

# FABRIANO

*"per Artisti dal 1264"*

SCHIZZI  
SKETCH  
SKIZZEN  
ES 70

2014



**HYDRO  
POWER  
PRODUCT**  
produit avec  
de l'énergie  
hydraulique

100  11"x14"  
90 g/m<sup>2</sup> | 60 lb | 28x35,5 cm

FABRIANO

MADE IN  
ITALY

Ref. 90001114



REF. PRICE 19.47  
RHINO ART  
NEW PRICE 15.34



# COURTNEY

## APRIL

### 2014

\* 65 DAYS  
ON LAST  
WORK HOKAS!  
(DANCE LIO)

6. #15

33#50 \$545

RESTDAY

7. #

03/05 LUNARS 124.11  
DELMAR/SWAMI'S  
8:29 AVE.  
1) 8:38 2) 8:25 3) 8:45 4) 8:37  
5) 8:30 6) 8:58 7) 8:36  
8) 8:08 9) 8:10 10) 8:10

8. #

RESTDAY

9. #5

34#55 \$550  
04/02 Bondi 15.18  
CARDIFF  
8:56

10. #10

35#65 \$560

RESTDAY

11. #10

36#75 \$570  
03/05 LUNARS 21.19  
CARDIFF  
4) 8:49  
1) 7:47  
1) 9:18

12. #10

37#85 \$580

RESTDAY

13. #0

38#0 \$580

RESTDAY

14. #

03/05 LUNARS 136.11  
18TH/14 STREET RUN  
1) 8:49 2) 8:36 3) 8:52 4) 9:02  
5) 8:55 6) 8:58 7) 9:02  
TIM 8) 8:27 9) 8:32 10) 8:36  
11) 8:30 12) 8:28 13) 8:31 14) 8:44  
LAST(5) TOTAL 4A

15. #

44 DAYS SINCE LAST SWIM

RESTDAY

16. #20

39#105 \$600  
04/02 Bondi 19.23  
HAIRCUT RUN  
@ 9:04 AVE.

17. #5

40#110 605

RESTDAY

18. #5

2#115 \$610  
03/05 LUNARS 141.29  
3) EZ  
1) 7:31  
1) EZ

19. #15

3#130 \$625

RESTDAY

#

#

#

#

43.29 6 7.21

224.86 41 548

145.15 12 145.15 12

#

#

#

#

47.34 7 6.76

228.91 42 545

36.45 4.05 2.22 16.05

#

#

#

#

52.52 8 6.56

234.09 43 544

48.43 5.18 3.08 2.23

#

#

#

#



DEC 1  
SWIM  
5 MONTH  
478.75  
27.20  
12.93  
1.73  
HARVARD  
3000 YARDS  
12/1/14 MON

RUN  
DEC 1  
5 MONTHS  
302.31  
59 RUNS  
5.12

BIKE  
DEC 1  
5 MONTHS  
257.00  
10 RIDES  
25.70

235.75  
225.00  
243.00 19 DEC  
235.75 18 JAN FEB MAR  
5/9 - 5/14 VACATION PCT 50  
7/19 - 7/21 VACATION BAD H2O

|                                                           |                                                                                                                                           |                                                         |                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                     |                                                     |                                                                                                                                                                              |
|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 20 #5<br>48/135/630<br>RESTDAY<br># # #<br># # #<br># # # | 21 #<br># # #<br>03/05 LUNARS 146.33<br>DELMAR<br>@ 8:29 AVE.<br>LM @ 8:12<br>57.56 9 639<br>239.13 44 543<br>42.44 50.4 42.44 50.4       | 22 #10<br>145/640<br>RESTDAY<br># # #<br># # #<br># # # | 23 #15<br>45/160/655<br>04/12 BONDI 14.30<br>CARDIFF<br>@ 8:59 AVE.<br>CARDIFF REET TO<br>SEASIDE @ 8:32<br>62.63 16 626<br>244.20 45 542<br>43.20 50.7 128 10.11 | 24 #25<br>47/185/680<br>RESTDAY<br># # #<br># # #<br># # #                                                                                                                                                                                                                                                                          | 25 #<br># # #<br>RESTDAY<br># # #<br># # #<br># # # | 26 #<br># # #<br>03/05 LUNARS 152.35<br>CARDIFF:<br>04:08 2) 8:35 3) 9:20<br>4) 8:02 5) 8:12 6) 8:57<br>@ 144 AVE<br>68.65 11 624<br>250.22 46 543<br>52.36 6.02 21.20 16.13 |
| 27 #<br># # #<br>RESTDAY<br># # #<br># # #<br># # #       | 28 #<br># # #<br>03/05 LUNARS 158.37<br>HOOD RUN<br>@ 8:59<br>Hip (LEFT) SORE!!<br>74.67 12 622<br>256.24 47 545<br>54.07 6.02 54.07 6.02 | 29 #<br># # #<br>RESTDAY<br># # #<br># # #<br># # #     | 30 #<br>04/02 BONDI 1964<br>CARDIFF @ 9:13<br>WINDY! PAINFUL<br>TO DRAWING<br>BOARD!!<br>80.01 13 615<br>261.50 40 544<br>49.22 5.34 11.45 11.36                  | <p>80/12<br/>6.66<br/>261.57<br/>47 5.56<br/>85/6.53<br/>226.53<br/>5.55</p> <p>38 DAYS<br/>SINCE FALL<br/>ON ELIPTIGO</p> <p>6 WKS<br/>SINCE LAST<br/>RIDE</p> <p>257.06<br/>10</p> <p>308.06<br/>11<br/>28</p> <p>2013<br/>392 4 mi<br/>65 RUNS<br/>6.03</p> <p>2013<br/>Runs<br/>Swims<br/>100 mi<br/>118<br/>1491<br/>84.47</p> |                                                     |                                                                                                                                                                              |

302.30  
12 RUNS MO. AVE.  
5.03 AVE DAY  
60.46 MON AVE.

48  
11  
59

261.57  
302.30 (5 MONTH / 59 RUNS)  
5.12 12 RUNS / MON.

60.46  
182.30 / 12 / 5.03  
4 WKS 302.30



BEACH/STAIRS

# MAY 2014

MARCH 2ND

135 MILES  
24 RUNS  
51.63 AVE.

(9 WEEKS)

\*63 DAYS  
SINCE LAST SWIM

(SUN)

(MON)

(TUE)

(WED)

(THUR)

(FRI)

(SAT)

★  
START  
BEACH  
RUNS  
+ STAIRS  
1) STAIRS!  
2) DEEP SAND!

| 1         | 2                    | 3       |
|-----------|----------------------|---------|
| #5        | #0                   | #       |
| 8 #5 #685 | 9 5 685              | # # #   |
| #11400    | 04/02 Bonds 12375    | # # #   |
| RESTDAY   | BEACH RUN #1 @ 10:02 | RESTDAY |
| # # #     | 413 1 413            | # # #   |
| # # #     | 26571 49 542         | # # #   |
| # # #     | 4127 413 4127 413    | # # #   |

| 4                                | 5           | 6                                           | 7       | 8                                        | 9       | 10                                      |
|----------------------------------|-------------|---------------------------------------------|---------|------------------------------------------|---------|-----------------------------------------|
| #5                               | #15         | #15                                         | #       | #20                                      | #       | #                                       |
| 10 #10 #690                      | 11 #25 #705 | 12 #40 #720                                 | # # #   | 13 #60 #740                              | # # #   | # # #                                   |
| 03/05 LUNARS 162.50              | RESTDAY     | 03/05 LUNARS 166.19                         | RESTDAY | MARRIOTT (11:44 AVE) 03/05 LUNARS 168.47 | RESTDAY | MATT 50 MILE - 6AM (11:21:15) PCT RUN!! |
| BEACH RUN #2 1X STAIRS @ 9:56A R |             | 520 STAIRS 11 2X1 260 2X2 260 BEACH @ 10:29 |         | 2X1 260 2X2 260 STAIRS RUN               |         | swim 04/02 Bonds 33.65                  |
| 8 26 2 413                       | # # #       | 11 95 3 398                                 | # # #   | 14 23 4 355                              | # # #   | 24 13 5 482                             |
| 26984 50 539                     | # # #       | 27353 51 536                                | # # #   | 27581 52 530                             | # # #   | 28571 53 539                            |
| 4104 413 4104 413                | # # #       | 3839 364 44 782                             | # # #   | 2643 220 216 1000                        | # # #   | 2130 990 446 2000                       |
| 11 #                             | 12 #        | 13 #                                        | 14 #    | 15 #                                     | 16 #    | 17 #5                                   |
| # # #                            | # # #       | # # #                                       | # # #   | # # #                                    | # # #   | 13 #65 #745                             |

| 18      | 19                  | 20             | 21            | 22                            | 23            | 24      |
|---------|---------------------|----------------|---------------|-------------------------------|---------------|---------|
| RESTDAY | MARRIOTT            | MARRIOTT       | MARRIOTT      | TORREY PINES                  | TORREY PINES  | RESTDAY |
| RESTDAY | SWIM                | SWIM           | SWIM          | BEACH RUN                     | BEACH RUN     | RESTDAY |
| # # #   | 20 23 6 487         | 7 16 7 112400  | 42.38 8 529   | 48 28 9 536                   | 54 29 10 542  | # # #   |
| # # #   | 260 81 54 538       | 201.91 55 541  | 363.90 56 542 | 309 80 57 543                 | 315 81 58 544 | # # #   |
| # # #   | 510 10520 11152 510 | 24475 109 1200 | 25375 20 1268 | 590 13543 24 601 136 654 3016 |               | # # #   |



160<sup>39</sup> LUNARS  
160<sup>47</sup> LUNARS

\$31<sup>00</sup> + \$20 FEB = \$51<sup>00</sup> TOTAL FOR YEAR!  
RECYCLEABLES

256<sup>69</sup>  
85.50

PHONE 6

13<sup>34</sup>

78<sup>00</sup>  
25

03/05 LUNARS 176<sup>53</sup>

|                 |         |         |         |                 |         |                 |         |                 |         |                 |         |                 |         |
|-----------------|---------|---------|---------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|---------|
| 18              | \$20    | 19      | #       | 20              | #       | 21              | \$0     | 22              | \$0     | 23              | \$10    | 24              | \$5     |
| 14 #85 / \$765  | # # #   | # # #   | # # #   | 15 #85 / \$765  | # # #   | 16 #85 / \$765  | # # #   | 17 #85 / \$765  | # # #   | 18 #100 / \$780 | # # #   | # # #           | # # #   |
| RESTDAY         | RESTDAY | RESTDAY | RESTDAY | RESTDAY         | RESTDAY | RESTDAY         | RESTDAY | RESTDAY         | RESTDAY | RESTDAY         | RESTDAY | RESTDAY         | RESTDAY |
| # # #           | # # #   | # # #   | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   |
| # # #           | # # #   | # # #   | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   |
| # # #           | # # #   | # # #   | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   |
| 25              | \$25    | 26      | #       | 27              | #       | 28              | #       | 29              | \$5     | 30              | \$5     | 31              | \$0     |
| 19 #125 / \$805 | # # #   | # # #   | # # #   | 20 #130 / \$810 | # # #   | 21 #135 / \$815 | # # #   | 22 #135 / \$815 | # # #   | 23 #135 / \$815 | # # #   | 24 #135 / \$815 | # # #   |
| RESTDAY         | RESTDAY | RESTDAY | RESTDAY | RESTDAY         | RESTDAY | RESTDAY         | RESTDAY | RESTDAY         | RESTDAY | RESTDAY         | RESTDAY | RESTDAY         | RESTDAY |
| # # #           | # # #   | # # #   | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   |
| # # #           | # # #   | # # #   | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   |
| # # #           | # # #   | # # #   | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   | # # #           | # # #   |

29

JUNE 2<sup>ND</sup> KAISER STRIKE?







8:47  
8:52  
8:36  
8:46  
8:14

JUNE 30, 2014  
PADRES  
WORST HITTING  
BASEBALL TEAM  
SINCE 1920

13.6

45.4

9.62

Polish up  
\* NEW SHOES FOR WORK...  
10:02 AM

622 LUNARS | 445

73

146

10 21  
943  
1464  
2

5.40 74  
5.70 33

54 Bm  
68 Wx

|                                         |      |                                                                                         |   |                                                                     |       |                                                |                                |                                                                     |                               |                                    |                                        |                                                                              |     |
|-----------------------------------------|------|-----------------------------------------------------------------------------------------|---|---------------------------------------------------------------------|-------|------------------------------------------------|--------------------------------|---------------------------------------------------------------------|-------------------------------|------------------------------------|----------------------------------------|------------------------------------------------------------------------------|-----|
| 22                                      | 10   | 23                                                                                      | # | 24                                                                  | #     | 25                                             | #                              | 26                                                                  | 5                             | 27                                 | 0                                      | 28                                                                           | 25  |
| 35                                      | 120  | 935                                                                                     | # | #                                                                   | #     | #                                              | #                              | 36                                                                  | 125                           | 940                                | 17                                     | 125                                                                          | 940 |
| 20:08 warm<br>1 mi @ 6:47<br>14:40 warm |      | RESTDAY                                                                                 |   | BEACH RUN<br>1,000 STAIRS<br>WET FEET! LOW TIDE<br>11:24 AVE        |       | RESTDAY                                        |                                | EZ BEACH<br>NO STAIRS<br>AVE 142 103<br>9:57 AVE PACE 7             |                               | RESTDAY                            |                                        | SPEED WORK:<br>20:04 EX 50 YD. STIDES<br>1) @ 7:17<br>10:32 EZ 22 1509 EZ 44 |     |
| 6671                                    | 12   | 555                                                                                     | # | #                                                                   | #     | #                                              | #                              | 79                                                                  | 14                            | 570                                | #                                      | #                                                                            | #   |
| 40829                                   | 76   | 537                                                                                     | # | #                                                                   | #     | #                                              | #                              | 421.46                                                              | 78                            | 540                                | #                                      | #                                                                            | #   |
| 4130                                    | 4.45 | 438                                                                                     | # | #                                                                   | #     | #                                              | #                              | 50                                                                  | 509                           | 304                                | #                                      | #                                                                            | #   |
| 1326                                    | 2:13 | 1253                                                                                    | # | #                                                                   | #     | #                                              | #                              | 50                                                                  | 509                           | 304                                | #                                      | #                                                                            | #   |
| 29                                      | 0    | 30                                                                                      | 0 | 13                                                                  |       |                                                |                                |                                                                     |                               |                                    |                                        |                                                                              |     |
| 3                                       | 0    | 0                                                                                       | 0 | 6mo TOTALS:<br>431<br>6mo<br>80 RUNS 16<br>538 AVE. 9029<br>DAY 504 |       |                                                |                                |                                                                     |                               |                                    |                                        |                                                                              |     |
| RESTDAY                                 |      | 622 LUNARS   20.95<br>ROAD 10<br>1-5 8:14 AVE 9.43<br>6-10 8:13 AVE 31<br>8:142 AVE 962 |   | * CONFIRM RESOS<br>LIME PINE<br>* CANCEL XTRA ROOMS!                |       | 0 STAIRS<br>MAY 1st<br>THRU JUNE<br>24th 7,650 |                                | APRIL 80.01 13<br>MAY 80.68 16 256.69<br>JUNE 96.02 16 5.70/45 DAYS |                               | GOLD BOND<br>RAPID RELIEF<br>CREAM |                                        | 16<br>11<br>13<br>16<br>16                                                   |     |
| #                                       | #    | #                                                                                       | # | 9638                                                                | 16    | 6.02                                           | 45RM<br>(APRIL MAY)<br>JUNE 47 |                                                                     | 1400 YR RELIGIOUS<br>WAR/IRAC |                                    | APRIL 80.01<br>MAY 80.68<br>JUNE 96.02 |                                                                              |     |
| #                                       | #    | #                                                                                       | # | 43796                                                               | 80    | 547                                            |                                |                                                                     |                               |                                    |                                        |                                                                              |     |
| #                                       | #    | #                                                                                       | # | 1127                                                                | 10.00 | 1127                                           | 10.00                          |                                                                     |                               |                                    |                                        |                                                                              |     |

9.62

257  
29  
16  
45

(1500s  
MO. AVE)  
3 MONS  
DAY 1  
256  
8549  
509  
257.07  
9

APRIL 80.01  
MAY 80.68  
JUNE 96.02  
246 mi  
82 mmal



JULY  
2014 437

5  
55 | 1020  
102 Blumail | 9.03  
EZ Bennett Run  
@ 9:45 A

8. #  
# # #  
0702 BRUNNEN / 1943  
BEAL / 1000  
STARS  
© HILVE  
(8650 STARS) 10w/8

10. 15  
8 70 1035  
BEACH/STAIRS  
BEACH Run  
@ 9:58A  
0702 BLOWERS / 23<sup>04</sup> 5  
32 350/C

6-129-10

12. 622 LUNARS  
32.97 5

|    |    |      |
|----|----|------|
| 40 | 80 | 1045 |
|----|----|------|

SPEEDWORK:

|         |         |
|---------|---------|
| 1) 9:27 | 2) 7:45 |
| 3) 9:53 | 4) 7:28 |
| 5) 9:33 | 6) 7:41 |

138  
ME

9:37 ME.

5

|     |   |   |
|-----|---|---|
| 14. | # |   |
| #   | # | # |

Resday

16 #  
# # #  
Plu Norco Area 12p  
RESTDAY!

18. 5  
43 110 1075  
~~\$1400~~ PRIUS  
\$258  
Residual  
PLU LAUTRA

19 30 37.45  
14 146 1105  
CALL LONE PINE.  
2mi WARM UP  
① 19:26 x 50 strokes 425  
1 @ 7:03 500  
1.48 @ 15:32 women's 400

|   |   |   |
|---|---|---|
| # | # | # |
| # | # | # |
| # | # | # |

|   |   |   |
|---|---|---|
| 4 | 5 | 6 |
| 5 | 6 | 7 |
| 6 | 7 | 8 |

|   |   |   |
|---|---|---|
| 廿 | 廿 | 廿 |
| 廿 | 廿 | 廿 |
| 廿 | 廿 | 廿 |

|                  |      |      |
|------------------|------|------|
| 40 <sup>80</sup> | 9    | 5.20 |
| 484.76           | 89   | 5.49 |
| 41 <sup>51</sup> | 4.48 | 5.0  |
|                  | 11.8 | 11.7 |



10,150 STAIRS

312 MILES  
SINCE APRIL 1<sup>ST</sup>  
SUN

\* APRIL 1-July 19 9,000 STAIRS  
303.8<sup>7</sup> mi / 54 RUNS / 562 AVE.  
360 MILES / 3 MONTHS

10,000 STAIRS

MT. LANGLEY?  
HIKE

RECYCLES \$ 1122

#2228  
CALLOWAY  
LOCK

5.45 START + 51  
4HR UP  
3.37 DOWN  
7.37

\$62 TOTAL YEAR

RAN FROM  
OUTPOST CAMP! 18 min  
AVE DOWN SAT

|                 |  |  |  |           |  |  |  |           |  |  |  |                                                                                                             |  |  |  |                      |  |  |  |                      |  |  |  |                           |  |  |  |
|-----------------|--|--|--|-----------|--|--|--|-----------|--|--|--|-------------------------------------------------------------------------------------------------------------|--|--|--|----------------------|--|--|--|----------------------|--|--|--|---------------------------|--|--|--|
| 20. 5           |  |  |  | 21. #     |  |  |  | 22. #     |  |  |  | 23. #                                                                                                       |  |  |  | 24. #                |  |  |  | 25. #                |  |  |  | 26. <del>20</del>         |  |  |  |
| 15   145   110  |  |  |  | #   #   # |  |  |  | #   #   # |  |  |  | #   #   #                                                                                                   |  |  |  | #   #   #            |  |  |  | #   150   115        |  |  |  | 17   <del>140</del>   135 |  |  |  |
| RESTDAY!        |  |  |  | RESTDAY!  |  |  |  | RESTDAY!  |  |  |  | HOKA<br>AUG 23   16 <sup>00</sup><br>MT. WHITNEY<br>ACROSS!<br>ALHIDE? JUST SHORT<br>OF TRAIL REST! TUESDAY |  |  |  | WOOLY on<br>RESTDAY! |  |  |  | WOOLY on<br>RESTDAY! |  |  |  | WOOLY on<br>RESTDAY!      |  |  |  |
| 425<br>500<br>4 |  |  |  |           |  |  |  | -BADU     |  |  |  | 62 <sup>80</sup>   10   62 <sup>80</sup>                                                                    |  |  |  | #   #   #            |  |  |  | #   #   #            |  |  |  | #   #   #                 |  |  |  |
| #   #   #       |  |  |  | #   #   # |  |  |  | #   #   # |  |  |  | 500 <sup>70</sup>   90   55 <sup>60</sup>                                                                   |  |  |  | #   #   #            |  |  |  | #   #   #            |  |  |  | #   #   #                 |  |  |  |
| #   #   #       |  |  |  | #   #   # |  |  |  | #   #   # |  |  |  | 73 <sup>1</sup>   16 <sup>00</sup>   73 <sup>1</sup>   16 <sup>00</sup>                                     |  |  |  | #   #   #   #        |  |  |  | #   #   #   #        |  |  |  | #   #   #   #             |  |  |  |

| 27                        | #5              | 28               | # | 29                                                                                                                | # | 30                | #                 | 31                                 | #25              |
|---------------------------|-----------------|------------------|---|-------------------------------------------------------------------------------------------------------------------|---|-------------------|-------------------|------------------------------------|------------------|
| 10                        | 175             | 1140             | # | #                                                                                                                 | # | #                 | #                 | 19                                 | 200              |
| 612 LUNAR 1 41 46         |                 |                  |   |                                                                                                                   |   |                   |                   | HAIR CUT @ 8:30<br>612 LUNAR 54.06 | 1165             |
| EZ BEACH RUN<br>@ 9:54 AM |                 | RESTDAY!         |   | PIV STAPTS/KASER<br>MEET @ 11 AM<br>101 RUCKEN<br>@ 8:14 AM<br>1) 9:11 2) 8:53 3) 8:55<br>4) 8:14 5) 8:37 6) 8:54 |   | RESTDAY!          |                   | HAIR CUT RUN<br>@ 9:15 AM          |                  |
| 66 <sup>81</sup>          | 11              | 6 <sup>07</sup>  | # | #                                                                                                                 | # | 72 <sup>82</sup>  | 12                | 6 <sup>06</sup>                    | 80 <sup>41</sup> |
| 504.72                    | 91              | 55 <sup>4</sup>  | # | #                                                                                                                 | # | 510 <sup>70</sup> | 92                | 55 <sup>5</sup>                    | 518.37           |
| 39 <sup>39</sup>          | 4 <sup>01</sup> | 39 <sup>39</sup> | # | #                                                                                                                 | # | 52 <sup>51</sup>  | 133 <sup>30</sup> | 10 <sup>62</sup>                   | 759              |
|                           |                 |                  |   |                                                                                                                   |   |                   |                   |                                    | 2143             |

6.26 AVE.  
1000 mi  
YEAR!  
LAST 5 mo.  
93.96 mo AVE.  
YEAR  
530 TOTAL?

45  
13  
58  
JULY  
75<sup>11</sup> mo  
15 RUNS  
504 AVE

I WANT TO GET MORE OF WHAT I WANT  
FOR LESS OF WHAT I'VE ~~HAVE~~ HAVE!

RENT!!



IN  
AUG 11 08:00 NORCO

# AUGUST

## 2014

|                   |          |                                                                                                 |         |
|-------------------|----------|-------------------------------------------------------------------------------------------------|---------|
| 1                 | #5       | 2                                                                                               | 30      |
| 20                | #5 #1170 | 21                                                                                              | 35 1200 |
| RCNT!!<br>RESTDAY |          | 6:22<br>WARS (60.57<br>1) 9:09 2) 8:22 3) 8:44<br>4) 8:37 5) 8:30 6) 8:50<br>7) 8:18 (8:40 AVE) |         |
| #                 | #        | #                                                                                               | 651     |
| #                 | #        | #                                                                                               | 524 88  |
| #                 | #        | #                                                                                               | 562 651 |

|                               |         |                                                  |   |                                                                                                        |   |                                                      |   |                                                  |   |                                                          |         |                                                      |                 |
|-------------------------------|---------|--------------------------------------------------|---|--------------------------------------------------------------------------------------------------------|---|------------------------------------------------------|---|--------------------------------------------------|---|----------------------------------------------------------|---------|------------------------------------------------------|-----------------|
| 3                             | #       | 4                                                | # | 5                                                                                                      | # | 6                                                    | # | 7                                                | # | 8                                                        | 10      | 9                                                    | 5               |
| 22                            | #       | #                                                | # | #                                                                                                      | # | #                                                    | # | #                                                | # | 23                                                       | 45 1210 | 24                                                   | 50 1215         |
| RESTDAY                       |         | RESTDAY                                          |   | MT. WHITNEY <sup>08</sup><br>7 HRS. UP<br>5 HRS. DOWN<br>ICE/SNOW TOP<br>FELL/SHOULDER (LEFT)<br>CHEST |   | RESTDAY                                              |   | CALLING SICK!!<br>RESTDAY<br>LEFT SHOULDER SORE! |   | #150<br>RESTDAY<br>SHOULDER MUCH BETTER...               |         | #120<br>RESTDAY<br>SHOULDER OK                       |                 |
| #                             | #       | #                                                | # | #                                                                                                      | # | #                                                    | # | #                                                | # | #                                                        | #       | #                                                    | #               |
| #                             | #       | #                                                | # | #                                                                                                      | # | #                                                    | # | #                                                | # | #                                                        | #       | #                                                    | #               |
| #                             | #       | #                                                | # | #                                                                                                      | # | #                                                    | # | #                                                | # | #                                                        | #       | #                                                    | #               |
| #                             | #       | #                                                | # | #                                                                                                      | # | #                                                    | # | #                                                | # | #                                                        | #       | #                                                    | #               |
| 10                            | 5       | 11                                               | # | 12                                                                                                     | # | 13                                                   | # | 14                                               | # | 15                                                       | #       | 16                                                   | #               |
| 25                            | 55 1220 | 26                                               | # | 27                                                                                                     | # | #                                                    | # | 1                                                | # | 28                                                       | #       | 29                                                   | #               |
| #140<br>LEACH RUN<br>@ 10:10A |         | WORK 5 HRS. CHEST!<br>RESTDAY<br>CHEST SORE!! ?? |   | PLU SCRIPT @ 12P<br>RESTDAY<br>CHEST SORE! ?                                                           |   | 250 <sup>00</sup> TOYOTA<br>RESTDAY<br>CHEST SORE! ? |   | REST/AGAIN!<br>CHEST HURT S! ?                   |   | BIGGEST DAY EVER<br>AT LACOSTA<br>RESTDAY!<br>600m/600m! |         | #2970m check!<br>HARD RUN<br>@ 9:10<br>CHEST BETTER! |                 |
| 31.52                         | 3       | 10 <sup>50</sup>                                 | # | #                                                                                                      | # | #                                                    | # | #                                                | # | #                                                        | #       | 33.53                                                | 4               |
| 549.89                        | 96      | 5 <sup>72</sup>                                  | # | #                                                                                                      | # | #                                                    | # | #                                                | # | #                                                        | #       | 551.90                                               | 97              |
| 30 <sup>36</sup>              | 01      | 30 <sup>36</sup>                                 | # | #                                                                                                      | # | #                                                    | # | #                                                | # | #                                                        | #       | 824                                                  | 20              |
| 301                           | 301     | 301                                              | # | #                                                                                                      | # | #                                                    | # | #                                                | # | #                                                        | #       | 49                                                   | 5 <sup>03</sup> |



|                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                           |                                                                                                                                                                              |                                                                                                                             |                                                                                                                                             |                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| 17. #<br>30 # # #<br>HOOD Run!<br>@ 8:44 AVE.<br>08:55 to 8:34<br>3554 5 7.10<br>553.91 98 5.65<br>1735 2.01 175 2.01 | 18. #20<br>31 75 1240<br>RESTDAY                                                                                                                                                                                                                                                                                                                                                                                                                 | 19. #<br># # #<br>RESTDAY | 20. #<br># # #<br>HAIRLOT DOB<br>RUN<br>@ 8:54A<br>* L50 RUN<br>4178 6 6.96<br>560.15 99 5.65<br>535 624 113 825                                                             | 21. 5<br>32 80 1245<br>HOOD Run @<br>1) @ 8:32 8:32 AVE<br>* 2) @ 7:32<br>4379 7 6.25<br>562.16 100 5.62<br>17 201 130 1226 | 22. 5<br>33 85 1250<br>HOOD Run @<br>1) 9:18 8:13 AVE.<br>2) 7:09<br>45.81 8 5.72<br>564.18 101 5.58<br>1635 202 146 1428 2533 301 212 1729 | 23. 15<br>34 100 1265<br>HOOD Run @<br>1) 9:16 2) 7:27<br>3) 8:43 = 8:29 AVE.<br>572<br>4882 9 5.42<br>567.19 102 5.56             |
| 24. 20<br>35 120 1285<br>192<br>RESTDAY                                                                               | 25. #<br># # #<br>RESTDAY                                                                                                                                                                                                                                                                                                                                                                                                                        | 26. #<br># # #<br>RESTDAY | 27. #<br># # #<br>MARTIN LUTHER KING<br>SAN JACINTO<br>HUMBER PARK TO<br>DANIEL MARION<br>MTA TRAIL<br>24.12 PACE<br>62.52 10 6.25<br>580.89 103 5.63<br>1370 5:33 5:33 1370 | 28. 5<br>36 125 1290<br>KLEES/shower<br>GOOD<br>RESTDAY<br>\$105<br># # #                                                   | 29. 5<br>37 130 1295<br>#136 11<br>RESTDAY<br>4<br>3723<br># # #                                                                            | 30. 20<br>38 150 1315<br>ROAD Run<br>101 NORTH<br>8:38 AVE.<br>9:14/8:07<br>6883 11 6.25<br>587.20 104 5.64<br>5428 631 2001 62728 |
| 31. 5<br>39 155 1320<br>102<br>RESTDAY                                                                                | <p>SAN JACINTO: 13.7 Humber 1320 15<br/>MARION MM. 1335 SEPT. 10<sup>TH</sup> - 17<sup>TH</sup><br/>3:00:15 SEPT. 9<sup>TH</sup> - 17<sup>TH</sup><br/>HUMBER PARK TO CABIN 135 5:33:02<br/>24 43 PACE</p> <p>6480' HUMBER PARK<br/>6300' MARION MM. TR 1:30:23<br/>1:40:58 1:46:58<br/>15 1320 25:33 12:21<br/>155</p> <p>FAIRS BULERS DAY OFF<br/>(VACATS?)</p> <p>73.40 MONTH AVE.</p> <p>50 11 69</p> <p>TR AFFIC SCHOOL</p> <p>YEAR 880</p> |                           |                                                                                                                                                                              |                                                                                                                             |                                                                                                                                             |                                                                                                                                    |
| # # #<br># # #<br># # #                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                           |                                                                                                                                                                              |                                                                                                                             |                                                                                                                                             |                                                                                                                                    |



2014

$$\begin{array}{r} 36 \overline{) 40} \\ \underline{36} \phantom{0} \\ 40 \end{array}$$



1) 9:46 2) 9:09 3) 9:36 4) 9:27 5) 9:38  
6) 9:00 7) 8:38 8) 8:28 9) 9:08 10) 9:15 11) 8:39

|                                                                        |                                             |                                                                                                                                                    |                |                                                               |                       |                                                                    |
|------------------------------------------------------------------------|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------|---------------------------------------------------------------|-----------------------|--------------------------------------------------------------------|
| 21. 0                                                                  | 22. #                                       | 23. #                                                                                                                                              | 24. #          | 25. 10                                                        | 26. 30                | 27. 5                                                              |
| 44   110   1430                                                        | #   #   #                                   | #   #   #                                                                                                                                          | #   #   #      | 45   110   1430                                               | 46   140   1460       | 47   145   1465                                                    |
| CLIFTONS<br>1400N<br>@ EZ oval<br>LEFT Hip FLEXOR?                     | 12:45 STRESS<br>TEST/ZION<br><u>RESTDAY</u> | LSD<br>MOONLIGHT<br>BEACH<br>LOOP<br>@ 911 AVE.<br>CLIFTONS                                                                                        | <u>RESTDAY</u> | CLIFTONS<br>1400N<br>1) 9:28<br>2) 7:31<br>3) 9:25            | 160<br><u>RESTDAY</u> | CLIFTONS<br>1400N<br>1) 9:19 2) 9:25<br>3) 7:10 4) 9:20<br>BETTER! |
| 70 <sup>05</sup>   118   583                                           | #   #   #                                   | 79 <sup>53</sup>   113   611                                                                                                                       | #   #   #      | 83 <sup>05</sup>   113   593                                  | #   #   #             | 87 <sup>05</sup>   115   580                                       |
| 657.25   115   571                                                     | #   #   #                                   | 666.73   116   574                                                                                                                                 | #   #   #      | 670.25   117   572                                            | #   #   #             | 674.25   118   571                                                 |
| 35 <sup>06</sup>   35 <sup>0</sup>   35 <sup>0</sup>   35 <sup>0</sup> | #   #   #   #                               | 127 <sup>07</sup>   948   2:02:07   1298                                                                                                           | #   #   #   #  | 312 <sup>0</sup>   352 <sup>0</sup>   2:33   16 <sup>50</sup> | #   #   #   #         | 351 <sup>07</sup>   400   3:08:44   20 <sup>50</sup>               |
| 28. #5                                                                 | 29. #                                       | 30. #                                                                                                                                              |                |                                                               |                       |                                                                    |
| 48   150   1470                                                        | #   #   #                                   | #   #   #                                                                                                                                          |                |                                                               |                       |                                                                    |
| CLIFTONS<br>CARDIFF<br>@ 8:46 AVE.<br>EZ!! EVERY<br>MILE UNDER<br>9:00 | <u>RESTDAY</u>                              | CLIFTONS / LSD<br>MOONLIGHT<br>BEACH LOOP<br>@ 8:45 AVE.<br>1) 9:24 2) 8:33 3) 8:54 4) 8:47<br>5) 8:47 6) 9:42 7) 8:33 8) 8:48<br>9) 8:52 10) 8:32 |                |                                                               |                       |                                                                    |
| 91 <sup>06</sup>   15   569                                            | #   #   #                                   | 101.06   110   594                                                                                                                                 |                |                                                               |                       |                                                                    |
| 678.26   119   569                                                     | #   #   #                                   | 688.26   120   573                                                                                                                                 |                |                                                               |                       |                                                                    |
| 35 <sup>09</sup>   401   35 <sup>09</sup>   401                        | #   #   #   #                               | 127 <sup>36</sup>   100   2:02   1401                                                                                                              |                |                                                               |                       |                                                                    |

OCT 1<sup>TH</sup>  
TRAFFIC SCHOOL  
@ 8 AM  
HOLIDAY EXPRESS  
RECYCLES  
\$62  
17  
\$79  
24  
1:27.07  
35.00  
2:02:07

Pulmonary tests:  
OCT. 21<sup>ST</sup> (ZION)  
2:15 pm 30 min

STRESS TEST: 1  
2

Sept. 22<sup>ND</sup>  
12:45

2:33:27  
35:17  
3:08 44

OCT 4<sup>TH</sup>  
ALL 50 MILE  
NOV. 4, 5 GRAND CANYON



# OCTOBER 2014

688<sup>26</sup>  
120

#1470

IT MAY GET WORSE BEFORE IT GETS BETTER, BUT IT WILL GET BETTER.

10/02 current 702

10/02 current 1802

|                                                           |      |       |         |   |   |                                                                                                                                                           |      |       |         |   |   |                                                                                    |      |       |         |    |      |                                                                                                              |       |       |
|-----------------------------------------------------------|------|-------|---------|---|---|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------|-------|---------|---|---|------------------------------------------------------------------------------------|------|-------|---------|----|------|--------------------------------------------------------------------------------------------------------------|-------|-------|
| 5                                                         |      |       | 6       |   |   | 7                                                                                                                                                         |      |       | 8       |   |   | 9                                                                                  |      |       | 10      |    |      | 11                                                                                                           |       |       |
| 50                                                        | 5    | 1475  | #       | # | # | #                                                                                                                                                         | #    | #     | #       | # | # | 51                                                                                 | 10   | 1480  | 52      | 20 | 1490 | 53                                                                                                           | 25    | 1495  |
| CARDIFF<br>3mi @ 24:03<br>1) 8:19 8:00<br>2) 8:00 3) 7:41 |      |       | RESTDAY |   |   | SNAIL TRAIL 50.<br>TO MOUNA KEA BAY.<br>@ 8:50 AVE.<br>1) 9:28 2) 9:01 3) 8:45<br>4) 8:45 5) 8:55 6) 8:32<br>7) 8:52 8) 8:30 9) 8:36<br>10) 8:51 11) 8:56 |      |       | RESTDAY |   |   | 1002 current 21.16<br>HAIRCUT RUN:<br>1) 8:16 2) 8:21<br>3) 7:57 (103)             |      |       | RESTDAY |    |      | 1002 124.53<br>current 103<br>CARDIFF<br>1) @ 10:07 x<br>2) @ 6:50<br>3) @ 9:57                              |       |       |
| 7.02                                                      | 2    | 3.51  | #       | # | # | 18.02                                                                                                                                                     | 3    | 6.00  | #       | # | # | 21.16                                                                              | 4    | 5.29  | #       | #  | #    | 24.53                                                                                                        | 5     | 4.90  |
| 695.20                                                    | 22   | 5.69  | #       | # | # | 706.20                                                                                                                                                    | 123  | 5.74  | #       | # | # | 709.42                                                                             | 124  | 5.72  | #       | #  | #    | 712.79                                                                                                       | 125   | 5.70  |
| 24.03                                                     | 3.01 | 24.03 | #       | # | # | 24.03                                                                                                                                                     | 3.01 | 24.03 | #       | # | # | 25.03                                                                              | 3.14 | 25.03 | #       | #  | #    | 33.03                                                                                                        | 30.03 | 25.03 |
| 12                                                        |      |       | 13      |   |   | 14                                                                                                                                                        |      |       | 15      |   |   | 16                                                                                 |      |       | 17      |    |      | 18                                                                                                           |       |       |
| 54                                                        | 30   | 1500  | #       | # | # | #                                                                                                                                                         | #    | #     | #       | # | # | 1                                                                                  | 45   | 1515  | 2       | 50 | 1520 | 3                                                                                                            | 70    | 1540  |
| RESTDAY                                                   |      |       | RESTDAY |   |   | RSP/LAGOON<br>@ 9:59 AVE.<br>LSD RUN @ EZ.                                                                                                                |      |       | RESTDAY |   |   | 1002 current 20.59<br>CARDIFF:<br>1) @ 9:51<br>2) @ 7:51<br>3) @ 7:52<br>4) @ 9:48 |      |       | RESTDAY |    |      | 1002 current 32.64<br>CARDIFF<br>1) @ 9:25 3) 9:11<br>2) 6:59 4) 9:12<br>SOMETHING RATED<br>SOME INEFFICIENT |       |       |
| #                                                         | #    | #     | #       | # | # | 36.53                                                                                                                                                     | 6    | 6.00  | #       | # | # | 40.59                                                                              | 7    | 5.79  | #       | #  | #    | 44.64                                                                                                        | 8     | 5.58  |
| #                                                         | #    | #     | #       | # | # | 724.79                                                                                                                                                    | 126  | 5.75  | #       | # | # | 728.85                                                                             | 127  | 5.73  | #       | #  | #    | 732.90                                                                                                       | 128   | 5.72  |
| #                                                         | #    | #     | #       | # | # | 150.7                                                                                                                                                     | 12.0 | 150.7 | #       | # | # | 35.50                                                                              | 4.06 | 2.35  | #       | #  | #    | 3.14                                                                                                         | 4.05  | 3.11  |



- 5@ 1) 9:25 4) 8:27 5@  
 2) 8:39 7) 8:08 8:10 AVE.  
 3) 9:00 8) 7:59  
 4) 8:26 9) 8:18  
 5) 8:38 10) 7:59

IT MAY GET WORSE BEFORE IT GETS BETTER  
BUT IT WILL GET BETTER!

AFTER 4 WEEKS  
FOOT NOT A PROBLEM?

CANCEL PULMONARY  
TESTS

OCT. 21ST

600 MILES / 100 RUNS

|                                 |  |  |  |                                                               |  |  |  |                                                                                                                     |  |  |  |                                              |  |                                       |  |                                                                                                     |  |  |  |               |  |  |  |                                                                                    |  |  |  |
|---------------------------------|--|--|--|---------------------------------------------------------------|--|--|--|---------------------------------------------------------------------------------------------------------------------|--|--|--|----------------------------------------------|--|---------------------------------------|--|-----------------------------------------------------------------------------------------------------|--|--|--|---------------|--|--|--|------------------------------------------------------------------------------------|--|--|--|
| 129 732 90                      |  |  |  |                                                               |  |  |  |                                                                                                                     |  |  |  |                                              |  | 600 MILES / 100 RUNS                  |  |                                                                                                     |  |  |  |               |  |  |  |                                                                                    |  |  |  |
| 19 9                            |  |  |  | 20 #                                                          |  |  |  | 21 #                                                                                                                |  |  |  | 22 #                                         |  |                                       |  | 23 5                                                                                                |  |  |  | 24 #          |  |  |  | 25 #                                                                               |  |  |  |
| 4 75 1545                       |  |  |  | # # #                                                         |  |  |  | # # #                                                                                                               |  |  |  | # # #                                        |  |                                       |  | 5 80 1550                                                                                           |  |  |  | 6 # #         |  |  |  | 7 # #                                                                              |  |  |  |
| RESTDAY/<br>= WK<br>FOOT BETTER |  |  |  | CANCEL PULMONARY<br>TESTS / KAISER<br>RESTDAY/<br>FOOT BETTER |  |  |  | 1002 CLIFFS 42.64<br>MOONLIGHT BEACH<br>NON! 8:30 AVE.<br>SOLID/GREAT RUN! EZ 8                                     |  |  |  | 1002 CLIFFS 45.65<br>EZ HOOD<br>@ 9:47A EZ 4 |  |                                       |  | 1002 CLIFFS 48.75<br>EZ HOOD<br>@ 8:57A EZ 4                                                        |  |  |  | RESTDAY/<br>= |  |  |  | 1002 CLIFFS 52.76<br>CARDIFF (8:43 AVE)<br>1) 9:28 3) 9:07<br>2) 7:12 4) 9:06 EZ 4 |  |  |  |
| # # #                           |  |  |  | # # #                                                         |  |  |  | 5464 9 607                                                                                                          |  |  |  | 5765 40 5.76                                 |  |                                       |  | 6075 44 552                                                                                         |  |  |  | # # #         |  |  |  | 6476 42 539                                                                        |  |  |  |
| # # #                           |  |  |  | # # #                                                         |  |  |  | 74290 129 575                                                                                                       |  |  |  | 74591 430 5.73                               |  |                                       |  | 74901 431 571                                                                                       |  |  |  | # # #         |  |  |  | 753.02 132 570                                                                     |  |  |  |
| # # #                           |  |  |  | # # #                                                         |  |  |  | 12506 1000 12506 1000                                                                                               |  |  |  | 2976 301 2547 1301                           |  |                                       |  | 2745 310 3.22 1611                                                                                  |  |  |  | # # #         |  |  |  | 3458 401 2.58 2012                                                                 |  |  |  |
| 26 5                            |  |  |  | 27 #                                                          |  |  |  | 28 #                                                                                                                |  |  |  | 29 #                                         |  |                                       |  | 30 # 5                                                                                              |  |  |  | 31 # 5        |  |  |  |                                                                                    |  |  |  |
| 8 85 1555                       |  |  |  | # # #                                                         |  |  |  | # # #                                                                                                               |  |  |  | # # #                                        |  |                                       |  | 9 90 1560                                                                                           |  |  |  | 10 95 1565    |  |  |  |                                                                                    |  |  |  |
| RESTDAY/<br>=                   |  |  |  | RESTDAY/<br>=                                                 |  |  |  | 1002 CLIFFS 60.77<br>G-STREET<br>1) 9:08 WU 2) 8:00 3) 8:29 4) 8:06 5) 7:57 6) 7:32 7) 7:45 8:00 WD 7:58 6mi/AVE. 3 |  |  |  | RESTDAY<br>=                                 |  |                                       |  | CALL IN / ONLINE DR. CHAN<br>WURCC FOR NEXT MONDAY<br>1002 CLIFFS 63.82<br>HAIRCUT RUN<br>@ 9:02 30 |  |  |  | RESTDAY<br>=  |  |  |  |                                                                                    |  |  |  |
| # # #                           |  |  |  | # # #                                                         |  |  |  | 72.77 13 559                                                                                                        |  |  |  | # # #                                        |  |                                       |  | 7582 44 541                                                                                         |  |  |  | # # #         |  |  |  |                                                                                    |  |  |  |
| # # #                           |  |  |  | # # #                                                         |  |  |  | 761.03 133 572                                                                                                      |  |  |  | # # #                                        |  |                                       |  | 76408 134 570                                                                                       |  |  |  | # # #         |  |  |  |                                                                                    |  |  |  |
| # # #                           |  |  |  | # # #                                                         |  |  |  | 1:06:12 8:01 1:06:12 8:01                                                                                           |  |  |  | # # #                                        |  |                                       |  | 2734 305 46 1:06 1:33:11                                                                            |  |  |  | # # #         |  |  |  |                                                                                    |  |  |  |
|                                 |  |  |  |                                                               |  |  |  |                                                                                                                     |  |  |  |                                              |  | APRIL 1ST<br>100 RUNS<br>582.3<br>580 |  |                                                                                                     |  |  |  |               |  |  |  |                                                                                    |  |  |  |

(E2 WEEK REST FOR GRAND CANYON RUN NOV. 5)

REC/CLIS  
\$ 108

10.08 AVE  
LSD RUN / TUES  
(6 WEEKS)

103

27.87

572.13  
60.49

31  
 406  
 507.  
 86  
 14  
 100  
 APRIL 1ST  
 100 RUNS  
 582.13  
 580  
 4.87  
 13  
 87



# NOVEMBER

2014

SATURDAY

11 5 1570  
1002 CLIFTONS 168.82

SPEEDWORK

CARDIFF  
1) 9:14 2) 7:19 3) 9:10  
4) 7:14 5) 9:15  
8:27 AVE. 3

5.00 1 5.00

769.08 135 5.1

42.16 5.00 42.16 5.00

115 NOV/DEC.

↓

231 to 1000

- 1) 20:52
- 2) 27:55
- 3) 23:55
- 4) 21:22
- 5) 21:12
- 6) 16:16
- 7) 27:36
- 8) 20:20
- 9) 17:49

1426 CALS  
22.44 AVE

- 10) 18:52
- 11) 21:32
- 12) 18:55
- 13) 21:09
- 14) 24:41
- 15) 22:51
- 16) 27:14
- 17) 23:55

| SUNDAY                                                        | MONDAY                            | TUESDAY                                                                                                                                        | WEDNESDAY                                                                                              | THURSDAY                                                        | FRIDAY                                                            | SATURDAY                                                                                      |
|---------------------------------------------------------------|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| 2. #                                                          | 3. #                              | 4. #                                                                                                                                           | 5. #                                                                                                   | 6. #                                                            | 7. #                                                              | 8. #5                                                                                         |
| RESTDAY<br>CLOCK BACK 1 HR.<br>DAYLIGHT SAVING TIME<br>(ENDS) | TRAVEL<br>RESTDAY<br>200 MI DRIVE | TRAVEL<br>RESTDAY<br>350 MILE DRIVE                                                                                                            | GRAND CANYON<br>ROB ATRS 138.83<br>KARBOB DOWN<br>BRIGHT ANGEL UP<br>AWESOME! MATT<br>GRAND CANYON RUN | RESTDAY<br>DRIVE 350 MILE<br>(FULL MOON)                        | DRIVE 200 MILES<br>WACK 2 MILES<br>IN BARSTON<br>VEGOS VEG/ SORG. | 117 HAINCUT<br>@ 8:30<br>1002 CLIFTONS 71.91<br>@ 9:44<br>RUN/WACK/LEES<br>BOTTOM             |
| # # #                                                         | # # #                             | # # #                                                                                                                                          | 2183 2 1691                                                                                            | # # #                                                           | 24.00 3 8.00                                                      | 27.09 4 6.77                                                                                  |
| # # #                                                         | # # #                             | # # #                                                                                                                                          | 785.91 136 5.77                                                                                        | # # #                                                           | 788.08 137 5.75                                                   | 791.17 138 5.23                                                                               |
| # # #                                                         | # # #                             | # # #                                                                                                                                          | 1683 35 6.22 1683 35 6.22 1683 35 6.22                                                                 | # # #                                                           | 2.17 143 7.05 19.00                                               | 3.09 3008 7.35 22.09                                                                          |
| 9. 25                                                         | 10. #                             | 11. #                                                                                                                                          | 12. #                                                                                                  | 13. 0                                                           | 14. 5                                                             | 15. 10                                                                                        |
| 13 35 1600                                                    | # # #                             | # # #                                                                                                                                          | # # #                                                                                                  | 44 35 1600                                                      | 15 40 1605                                                        | 46 50 1615                                                                                    |
| RESTDAY (126)                                                 | RESTDAY                           | 1002 CLIFTONS 81.95<br>MOONLIGHT BCH.<br>@ 8:39 AVE.<br>1) 8:51 2) 8:30 3) 8:45 4) 8:31<br>5) 8:55 6) 8:37 7) 8:26 8) 8:20<br>9) 8:50 10) 8:47 | 32-13 7 DAYS<br>8.03 AVE.<br>2+ GMBARITION<br>GEORGEY BUT YET<br>RESIDAY (PM)                          | 1002 CLIFTONS 85.96<br>CARDIFF<br>@ 8:59<br>\$275 PRIUS PAYMENT | RESTDAY                                                           | 1002 CLIFTONS 91.97<br>ENCINAS<br>1) 9:23 2) 8:46 3) 9:09<br>@ 7:29 5) 7:28<br>6) 8:59 (8:30) |
| # # #                                                         | # # #                             | 37.13 5 7.42                                                                                                                                   | # # #                                                                                                  | 41.14 6 6.85                                                    | # # #                                                             | 47.15 7 6.73                                                                                  |
| # # #                                                         | # # #                             | 801.21 139 5.76                                                                                                                                | # # #                                                                                                  | 805.22 140 5.75                                                 | # # #                                                             | 811.23 141 5.75                                                                               |
| # # #                                                         | # # #                             | 1.26 54 10.04 1.26 54 10.04                                                                                                                    | # # #                                                                                                  | 36.02 4.01 2.02 14.05                                           | # # #                                                             | 51.60 2.53 20.00                                                                              |



FUN BUT PAINFUL

UP SHEEPS CREEK WITHOUT MICRO SPIKES

\* COULD BE LAST LONG RUN! LEGS JUST CAN'T GO LONG

|                |             |         |         |         |         |         |
|----------------|-------------|---------|---------|---------|---------|---------|
| 16. 10         | 17. 60 1625 | 18. #   | 19. #   | 20. #   | 21. #   | 22. 5   |
| RESTDAY        | RESTDAY     | RESTDAY | RESTDAY | RESTDAY | RESTDAY | RESTDAY |
| # # #          | # # #       | # # #   | # # #   | # # #   | # # #   | # # #   |
| 23. —          | 24. #       | 25. #   | 26. #   | 27. 15  | 28. 20  | 29. 15  |
| 75 / 80.75 AVE | RESTDAY     | RESTDAY | RESTDAY | RESTDAY | RESTDAY | RESTDAY |
| # # #          | # # #       | # # #   | # # #   | # # #   | # # #   | # # #   |
| 30. —          | 31. #       | 32. #   | 33. #   | 34. #   | 35. #   | 36. #   |
| 25 115 1680    | RESTDAY     | RESTDAY | RESTDAY | RESTDAY | RESTDAY | RESTDAY |
| # # #          | # # #       | # # #   | # # #   | # # #   | # # #   | # # #   |

0500 ATR'S 55.33  
MT. BALDY ACORN  
WRIGHTWOOD TRAIL  
SNOW/ICE ON TRAIL  
BLUE RIDGE CREST!

1002 CLIFTONS 110.51  
MOONLIGHT Bch.  
@ 8:45  
tried to run 9:00??

# 56- 1002 CLIFTONS 95.48  
Run/Walk  
@ 9:55 AVE  
LEGS SONG!

106 1002 CLIFTONS 110.00  
CARDIFF  
@ 8:38 AVE  
9:07 8:25 8:20  
8:16 8:13

1002 CLIFTONS 112.52  
SPEED WALK  
9:15 2) 7:59 3) 9:02  
4) 7:53 5) 9:50 20 T36  
6) 7:54

118.50  
\$474 15.00  
103 MILES RENT / 13 runs  
7.92 AVE 950  
RENT!  
160 runs  
50 20 90 20 90 20  
960 miles 13 runs  
100 runs  
111 DAYS 6 11 AVE  
84.79 AVE. 678.38 since April 1st 18 mo  
94 miles = 950  
28/200 miles = 1000 7.14 AVE.  
28/100 mile = 900 3.57 AVE.  
2014 167 runs 900 miles 5.38 AVE.  
918.50 4.17 DAY AVE.

ONE NEGATIVE  
BLOOD  
BY ANYONE

|                      |                      |                      |           |                      |
|----------------------|----------------------|----------------------|-----------|----------------------|
| TUE                  | WED                  | THUR                 | FRI       | SAT                  |
| 2. #                 | 3. #                 | 4. #                 | 5. #      | 6. 5                 |
| 0 # #                | 0 # #                | 26 # #               | 27 5 1685 | 28 10 1690           |
| 1002 CLIFTONS 113.65 | 1002 CLIFTONS 113.66 | 1002 CLIFTONS 113.66 | RESTDAY   | 1002 CLIFTONS 114.66 |
| 0 # #                | 0 # #                | 0 # #                | 0 # #     | 0 # #                |
| 0 # #                | 0 # #                | 0 # #                | 0 # #     | 0 # #                |



115 1680  
 118.50  
 \$474  
 15.00  
 103 miles RUN  
 7.92 AVE  
 13 runs  
 950  
 111 DAYS  
 6.11 AVE  
 84.79 AVE  
 678.38  
 SINCE APRIL 1st  
 18 mo  
 2014  
 167 RUNS  
 900 MILES  
 5.38 AVE  
 918.50  
 4.17 DAY AVE  
 94 miles = 950  
 28/200 miles = 1000  
 7.14 AVE  
 28/100 mile = 900  
 3.57 AVE  
 960  
 960 miles  
 160 runs  
 13 runs DEC  
 960  
 20 GEN  
 50 20  
 160 runs  
 103 miles RUN  
 7.92 AVE  
 13 runs  
 950  
 111 DAYS  
 6.11 AVE  
 84.79 AVE  
 678.38  
 SINCE APRIL 1st  
 18 mo  
 2014  
 167 RUNS  
 900 MILES  
 5.38 AVE  
 918.50  
 4.17 DAY AVE

\* ONLY GIVE BLOOD  
 TO ANYONE

DEC 2014

\$103 RECYCLE TOTAL YR. 960/103 160 runs/13 = 6 mi AVE

| MON                 |  |  |  | TUE                 |  |  |  | WED                 |  |  |  | THUR                |  |  |  | FRI                 |  |  |  | SAT                 |  |  |  |
|---------------------|--|--|--|---------------------|--|--|--|---------------------|--|--|--|---------------------|--|--|--|---------------------|--|--|--|---------------------|--|--|--|
| 1. #                |  |  |  | 2. #                |  |  |  | 3. #                |  |  |  | 4. #                |  |  |  | 5. #                |  |  |  | 6. #                |  |  |  |
| 0 # #               |  |  |  | 0 # #               |  |  |  | 0 # #               |  |  |  | 26 # #              |  |  |  | 27 5 1685           |  |  |  | 28 10 1690          |  |  |  |
| 1002 CLIFTONS 13365 |  |  |  | 1002 CLIFTONS 13365 |  |  |  | 1002 CLIFTONS 13365 |  |  |  | 1002 CLIFTONS 13365 |  |  |  | 1002 CLIFTONS 13365 |  |  |  | 1002 CLIFTONS 13365 |  |  |  |
| 1-6 > 9:14A         |  |  |  | 1-6 > 9:14A         |  |  |  | 1-6 > 9:14A         |  |  |  | 1-6 > 9:14A         |  |  |  | 1-6 > 9:14A         |  |  |  | 1-6 > 9:14A         |  |  |  |
| 7-12 > 8:45A        |  |  |  | 7-12 > 8:45A        |  |  |  | 7-12 > 8:45A        |  |  |  | 7-12 > 8:45A        |  |  |  | 7-12 > 8:45A        |  |  |  | 7-12 > 8:45A        |  |  |  |
| MOONLITE BENEFIT    |  |  |  | MOONLITE BENEFIT    |  |  |  | MOONLITE BENEFIT    |  |  |  | MOONLITE BENEFIT    |  |  |  | MOONLITE BENEFIT    |  |  |  | MOONLITE BENEFIT    |  |  |  |
| 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  |
| 1                   |  |  |  | 1                   |  |  |  | 1                   |  |  |  | 1                   |  |  |  | 1                   |  |  |  | 1                   |  |  |  |
| 869.41              |  |  |  | 869.41              |  |  |  | 869.41              |  |  |  | 869.41              |  |  |  | 869.41              |  |  |  | 869.41              |  |  |  |
| 148                 |  |  |  | 148                 |  |  |  | 148                 |  |  |  | 148                 |  |  |  | 148                 |  |  |  | 148                 |  |  |  |
| 587                 |  |  |  | 587                 |  |  |  | 587                 |  |  |  | 587                 |  |  |  | 587                 |  |  |  | 587                 |  |  |  |
| 1:49                |  |  |  | 1:49                |  |  |  | 1:49                |  |  |  | 1:49                |  |  |  | 1:49                |  |  |  | 1:49                |  |  |  |
| 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  |
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| 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  |
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| 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  | 12 <sup>13</sup>    |  |  |  |
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July-DEC 5.48  
 519.32  
 84  
 6.18 87.84  
 12.16

2014  
 957.96 miles  
 164 DAYS  
 584 AVE DAY

419.33 13  
 519.32 11  
 16  
 14  
 13  
 17

YEAR BONUS + XMAS AND FUND \$\$\$  
 65/1745

2014 TOTALS  
 957.96  
 164 DAYS  
 5.84 AVE

42.04 SHORT OF AUG

1745  
 35  
 1780

JAN-JUNE  
 438.64  
 80  
 548

DEC-JULY  
 519.32  
 84  
 6.18

| SUN.                                                                                         | MON.                                                           | TUE.                                                                                                                           | WED.                                                                                         | THUR.                                                                                                                            | FRI.                                                                                                               | SAT.                                                                   |
|----------------------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| 21. 80/112/236 = 428<br>270 142<br>35/335   2015<br>236<br>RESTDAY                           | 22. #<br>#<br>#<br>RESTDAY                                     | 23. #<br>#<br>#<br>1223 CLIFTONS 10.10<br>MOONLIGHT BEACH<br>@ EZ 8:51<br>9:03 8:32 8:54 9:00 8:52<br>9:02 8:30 8:33 8:52 9:04 | 24. #<br>#<br>#<br>1223 CLIFTONS 11.11<br>18th STREET<br>@ 8:55A<br>9:13 8:41 8:37 9:10 9:02 | 25. 201/1100/201/201<br>25<br>36   360   2040<br>1223 CLIFTONS 120.21<br>CARDIFF REEF<br>@ 8:49 AVE.<br>9:11 8:50 8:20 8:54 9:00 | 26. 137/338/169<br>5<br>37   365   2045<br>1223 CLIFTONS 25.38<br>NORTH DELMAR<br>HOOD @ 9:06A<br>CACE PAIN LEFT 5 | 27. 106/444/148<br>5<br>38   370   2050<br>RESTDAY<br>LEFT CACE? ICE 5 |
| # # #                                                                                        | # # #                                                          | 7250 12 604                                                                                                                    | 7757 13 596                                                                                  | 8267 14 590                                                                                                                      | 8784 15 585                                                                                                        | # # #                                                                  |
| # # #                                                                                        | # # #                                                          | 92984 15 584                                                                                                                   | 93485 16 584                                                                                 | 93995 16 583                                                                                                                     | 94512 16 583                                                                                                       | # # #                                                                  |
| # # #                                                                                        | # # #                                                          | 12910 10 10                                                                                                                    | 1129 10 10                                                                                   | 1501 15 11                                                                                                                       | 1501 15 10                                                                                                         | # # #                                                                  |
| 28. 111/555 = 138.25 AVE<br>7h<br>39   445   2125<br>CALF BETTER<br>RESTDAY<br>CACE/ICE/SORE | 29. #<br>#<br>#<br>CALL KAISER/NAPROXEN<br>RESTDAY<br>LEFT LEG | 30. #<br>#<br>#<br>E-MAIL DR. CHAN<br>RESTDAY<br>LEFT LEG                                                                      | 31. #<br>#<br>#<br>SILDENAFIL REFILL<br>RESTDAY<br>LEFT LEG                                  | 965 93/5.81 165 RUNS/960<br>5.81 AVE.<br>65                                                                                      |                                                                                                                    |                                                                        |
| # # #                                                                                        | # # #                                                          | # # #                                                                                                                          | # # #                                                                                        | #103 60                                                                                                                          |                                                                                                                    |                                                                        |
| # # #                                                                                        | # # #                                                          | # # #                                                                                                                          | # # #                                                                                        | RECYCLES 1 IN FOR YEAR 34                                                                                                        |                                                                                                                    |                                                                        |
| # # #                                                                                        | # # #                                                          | # # #                                                                                                                          | # # #                                                                                        | TOTALS                                                                                                                           |                                                                                                                    |                                                                        |

WEDNESDAY  
 RENT  
 CALL SCRIPTS  
 E-MAIL DR. CHAN

965  
 165  
 5.81