1584 Pick UP @ Airport JAN 14TH 10:10

229.00 40.00 13.01 3.63 AVE. JAN 12 13.01 NORCO REFILL 10-325

226 DAYS TWIN OAKS VALLEY RD RIGHT BUILDING #3 1ST FLOOR

176000 / 1308 AVE / 9 DAYS 11775 27 1 38

866 628 2006 11x40 MILES RUN 15x13 miles SWIM 26

WAWANESSA MIKE CLAIMS ESTIMATOR (760) 741-8460 4000 13 miles swim 3.82

2014 GOALS:

1,500 > BIKE 30 WEEK
500 > RUN 10 WEEK
100 > SWIM 2 WEEK

JANUARY 2013

3200 14400 17400
FA 9416207
WAWANGSA

77.26
18
DEC.
11 RUNS
40.73 / 3.70
KASER #
10020731164
DRIFLUPPIN
1806459-2912

1. #

RESTDAY!
#1

#

2. RAPANVI
51 12/31 10 04
SNAIL TRAIL
9:04 AVE
1) 9:21 2) 9:20
3) 9:15 4) 9:15
5) 8:16 51200
WHERE DID IT COME FROM?

3. \$10
52 \$35 \$35
FLYING PR
1:47/100
wow!!
1000 1 1000
1000 1 1000
175 100 175 1000 345 404 1.5 9 08

4. 0 1 0
53 1731 0
RAPAS 14 08
SNAIL TRAIL TO
DELMAR
LIFE GUARD STATION
13 14 0 8:36 AVE.
1) 8:41 2) 8:30
3) 8:44 4) 8:30

5. #15
54 \$50 \$50
1998 SONIE BOND
HEAVENLY VALLEY
RESTDAY #2
REST

6. #

1:56/100
3200 2 1600
3200 2 1600
25 1200 23 1200

7. #

12/31 RAPAS 19.11
54.05 / 3.91
SNAIL TRAIL
BUMPS AHEAD 14
1) 9:09 2) 8:53 3) 8:44
4) 9:03 5) 8:28
8:51 AVE. 1.11

8. #

25% OFF SPROUTS
VITAMINS
PLUSCRIPT/KASER
HAIR CUT 20 DAYS
1:51-100
SWIM
2:50
1466

9. \$10
56 \$60 \$60
12/31 RAPAS 24 41
SNAIL DELMAR
HAPPY TRAIL
8:54
1) 9:02 2) 8:51
3) 9:03 4) 8:58
5) 8:57 300 7:49

10. \$30
57 \$90 \$90
12/31 RAPAS 27 41
SEASIDE
LOOP 8:55 AVE.
1) 8:58 2) 8:45
3) 9:03

11. \$10
58 \$100 \$100
WAWANGSA 100 BOND'S
SNAIL TRAIL +
CEDROS BAHEAD
8:50 AVE.
1) 8:55 2) 8:56 3) 8:57
4) 8:55 5) 8:32

#

3200 2 1600
3200 2 1600
25 1200 23 1200

14.11 3 470
14.11 3 470
4434 503 4434 503

4400 3 250
4400 3 250
1941 4 485
1941 4 485

1941 4 485
1941 4 485
2241 5 448
2241 5 448

2241 5 448
2241 5 448
2749 6 458
2749 6 458

2749 6 458
2749 6 458
242 1841
242 1841

12. #15
59 \$115 \$115
#3
RESTDAY #1

13. #

3:10 DR. CHAN
1:52/100
5600 4 1450
5600 4 1450
22 1200 22 1200

14. #

12/31 RAPAS 32 43
SNAIL TRAIL + CEDROS
HILL LOOP 8:57 A
1) 9:02 2) 9:05 3) 9:04
4) 9:14 (FELL 15) 8:21
FELL 8:21 MILES

15. # #4

OAR INTO SITOP
KASER MESA 1000
RESTDAY
SORE RIGHT
SIDE 11640

16. #

60 \$115 \$115
12/31 RAPAS 36 44
101 CAROLINE
8:38 REEF 726
1) 8:55 2) 8:34 18
3) 8:19 4) 8:42 423

17. \$30
61 \$145 \$145
100 tip "LIVING BY
WHAT WE GET IN"
1:55/100
CHEST SORE!

18. \$15
62 \$160 \$160
LIVARACERS 144.03
101 CAROLINE
1) 8:10 2) 8:38
3) 7:52 4) 8:02 (8:00 AVE)
5) 8:33 AVE

#

5600 4 1450
5600 4 1450
22 1200 22 1200

3251 7 464
3251 7 464
502 4458 4458 502

3652 8 456
3652 8 456
401 3435 11432 903

3652 8 456
3652 8 456
5350 5 1070
5350 5 1070

5350 5 1070
5350 5 1070
4253 9 472
4253 9 472

4253 9 472
4253 9 472
601 211 1504
601 211 1504

15 RUNS
75 MILES | 5.00 DAY
18.75 WEEK AVE.

FIRM GREENS
HIGH SCORES!!!!

JAMZILLA

"WHERE HAVE ALL THE
FLOWERS GONE?"

JANUARY 2018

RMD

REQUIRED
MINIMUM
DISTRIBUTION
OF IRA
(401K)

252 MIL/YANKES
5 YRS.
\$215 MILLION / 7 YRS.
KERSHAW
\$9,000 PER START

* 1.25 NEGATIVE
BACK
Y 939 CALS.

8:45 UP
8:25 BACK

THURS. 8:30
DR. CHAN

2:10 FRI

2015

19. #160

#5 RESTDAY

20. #

2:00/100 CHEST STILL SORE!

21. #

Y21 Bond 3 5.06

1) 9:24 2) 8:57 3) 9:15 4) 8:41 5) 8:34

SNAIL TRAIL + NORTH HILL X2 @ 8:59

22. #

#6 RESTDAY

5 HRS. CLEANING

23. #

Y21 Bond 3 13.07

NORTH 101 - H STREET @ 8:39 AVE. AUSAINE

1) 9:07 2) 8:29 3) 8:51 4) 8:37 5) 8:30 6) 8:13 7) 8:24 8) 8:31 1:25 NEGATIVE BACK..

24. #

2:00/100 CHEST HURTING REST NEXT WEEK!

25. #5

64 #165 #169

Y21 Bond 3 18.16

CARDIFF: STATE PARK

1) 9:06 2) 8:36 3) 8:38 4) 8:43 5) 9:17 8:55 AVE.

26. #

27. #

3:30 DR. CHAN

1:56/100 CHEST BETTER!!

28. #

Y21 Bond 3 26.16

H-STREET 935

1) 8:50 2) 8:23 3) 8:41 4) 8:29 5) 8:28 6) 8:24 7) 8:17 8) 8:22

29. #

Y29 CONQUEST 4.16

CARDIFF @ 8:58 AVE

30. #

1:58/100

31. #15

1 #180 #180

ITS A GREAT DAY AT OMU LAOSTA!!!

1:57/100

SHOWER MUCH BETTER!

10650 10 6.05

10650 10 6.05

10650 10 6.05

1000 19.32 1.04 5.00

BACK BAD!!

40.73

DEC.

* MOST CONSUMED NUT
IN US / GROWN UNDERGROUND!
6LB'S PER PERSON
(PEANUTS) | MOST IN FORM
OF PEANUT BUTTER!!
39.5.27
LOCKER COM. WORK!
PHYSICAL MEDICINE
REHAB DR.

\$20.00

RECYCLEABLES 1149 6:13

7:12

8:37

80.970/16/506

10650/10/605

644 miles RIDE

2013

ELLIPTIGO MONTH!

ELLIPTIGO MONTH!

(MARCH 4 2013) ELLIPTIGO/MAC

FEBRUARY 2014

SEXUALITY
POLITICS
RELIGION

OFF LIMITS!

659.15

SAV 1154/ROM #163

\$180

\$10

2730

1365x2

1750

1000

1. \$20 | #20
2. \$200 | #200

RESTDAY!

#150 8 1/2 HRS. WORK!

#

#

#

TRAINING /
CHANGE SPOT
(DON'T PARK WHERE
IT'S DARK!)

RESTDAY!

ELLIPTIGO

RUN

SWIM

5200

3 MILES

2. # # #
#

1:53/100
SHOULDER GOOD!

1200 1 0:68
11850 11 6:13
1940 1940 1200 44 512 44 512

9. #5 #70 10. # # #

6. \$250 #250 # # #

1/2 BORO 3 146.41
1) 9:08 CARDIFF
2) 8:33
3) 8:39 8:26A
4) 8:06
5) 9:06 RUN

15 23 3 5:07 4350 3 2:47
96.10 19 5:06 15000 13 1:53

4420 5:00 4420 5:00 3445 1800 3445 1800 2:02 2544 2:02 2544 3520 1800 1:10 3600

4. # # #
#

2:00/100
EZ!

2550 2 1:44
13200 12 7:50
2700 1350 2700 1350

12. # # #

1. DOUBLE
AM RIDE / PM SWIM

SWAMIS/L5
SHORES DR
UCSD

1240 AVE MPH / 277 MAX MPH

6873 3 2291 6150 4 3:49
6873 3 2291 16800 14 9:54

5. # # #
#

RESTDAY!

#

12. # # #

13. \$5

1/2 BORO 3 154.41
1) WARM-UP / EZ
2) 8:26
3) 8:22 8:21A
4) 8:17
5) WARM-DOWN / EZ

20 29 4 5:07 10124 20 5:06

4459 5:00 12919 10 14

6. \$25 #25
3 #225 #225

1/2 BORO 3 41.33
CARDIFF
5 MI @ 8:44 AVE
RAIN WORK / A
ML # 62 BIRTHDAY

10 15 2 5:07
9 12 18 5:06

4403 5:03 12800 10 15

7. \$85 #255

1/2 BORO 3 154.41
1) WARM-UP / EZ
2) 8:26
3) 8:22 8:21A
4) 8:17
5) WARM-DOWN / EZ

20 29 4 5:07 10124 20 5:06

4459 5:00 12919 10 14

7. \$15 #60
4 #240 #240

RESTDAY!

#

14. #15

8. 90 270

RESTDAY!

20 29 4 5:07 10124 20 5:06

4459 5:00 12919 10 14

8. \$5 #5A
5 245 249

ISLAND WAY
NORTH 101

1000 1370 MPH AVE 242 MAX
4329 2 2164
4329 2 2164

149 180 329 4329

15. \$15 #15
9. 44 285
4105

CARLSBAD
@ 144 MPH AVE
ISLAND WAY

REST 253 MAX MPH

8714 4 2178
8714 4 2178

116 184 318 4329

RESERVATIONS
 DOW VILLA: 172 171 174
 800 824-9317
 140 JULY 21, 22, 23
 1KW (JULY 23 HIKE)
 (WEDS)
 BEST WESTERN:
 (THURS)
 SEPT 10, 11, 12
 (SEPT. 09 FULL MOON)
 800 782-9422
 LIME PINE CAL
 REMEMBER THESE
 TESLA
 MR. JARROW
 BREAST FRIEND

65936834
 27

DEC - 4073 11/300
 JAN - 809 16500
 FEB - 40,32 85.04

50 46
 89 200 178
 60% 10
 241/80%

8 RUNS 42 MI - 45
 7 RIDES 170 MI - 170
 7 SWIMS 6 MI - 6

SWIMMING? 2/3
 112
 BACK/LEG ACES?

1/2 AY LIFE
 WHITNEY
 PMSWOL

(15 days were)
 46 RUNNING @ (571)
 170 BIKE @ (424)
 6 SWIM @ (606)
 28 DAYS (22 WEEKS)

MR. JARROW
 WHITE PORSCHE / SUV
 761012211

VALENTINES DAY
 MASSACRE

DEGENERATIVE
 SCOLIOSIS
 LUMBAR STENOSIS (Pain)
 LUMBAR DEGENERATIVE
 DISC DISEASE

16. 30 (SUNDAY)				17. # (MONDAY)				18. # (TUESDAY)				19. # (WEDNESDAY)				20. 25 (THURSDAY)				21. 20 (FRIDAY)				22. 5 (SATURDAY)			
10	140	315		0	#	#		0	#	#		0	#	#		1	109	340		12	185	360		13	190	365	
1/2 BOND 3 157.40				#200 PRISM				SWAMIS / L5 SHORES				PUSH OFF WALL ROTATING HIP				1/2 BOND 3 161.50				RESTDAY!				#100 TURN IN PALOMAR AIRPORT ROAD			
DELMAR @ 8:58 AM				RESTDAY!				11.60 MPH AVE. * 32.2 MAX MPH. HYDRATION SYSTEM!!				2:05/100 EZ!!				DELMAR @ 8:59 AM				RESTDAY!				25.10 MAX MPH			
#180 TURN IN 8.5 KRS				#				118.30 5 23.66				75.25 5 4.27				30.32 6 5.05				#				138.34 6 23.05			
26.31 5 5.26				#				118.30 5 23.66				181.75 15 10.32				111.27 22 5.05				#				138.34 6 23.05			
107.26 21 5.10				#				2:40 31.16 2:40 31.16				28.26 137.5 28.36 137.5				36.04 4.1 1:30.2 70.03				#				1:28 20.04 4:08 51.20			
54.03 6.02 54.03 6.02				#				0				0				15 240 415				16 250 430				1:28 20.04 4:08 51.20			
23. \$25				24				25				26				27. 25				28. 15				1:28 20.04 4:08 51.20			
14 215 390				0				0				0				15 240 415				16 250 430				1:28 20.04 4:08 51.20			
#120 TURN IN				1/2 BOND 3 71.51				0 SIDE PIER @ 12.60 MPH AVE 25.40 MAX				1:56/100 EZ OFF WALL				1/2 BOND 3 76.56				CALL NORCO				1:28 20.04 4:08 51.20			
1:59/100 STEADY/EZ!				ENCINITAS LOOP @ 8:45A GOOD!				0				0				CAROLITE @ 8:59A				RESTDAY				1:28 20.04 4:08 51.20			
9125 6 5.18				40.33 7 5.16				178.49 7 25.49				11125 7 6.32				45.38 8 5.67				#				1:28 20.04 4:08 51.20			
19775 16 11.23				121.28 23 5.27				178.49 7 25.49				21775 17 12.37				126.33 24 5.26				#				1:28 20.04 4:08 51.20			
12335				121.28 23 5.27				178.49 7 25.49				21775 17 12.37				126.33 24 5.26				#				1:28 20.04 4:08 51.20			
31:30 1600 31:30 1600				1:28 20.04 1:28 20.04				3:10 40.15 3:10 40.15				40.15 38.37 2000 1:00				3600 45.25 5.05 2:13 15.06				#				1:28 20.04 4:08 51.20			

8 RUNS 42 MILES
 7 RIDES 170 MILES
 6 SWIMS 5.42 MILES
 FEBRUARY

#1070605
 10 525/1500
 MARCH 3
 NORCO CAL

11468 7.34
 17655
 13000
 13000

TRUCK \$110
 BUDGET TRUCK
 JULY 21, 22, 23
 #40004

BEST WESTERN:
 JULY 21, 22, 23
 #672439871
 KMB #360
 DOW VILLA:
 SEPT 10, 11, 12
 1401 KW
 2 CIRCLES
 #350

2014

NICK
WUWANESE
010 642
0151

(NICK) WAWANESA
818 642-8151

(DST)
MARCH 8
SET CLOCK 1 HR
AHEAD —

6:33 AM
866-231-9926

MERCURYINSURANCE.COM

436

DAN CIELLO Show
(SILLY EO)

(17yrs WAWANESSA)

INSURANCE PREMIUM:

GOOD CREDIT

NO TICKETS: —
1 ACCIDENT / MY FAULT

1.	4
17	# 436
$\frac{1}{2}$ Bond 3	81.62
CARDIFF	
1 @ 9:20	
2. 8:20	8:27 AVE.
3. 8:31	
5. 8:36	
5. 8:25	
5 ⁰⁶	1 5 ⁰⁶
13 39	25 5 ²⁵
5 ⁰⁶	43 ²¹ 43 ²¹ 5 ⁰⁶

2. #3 18 #5 #435 1:59/100	3. # # # # 1/21 Bonoi 3 / 91.62 ENCINITAS (13) F-STREET (AVES) 1) 8:45 2) 8:43 3) 8:35 (8:41) 4) 8:56 5) 8:52 6) 8:52 (8:53) 7) 8:32 8) 8:25 9) 8:26 10) 8:36 (8:29) 1172 CALS - 142.9 LBS R 1506 2 753 14139 26 543 1:26.58 1:27 10:00 1:27 10:00	4. # # # # 1 yr. ELLINGTON RESIDAY!! COLD? COMING? B	5. # # # # 03/05 LUNAR RACES 4.01 1) WARM-UP 9:48 2) 8:08 3) 7:36 7:52 AM 4) WARM-DOWN 10:09	6. #0 19 #5 #435 HORRIBLE NITES SLEEP/WHOLE BODY SORE!! RESTDAY!! (LEFT) HIP SORE (CATHING) (VIB) A COLD R	7. # # # # HEAD COLD RESTDAY!!	8. # # # # 180.13/38 SINCE DEC: 6 3 MONTHS 4.88 AM RESTDAY!! 21.51 HEAD COLD
1800 1 1.02 23575 19 13.21 3614 1800 3614 1800	9. # # # # 1/4 Bonoi 9566 1000 @ 9:00 AM 1m @ 8:24	10. # # # # REST! HEAD COLD BETTER!	11. 864.95 MILES 2613 36 RIDES/2402 AVE. MARCH 4 1 yr ELLINGTON CARLSBAD 23.00 @ 13.50 MPH AVE. 24 MAX 21.51 205.80 8 2572 2731 1 2731 2.01 273 2.01 2731	12. # # # # RESTDAY!	13. # # # # 1/2 Bonoi 9863 \$200 PRIUS PAYMENT HAIRCUT @ EXM HAIRCUT RUN @ EZ COLD/FLU WORSE	14. # # # # BACTERIAL INFECTION RESTDAY
2311 4 577 14944 28 533 3620 1404 3620 404	15. # # # # RESTDAY	16. # # # # RESTDAY	17. # # # # RESTDAY	18. # # # # RESTDAY	19. # # # # RESTDAY	20. # # # # RESTDAY

WEIGH

16	#	17	#	18	#	19	#	20	#10	21	#5	22	5								
#	#	#	#	#	#	#	#	#	#	#	#	#	#								
1/2 Bmi 103.68 HOOD RUN @ 9:17 AM FEELING MUCH BETTER...		RESTDAY Wazy?		37/895.09 TOTAL BIK DELMAR/CAD ISLAND WAY @ 13:20 mph/AVE 22:20 MAX FELL OUTSIDE! @ 7:15		24.19 AVE RESTDAY		1/2 Bmi 106.69 HOOD RUN @ 9:11 AM SORE CHEST!!		RESTDAY		ISLAND WAY Loop 13:40 mph AVE									
31.13	6	5.18	#	#	#	235.94	9	26.31	#	#	#	34.14	7	4.87	#	#	#	257.06	10	25.70	
157.46	30	5.24	#	#	#	57.45	2	28.72	#	#	#	160.47	31	5.17	#	#	#	78.57	3	26.19	
46.30	50.1	46.30	5.01	#	#	#	#	2.16	30.14	2.16	30.14	#	#	#	#	#	#	134	21.12	31.50	51.26

* 236.80 205.80 8 25.72
 000 27.31 1 27.31
 864.95 36 24.02

MIAMI/DAN CIELO

23575

89

47875
 27.20 mi