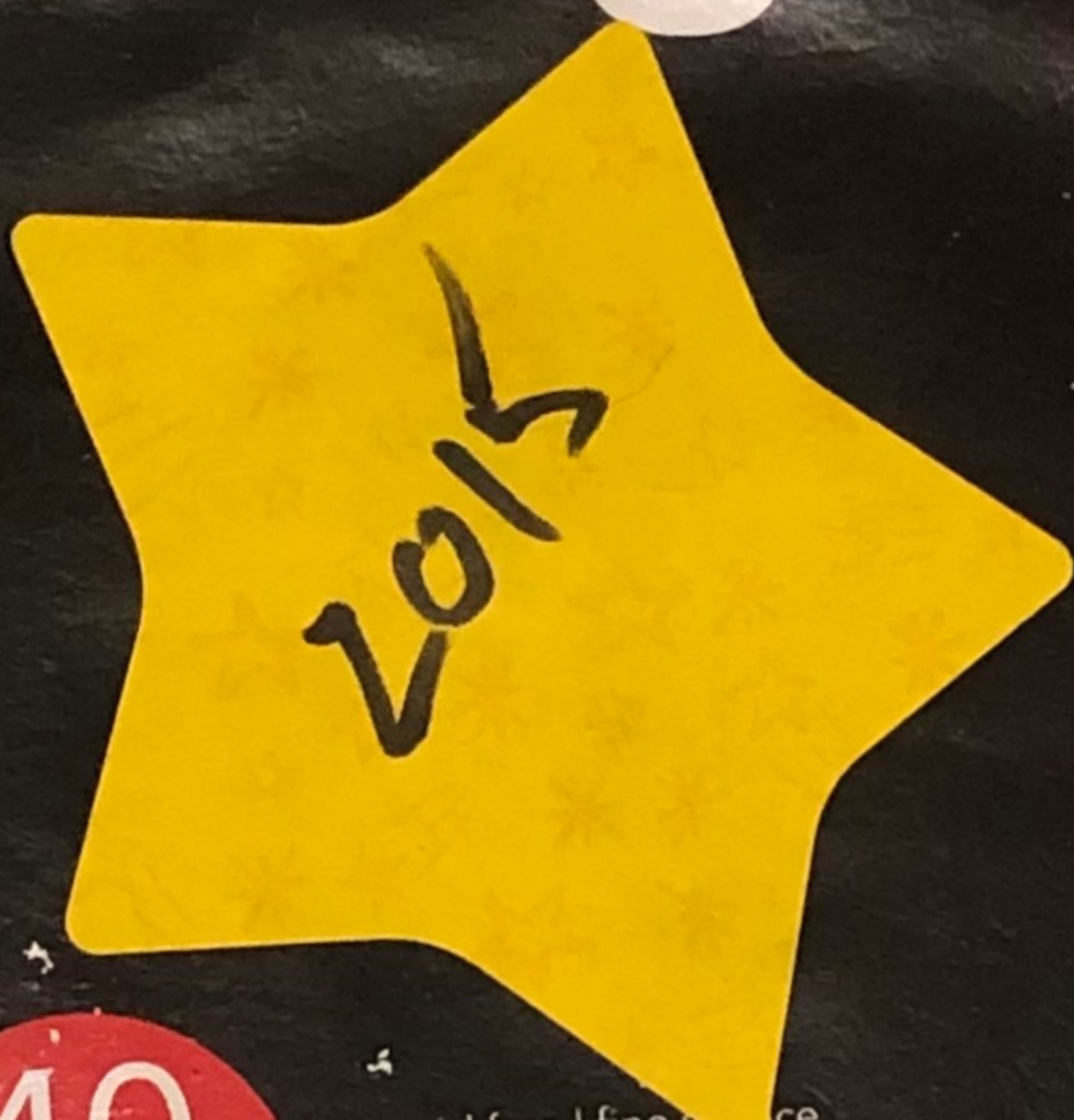




Bienfang®



40
SHEETS | FEUILLES | HOJAS
90 lb | 140 g

acid free | fine surface
sans acide | surface parfaite
ácido libre | superficie fina

MIXED MEDIA PAPER
PAPIER À TECHNIQUE MIXTE
PAPEL PARA MEZCLA
DE MEDIOS

9 in x 12 in (229 mm x 305 mm)

MIXED MEDIA

740

~~2014~~
2015

10 EAST
YUCCA VALLEY
29 PACMS EXIT
1:15

|| MAIN
ENTRANCE
HIDDEN VALLEY

O = DAYS WORKED 2015

STATIONARY RACK
ELLIPTICAL? SWIM?
— WORK 5 DAYS —

RUN/WALK

$$110 \times 470 / 117.50$$

4	25	
43	75	75

5.	#		
#	#	#	
	#		

— work 5

6 ₀	#	
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	#	1

YS —

7	7
7	7
7	7

50/50/50

8

44	75	75
----	----	----

50 | 112 | 81
 9. 25
 45 | 100 | 100
 #

108/50/112/90
10 25
46 125 125

RESTDAY

RESTDAY

6 HAIRCUT
RUH!
NO WALKING..V
09:42 09:03 09:01

SNAIL TRAIL
9:47/12:05
WALK/RUN
10:56 AVE

START WALKING PROGRAM Nxt MONDAY —

RESTDAY
LEG/COLD

RESTDAY
C/CF/COD

RESTA/
CALF/COD

SUNDAY

MONDAY

TUESDAY

741230 AL

VR1041

SATURDAY

3014

ELLIPTIGO?

740/7

RUN
L START WALK PROGRAM

4.01
3.0

HEART RATE MONITOR ?
DAYS WORKED ON HORAS

SELWA

MLK
LEFT
LEG
BAD!

POOL RUNNING
ELLIPTIGO (BEACH)
WALKING SAND
STAND-UP PADDLE BOARD

11	#	12	#	13	#	14	#	15	#	16	#	17	5	
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#1		MLSDC		LEFT CAFE		PALM SPRINGS		DOG PARK						
RESIDAY		1:35 AIR ALASKA		WOW CAR??		14:30 21 19:12 31 16:36 41		WALK @ 14:53						
SICK CALL		SNAIL TRAIL RUN/WALK		SNAIL TRAIL RUN/WALK		5 17:12 6 14:27		AV 59:43 14:52 14:47						
@ WORK!		@ 11:46 AVE.		9:05! / 13:04		@ 17:12 AVE		PALM CANYON HIKE 1:45:17						
		12:23 / 11:24 / 11:39						@ 35:00 AVE						
#	#	#	9:00	4	2:27	11:09	5	2:21	17:09	6	2:04	24:10	7	3:44
#	#	#	9:00	4	2:27	11:09	5	2:21	17:09	6	2:04	24:10	7	3:44
#	#	#	35:51	3:05	35:51	3:05	22	2:01	58:02	25	11:00	24:57	5:26	19:07
10	19	#	20	#	21	#	22	10	23	25	24	20		
2	740	140	#	#	#	#	#	3	450	150	4	175	175	
9	#	1	#	#	#	#	#	11	#	#	12	#	#	
RESIDAY		LEG HORRIBLE AT NIGHT!		2:00 VALERIE DENTAL APPT.		WHALE WATCHING		WALK AVE @ WORK DAYS ON HORAS WORK SHER		SLEPT BETTER! ON BACK 90%		BETTER??		
115/225/11250		RESIDAY		UNBELIEVABLE LEG PAIN AT NIGHT		ABOARD THE AMERICA		73/73/73		113/186/193		1522		
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"IF YOU KEEP DOING WHAT YOU'VE BEEN DOING, YOU'RE GOING TO GET WHAT YOU'VE BEEN GETTING!"

20.58
12 wks

215.05
39
55

24.00
12 wks

FEB 9 - APR 18
2 quks

232.36
43
5.40
LED

9 7 16

PROTON THERAPY
SURGERY/PROSTATE OUT
THEN RADIATION

250 MILES
RUN LAST 5 MONTHS

8				9				10				11				12				13				14			
#				#				#				#				#				#				#			
1223 CLIFTONS 60.04				1223 CLIFTONS 64.07				1223 CLIFTONS 68.12				1223 CLIFTONS 72.34				1223 CLIFTONS 77.35				1223 CLIFTONS 82.36				1223 CLIFTONS 87.37			
RESTDAY				BEACH/SWIM TRAIL RUN/WALK @ 11:37A				HAIRCUT RUN/WALK @ 11:44				RESTDAY				HOOD RUN/WALK @ 10:04AVE				RESTDAY				101 NORTH BEACH RUN/WALK @ 10:09A			
#				8.05 2 402				12.10 3 403				#				16.32 4 408				#				21.33 5 426			
#				41.66 12 3.47				45.71 13 3.51				#				49.93 14 3.56				#				54.94 15 3.66			
#				46.48 403 46.48 403				47.36 405 24 1:34 8.08				#				42.42 32 56 30 2:16 12.30				#				50.50 34 30 1:31			
(SUNDAY)				(MONDAY)				(TUESDAY)				(WEDNESDAY)				(THURSDAY)				(FRIDAY)				(SATURDAY)			
12				12				12				12				12				12				12			
DAZE WORKED				DAZE WORKED				DAZE WORKED				DAZE WORKED				DAZE WORKED				DAZE WORKED				DAZE WORKED			
2341 TOTAL				TOTAL				TOTAL				TOTAL				TOTAL				TOTAL				TOTAL			
15				16				17				18				19				20				21			
14 40 300				#				#				#				15 65 325				16 75 335				17 90 350			
#				1223 CLIFTONS 82.45				1223 CLIFTONS 87.57				#				1223 CLIFTONS 90.58				1223 CLIFTONS 93.59				1223 CLIFTONS 97.60			
20 113/128/125/170 = 134A				#				#				#				21 115/115A				22 83/198 = 99A				23 105.303 = 101			
RESTDAY				PRINS ## PICK-UP SCRIPT FW SHOT 101 CARDIFF @ 9:01A NO WORK				21 101 CARDIFF (1) 8:58A (2) 8:58A (3) 8:58A (4) 8:58A				RESTDAY				SEASIDE LOOP @ 9:00A				23 SEASIDE LOOP @ 8:59A 9:01 8:57 9:00				24 CARDIFF @ 8:44AVE (1) 8:42 (2) 8:42 (3) 8:42 (4) 8:42			
#				26.43 6 4.40				31.55 7 4.50				#				34.56 8 4.32				37.57 9 4.17				41.58 10 4.05			
#				60.04 16 3.75				65.16 17 3.83				#				68.17 18 3.78				71.18 19 3.74				75.19 20 3.73			
#				5.10 46.02 46.02 5.10				5.12 45.15 45.15 5.12				#				27.05 30.04 159 13.23				30.01 27.02 226 16.24				35.01 40.01 301 20.25			

$$\begin{array}{r} 80 \\ 194 \overline{) 3472} \\ \underline{34} \\ 572 \\ \underline{560} \\ 12 \end{array}$$

WORKOUTS
~~LAST NAME~~

$$\frac{3\text{mo}}{300\mu}$$

~~PARABA~~
~~OPUS~~

BNP (DEAR A B AA OPEN)

PEARZA - BAUGH (PEARAH - BAUGH)
SILDENAFIL
REFILL 3/11/15
SCHEDULE COLONOSCOPY
MARCH

166
511
Tactical
MR. ROBERTS
1 NEW PART
BENET?

SUN. [REST] WORK 8 1/2 HRS.
MON 4-5 mi (36) OFF
TUE 4-5 mi (36) OFF
WED 4-5 mi (36) OFF
THURS. [REST] WORK 8 1/2 HRS
FRI. 4 mi (36) WORK 8 1/2 HRS
SAT. 4 mi (36) WORK 8 1/2 HRS

20 May (3:00 PM)

32 Hr >

7 DAYS
A WEEK
4 miles

* FIGURE OUT
COLONOSCOPY
APPT?
MARCH DATE!
EYE APT!
WORST EXERCISING. COM

WIDOW CLEVER 2:09:55 REM
2ND FRANK 2:10 & WINNER
4TH BILL 2:25

SUMMER 1976

(4 mic Run options)

Workouts:

- 1) 1.E2 2.H. 3.H 4.E2
- 2) 1.E2 2.E2 3.E2 4.E2
- 3) 1.E2 2.H. 3.E2 4.E2
- 4) 1.E2 2.E2 3.E2 4.E2
- 5) 1.C2 2.E2 3.H 4.E2

FLIGHT 370
MARCH 8, 2014
1 YEAR SP

SPECIAL NEEDS

MARCH -

• 2015 •

LIGHT SLEEP (7-9 HRS. SLEEP) 6.7 HRS.
REM SLEEP 1 SLEEP AVE

IF YOU FOCUS ON RESULTS
YOU'LL NEVER CHANGE!
IF YOU FOCUS ON CHANGE
YOU'LL GET RESULTS!

2015										SPECIAL NEEDS!																								
1 \$10					2 #					3 #					4 #					5 20					6 5					7 362 5				
22 \$10 460					# # #					# # #					# # #					23 30 480					24 35 485					25 40 490				
26 70=457 114A					227 CLIFTONS 1423					227 CLIFTONS 1927					# # #					227 CLIFTONS 2328					# # #					227 CLIFTONS 2839				
3267/116.2					# RENT #					WU @ 9:25 2) 8:43 3) 8:45 4) 8:43 5) 8:48 = 8:44.75					CHUCKS BACI SPRAYS 77"					LA S OLJAS					3D 120 271=135A					32 110=381 127A				
RESTDAY!					CARDIFF SB @ 9:10 AVE. 1) 9:53 2) 7:56 3) 9:38 4) 7:47					MAIL RUN @ 8:52 AVE. FELT STRONG!					RESTDAY					1 @ EZ 1 @ 7:26 2 @ EZ twinges!					RESTDAY					TOTAL 4054 TURN IN CARDIFF REST @ 8:55 EZA NO TWINGES! 116.89				
# # #					600 1 600					1104 2 552					# # #					1509 3 501					# # #					2016 4 504				
# # #					10273 26 395					1077 27 399					# # #					111.78 28 3.99					# # #					2016 4 504				
# # #					07 600 5507 600					46 504 53 1104					# # #					37 4 217 1505					# # #					45 511 101 2016				
SUNDAY					MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY					SATURDAY				
8 \$5					9 #					10 #					11 #					12 5					13 5					14 #				
26 45 495					# # #					227 CLIFTONS 3354					# # #					50 500					3953 116.24 55 505					# # #				
# # #					# # #					# # #					# # #					227 CLIFTONS 38.71					34 # #					227 CLIFTONS 46.71				
32 109=490 1225A					# # #					# # #					# # #					39 100 100					39 110 105					# # #				
3757/33=113AVE.					ORDER SILDENAFIL					CARDIFF @ 9:01 A LM @ 8:37					RESTDAY					3857 1574 MI 113.44 @ 8:17 AVE.					39 110 105					8:45 up 8:15 BEK AVE.				
RESTDAY					RESTDAY					SUNDAY? Hot?					RESTDAY					CARDIFF @ 8:31 A					RESTDAY					GHCINITAS ROAD 101 RUN				
# # #					# # #					2531 5 506					# # #					3048 6 508					# # #					3848 7 549				
# # #					# # #					18200 36 406					# # #					14226 31 400					# # #					15026 32 409				
# # #					# # #					46 515 46 515					# # #					44 511 130 10					# # #					100 8.0 2138 1032				

129.80 Buys
4WK

110.74
18
615

134.78
22
612

8 SIDE
461 COLLEGE
76 CASH

0020731164 APRIL 2018 EXPIRES

#10
\$164.24

LAST 3RD
4-8
1ST 9TH

255.10



(HOME) 2A.46
ANSWER
INCOMING
CALLS

(NORM) 2E2 1HAND 1E2
1HAND 1E2
231.38/9

1:02.08
1:01:45 53
46 34 1:27
53:53 2:46

TOTAL DAYS
WORKED YEAR
46

1:39 1:40 1:44
26
40 48R
66 DM/MM YR
136/136 6 YR

15			16			17			18			19			20			21		
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ACTIVITAS			227 CLIFTON 547			227 CLIFTON 627			227 CLIFTON 672			227 CLIFTON 707			227 CLIFTON 707			227 CLIFTON 707		
WILD RUN			TOYOTA 3.5L #300			MOTEL 6			PALM SPRING TENNIS TOURNAMENT			MOTEL 6 PALM SPRING			MOTEL 6 PALM SPRING			HAIRCUT RUN @ 8:59A		
RESTDAY			PIU COLTIF FOR COLONOSCOPY CARDIFF @ 8:45 AVE. EVEN 8:54/8:36B			RESTDAY			UP - PALM SPRING @ 8:58/8:24 @ 8:55 @ 8:30 @ 8:23 @ 8:20 @ 8:23			RIVERSIDE @ 8:53 AVE 1) 8:50 2) 9:10 3) 8:34 4) 8:41			RESTDAY			WORK 9 HRS WEDDING 11 3:00		
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SUN 36 DAYS WORKED + 10 E-PAID MON TUE WED THUR FRI SAT 205.27

22	35	95	545	23	#	#	24	#	#	25	#	#	26	25	120/570	27	20	140	590	28	5	145	595				
4216	117	11 AVE	127	#	#	#	#	#	#	#	#	#	4346	130	130	—	444	150	200	140 AVE	32	113	243	121 AVE			
29	#	#	#	#	#	#	#	#	#	#	#	#	30	114	36 AVE	—	31	115	28 AVE	4609	40	115	28				
38	#	#	#	227 CLIFTONS	7787	227 CLIFTONS	84.92	#	#	#	38	227 CLIFTONS	90	90	—	38	227 CLIFTONS	96	96	40	#	#	#				
RESTDAY				DEL MAR WOODS N/S @ 8:45 FEET STRONG AND IN CONTROL				SWAMI'S: 1) 9:08 2) 8:47 3) 8:57 4) 8:35 5) 8:31 6) 8:24 7) 8:50 @ 8:45A				RESTDAY				P.C.G. @ 9:00 AVE. PACIFIC COAST GRILL III				CARDIFF @ 8:57 AVE. KNARLY WORK				RESTDAY			
#	#	#	#	69	12	580	76	13	580	#	#	#	82	44	584	88	15	585	#	#	#	#					
#	#	#	#	181	37	480	188	38	480	#	#	#	193	39	480	198	40	480	#	#	#	#					
#	#	#	#	71	1:08	1:08	71	1:01	7:05	2:03	14	16	46	5	2:59	19	53	16	6:44	25	35	#	#	#	#		

MARCH 2015 (2)

29	#	#	30	#	#	31	#	#
#	#	#	#	#	#	#	#	#
#	#	#	#	#	#	#	#	#
#	227	103	#	#	#	#	#	#
CARDIFF (SSSP) 8:57 SPEEDWORK TOTAL AVE. 1) 9:47 2) 8:59 (EXERCISE) 3) 7:17 4) 9:46 5) 7:16 6) 9:53 7) 9:39 6			COLONOSCOPY RESTDAY STOMACH UPSET!!!!			NO EXERCISE! RESTDAY SYSTEM UPSET! STILL		
9488	16	593	#	#	#	#	#	#
191	41	467	#	#	#	#	#	#
7.01	1.02	7.01	#	#	#	#	#	#

SPEEDWORK:

- 2 WARM-UP NORTH EZ
- 1 SPEED 7:30 - 7:17
- 1 EZ NORTH TO 3mi MARK
- 1 SPEED 7:30 SOUTH TO CARDIFF REEF - 7:16
- 2 EZ WARM-DOWN

7mi TOTAL

6.00 = 102 DAY AVE.

4609

40

OLD PHONE

Acct # 164944701

Pin 4760

1-2015-

10 JAN 33 55

15 FEB 63 12

17 MAR 100 00

42 196 69 460 AVE

206.03/8

MONDAY

0020731164

MARCH 30TH

PIU

COLITE

@pharmacy

33 55 JAN

63 12 FEB

100 00 MARCH

TAXI

ROAD RUNNER SPORTS

TO AND FROM

GARFIELD OFFICE

FOR PROCEEDURE

1WHITNEY1

PASSWORD

GOOGLE

VOICE MAIL

PASSWORD

2506473

*86

APRIL

2015

5-11

S O
M 8 LSD

T 4
W O
TH 4 5272
F 4
S 5 speed

VOICE MAIL :

*86

5601 Password

138² lbs

180.2/7

150.63/6

RENT!

7:12.65
116 CALS.

6:58.62
116 CALS.

2:51.55
40.27

332 22

1	15	2	15	3	30	4	5
33 15 610	34 30 625	35 60 655	36 65 660	37 60 655	38 65 660	39 60 655	40 65 660
41 4725 116 115.24	42 4855 130 115.59	43 5006 151 116.41	44 5112 106 116.18	45 5272 117.26	46 5405 125.58	47 5538 133 117.82	48 5640 102 117.50
227 CLIFTONS 107.65	227 CLIFTONS 112.20	227 CLIFTONS 117.26	227 CLIFTONS 121.34	227 CLIFTONS 125.58	227 CLIFTONS 129.84	227 CLIFTONS 134.10	227 CLIFTONS 138.36
EZ CARDIFF SEASIDE @ 9:02A	DEL MAR TRACKS LOOP @ 8:51A	CARDIFF STATE PARK @ 8:34A	18TH ST @ 8:24	18TH ST @ 8:24	18TH ST @ 8:24	18TH ST @ 8:24	18TH ST @ 8:24
453 1 453	908 2 454	1414 3 471	1822 4 455	20576 44 467	20984 45 466	21392 46 465	21799 47 464
19615 42 467	20070 43 466	20576 44 467	20984 45 466	21392 46 465	21799 47 464	22206 48 463	22613 49 462
4057 453 4057 453	4022 455 4022 455	4008 457 4008 457	4008 457 4008 457	4008 457 4008 457	4008 457 4008 457	4008 457 4008 457	4008 457 4008 457

5	30	6	#	7	#	8	25	9	25	10	5	11	5
37 95 690	45 5272 160 117.12	# # # #	# # # #	# # # #	# # # #	38 120 715	46 5405 133 117.50	47 5538 133 117.82	48 5640 102 117.50	49 5745 105 117.24	50 5850 108 116.98	51 5955 111 116.72	52 6060 114 116.46
# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	227 CLIFTONS 125.58	227 CLIFTONS 129.84	227 CLIFTONS 134.10	227 CLIFTONS 138.36	227 CLIFTONS 142.62	227 CLIFTONS 146.88	227 CLIFTONS 151.14	227 CLIFTONS 155.40
RESIDAY	WENT WELL!!! EZ-OOZIE! LAGOON RUN @ LSD??	06 ATR'S 10.01	06 ATR'S 10.01	EYE APT. 1445 3 HR. NAP!! RESTDAY = TIRE!	DEL MAR 1703 CONST BLDG @ 8:51A. Psyc@work!	DEL MAR 1703 CONST BLDG @ 8:51A. Psyc@work!	DEL MAR 1703 CONST BLDG @ 8:51A. Psyc@work!	DEL MAR 1703 CONST BLDG @ 8:51A. Psyc@work!	DEL MAR 1703 CONST BLDG @ 8:51A. Psyc@work!	DEL MAR 1703 CONST BLDG @ 8:51A. Psyc@work!	DEL MAR 1703 CONST BLDG @ 8:51A. Psyc@work!	DEL MAR 1703 CONST BLDG @ 8:51A. Psyc@work!	DEL MAR 1703 CONST BLDG @ 8:51A. Psyc@work!
# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	3247 6 5.4	22408 47 4.76	3247 6 5.4	22408 47 4.76	3247 6 5.4	22408 47 4.76	3247 6 5.4	22408 47 4.76
# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	3724 424 213 14.25	3724 424 213 14.25	3724 424 213 14.25	3724 424 213 14.25	3724 424 213 14.25	3724 424 213 14.25	3724 424 213 14.25	3724 424 213 14.25
SUN	MON	TU	WED	TH	FRI	SAT	SUN	MON	TU	WED	TH	FRI	SAT

STATE AND
PEDRE GOSA

18051
687-5400

3505 STATE
SANTA BARBARA
MOTEL 6 ROSSO

2 MILE FROM
STUNT

SINCE MARCH 15

168.28
28 runs
6.01 AVE.

8099560617187
1 ADULT 2 NIGHTS
237.7

CL @ 3PM
CL @ 12PM

105.76 MONTH
17 RUNS

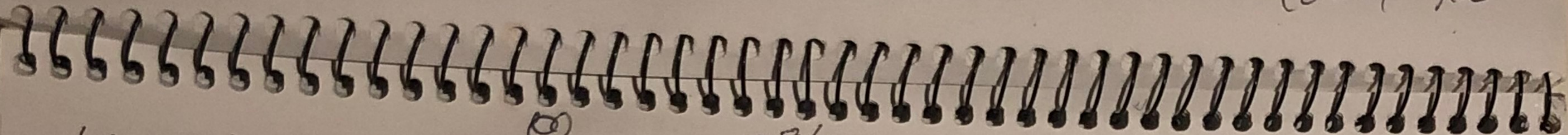
6.22 DAY AVE.

11 DAYS OFF
28 DAY/C

129.8 / 21 DAYS

APRIL 22
LAST 31 DAYS

115.76 MILES
18 RUN / 6⁴³ AVE.



(SUNDAY)	(MONDAY)	(TUESDAY)	(WEDNESDAY)	(THURSDAY)	(FRIDAY)	(SATURDAY)
12 #	13 #	14 #	15 #	16 10	17 10	18 5
42 155 750	# # #	# # #	# # #	43 165 760	44 175 770	45 180 775
50 5800 55 116 ⁵⁷	# # #	# # #	# # #	50 5922 122 116 ¹¹	52 6062 140 116 ⁵⁷	53 6169 167 116 ⁵⁹
# #	# #	# #	# #	0904 CLIFTONS 19 83	# #	0904 CLIFTONS 25 83
RESTDAY ¹	TAXES # PREVIOUS # RESTDAY ¹	RSE LSO GC @ 9:36A FELL @ 9 mi / NOT TOO BAD!	RESTDAY ¹	E2 SEASIDE @ 8:59 DAY 1 (11 NORD)	RESTDAY ¹	#3 101 NORTH 2 mi WARM-UP EXSORD STRIDES 1 mi @ 7:07 DAY 3 (3X NORD)
# # #	# # #	63 ⁴⁰ 10 63 ³⁴	# # #	67 ⁴⁰ 11 61 ²	# # #	73 ⁴⁰ 12 61 ¹
# # #	# # #	255.02 51 5.00	# # #	259.03 52 4.98	# # #	265.02 53 5.00
# # #	# # #	15 ¹⁴ 224 2:24 15 ¹⁰	# # #	35 ⁵⁸ 4.0 56 19 ¹⁰	# # #	50 6.00 3:53 25 ¹⁰

STATE STREET MILE
TAMARA (711)

OMNI * Fucks
HIRE 20 BAYS 110
120

For YEAR 120 5.9 2:56
\$14.18 AVE. 120 5.9 2:56
BMS 120 5.9 2:56
3 23:59 21 3:19 5.9

19 5	20 #	21 #	22 #	23 0	24 0	25 0
46 185 780	# # #	# # #	# # #	47 185 780	48 185 780	49 185 780
54 6295 126 116 ⁵⁷	# # #	# # #	# # #	55 6321 26 114 ⁹²	56 6365 44 113 ⁶⁶	57 6455 90 113 ²⁴
# #	# #	# #	# #	0904 CLIFTONS 28 83	0904 CLIFTONS 33 91	0904 CLIFTONS 38 93
RESTDAY ¹	BOSTON MARATHON RESTDAY ¹	ORDER NORD RESTDAY ¹	LSO RSE @ EZ GOAL 10:00 PACE 9:57 AVE REAL TIRE!! 11:24 CYTOMAX Along! (5)	E2 Heed @ 9:00A LEGS GOOD!	CALL IN SILDENAFIL (1CAISER) 13TH STREET @ 8:58 AVE.	SPEEDWORK CARDIFF 10 10:07 30 7:58 10 9:26
# # #	# # #	# # #	8540 13 6:56	88.40 14 6:31	93.48 15 6:23	98.50 16 6:15
# # #	# # #	# # #	277 ⁰² 54 5.13	280 ⁰² 55 5.09	285.10 56 5.19	290.12 57 5.08
# # #	# # #	# # #	1:59 12 ⁵ 1:59 12 ⁰⁰	27 ⁰⁰ 3 ⁰¹ 2:26 15 ⁰⁰	50 ¹⁰ 5 ⁰⁸ 3:16 20 ⁰⁹	43 ³⁵ 5 ⁰² 4:00 25 ¹⁰

RUNS

JAN 10
FEB 15
MARCH 16
APRIL 19
MAY 16
JUNE 13
JULY 10
AUG 16

MILES
665 miles
5.78 avg. DAY
354 WK
AUG
15 RUNS
8 MONTHS
14 3/4 MONTHS
AUG

GARMIN 620!

Horrible @ work!!

26	0	27	#	28	#	29	#	30	0
49	185	780	#	#	#	#	#	50	185
58	6455	113 ²⁴	#	#	#	#	#	58	6481
#	#	#	#	#	#	#	#	26	11174
#	#	#	#	#	#	#	#	55.48	
RESTDAY			RESTDAY			DEL MAR POB/WALK @EZ			DEL MAR JAMES @8:49A.
#	#	#	#	#	#	105.55	17	6:20	11070
#	#	#	#	#	#	297.17	58	5:12	302.32
#	#	#	#	#	#	7:05	26	1:26	52
#	#	#	#	#	#	1:00	1:00	7:05	48
#	#	#	#	#	#	5:15	18	12:20	23
#	#	#	#	#	#	1:49	12	38	4
#	#	#	#	#	#	2:27	41	16:55	

LG02ALE8871@gmail.com

How do I UNENCRYPTED E-mails on my ANDROID

color?
(2) 16 19 #3
GARMIN CONNECT will BE INSTALLED SOON?
5324 PAIR WITH PHONE

3mo.
273.06
50 RUNS
5.46

(RACE MODE?)

4=100.43

3X LSD = 30mi TOTAL
3X TRACK
9mi TOTAL

209.94
5.99

SUB 6 STATE ST. MILE JUNE 7TH

APRIL 21 LSD 12mi
APRIL 28 TRACK 1mi / 2x800 / 4x400 3mi
MAY 5 LSD 10mi / CYTO MAX ALONG! RST/TRAILS
MAY 12 TRACK 1mi / 2x800 / 4x400 3mi
MAY 19 LSD 10mi / CYTO MAX - RST/TRAILS
MAY 26 TRACK 1mi / 2x800 / 4x400 3mi
MAY-31-JUNE 6 TAPER/REST

4.30

2.15 TURN

306 62 4.30 115
5.11

307.17
(1) DISTANCE AVE PACE
(2) DISTANCE LAP PACE
(3) OFF DISTANCE
(4) OFF DISTANCE
5.16 LAP PACE

FOR YEAR!
2015

Item	Qty	Unit Price	Total Price
1. 1000/1000	1.00	0.00	0.00
2. 1000/1000	1.00	0.00	0.00
3. 1000/1000	1.00	0.00	0.00
4. 1000/1000	1.00	0.00	0.00
5. 1000/1000	1.00	0.00	0.00
6. 1000/1000	1.00	0.00	0.00
7. 1000/1000	1.00	0.00	0.00
8. 1000/1000	1.00	0.00	0.00
9. 1000/1000	1.00	0.00	0.00
10. 1000/1000	1.00	0.00	0.00
11. 1000/1000	1.00	0.00	0.00
12. 1000/1000	1.00	0.00	0.00
13. 1000/1000	1.00	0.00	0.00
14. 1000/1000	1.00	0.00	0.00
15. 1000/1000	1.00	0.00	0.00
16. 1000/1000	1.00	0.00	0.00
17. 1000/1000	1.00	0.00	0.00
18. 1000/1000	1.00	0.00	0.00
19. 1000/1000	1.00	0.00	0.00
20. 1000/1000	1.00	0.00	0.00
21. 1000/1000	1.00	0.00	0.00
22. 1000/1000	1.00	0.00	0.00
23. 1000/1000	1.00	0.00	0.00
24. 1000/1000	1.00	0.00	0.00
25. 1000/1000	1.00	0.00	0.00
26. 1000/1000	1.00	0.00	0.00
27. 1000/1000	1.00	0.00	0.00
28. 1000/1000	1.00	0.00	0.00
29. 1000/1000	1.00	0.00	0.00
30. 1000/1000	1.00	0.00	0.00
31. 1000/1000	1.00	0.00	0.00
32. 1000/1000	1.00	0.00	0.00
33. 1000/1000	1.00	0.00	0.00
34. 1000/1000	1.00	0.00	0.00
35. 1000/1000	1.00	0.00	0.00
36. 1000/1000	1.00	0.00	0.00
37. 1000/1000	1.00	0.00	0.00
38. 1000/1000	1.00	0.00	0.00
39. 1000/1000	1.00	0.00	0.00
40. 1000/1000	1.00	0.00	0.00
41. 1000/1000	1.00	0.00	0.00
42. 1000/1000	1.00	0.00	0.00
43. 1000/1000	1.00	0.00	0.00
44. 1000/1000	1.00	0.00	0.00
45. 1000/1000	1.00	0.00	0.00
46. 1000/1000	1.00	0.00	0.00
47. 1000/1000	1.00	0.00	0.00
48. 1000/1000	1.00	0.00	0.00
49. 1000/1000	1.00	0.00	0.00
50. 1000/1000	1.00	0.00	0.00
51. 1000/1000	1.00	0.00	0.00
52. 1000/1000	1.00	0.00	0.00
53. 1000/1000	1.00	0.00	0.00
54. 1000/1000	1.00	0.00	0.00
55. 1000/1000	1.00	0.00	0.00
56. 1000/1000	1.00	0.00	0.00
57. 1000/1000	1.00	0.00	0.00
58. 1000/1000	1.00	0.00	0.00
59. 1000/1000	1.00	0.00	0.00
60. 1000/1000	1.00	0.00	0.00
61. 1000/1000	1.00	0.00	0.00
62. 1000/1000	1.00	0.00	0.00
63. 1000/1000	1.00	0.00	0.00
64. 1000/1000	1.00	0.00	0.00
65. 1000/1000	1.00	0.00	0.00
66. 1000/1000	1.00	0.00	0.00
67. 1000/1000	1.00	0.00	0.00
68. 1000/1000	1.00	0.00	0.00
69. 1000/1000	1.00	0.00	0.00
70. 1000/1000	1.00	0.00	0.00
71. 1000/1000	1.00	0.00	0.00
72. 1000/1000	1.00	0.00	0.00
73. 1000/1000			

406. 67 SOUND CLEAR

2015

CANCEL ON
REC CARD
TOO MUCH \$\$\$
REC CARD
PARKING UCSD?

LAST 3 months
 50 RUNS
 285.54
 5.71
 23.79

PLANT POWER

1	0	2	15
51	780	52	795
59	6564	60	6694
0904	83	0904	130
CURTIS	11125	CURTIS	11154
59.00		64.01	
SEASIDE		8:54 OLD AVE.	
X @ 9:04A		(78) CARDIFF	
FELL@WORK		St. Bch.	
HARD!!!		1) 9:45 2) 7:28	
		3) 9:57 4) 7:29	
		5) 9:51	
3	52	1	352
310	17	61	508
315	18	62	508
3153	352	3153	352
435	501	116	853

64 DAYS
IN HOKAS
BEFORE RE-
ORDER
VALORS

#1

[LSDRW#1]

REST				REST				[TRACK]				5E2				5E2				6				[LSD RUN#1]			
3	10			4	#			5	#			6	#			7	30			8	10			9	#		
53	25	805		#	#	#		#	#	#		#	#	#		54	55	835		55	65	845		#	#	#	
61	1824	130	111 85	#	#	#	#	#	#	#	#	#	#	#	#	62	7010	186	113 92	63	7140	180	113 33	#	#	#	#
#	#			#	#			0.904 CLIFTONS	66.39			#	#			0.904 CLIFTONS	71.55			#	#			0.904 CLIFTONS	81.56		
RESTDAY				RESTDAY				VC 90 TRACK				RESTDAY				HARCOT RUN				RESTDAY				2ND ST. LSD			
								8:58 O/A DACE AVE.								@ 8:57A								@ 8:56AVE. AVE 5000'			
								1096 CALS 1:00 WIND 4x440																STEADY/CONTROLLED			
								2.38 WARM-UP @ 7:29																ALL THE WAY IN EZ			
								1:00 @ 8:32 STRIDES																			
								1:10 @ 7:27 2x880 @ 7:50																			
#	#	#		#	#	#		18 60	3	6.20		#	#	#		23 01	4	5.95		#	#	#		33 82	5	6.26	
#	#	#		#	#	#		325 25	63	5.16		#	#	#		330 46	64	5.16		#	#	#		340.47	65	5.23	
#	#	#	#	#	#	#	#	16 130	10 07	11 30	10 07	#	#	#	#	31 46	52	2:16	15 28	#	#	#	#	1124 110 01	3:46	25 29	

- 1) 0.26 1:20 @ 6:30
- 2) 0.27 2:50 @ 10:31
- 3) 0.26 1:46 @ 6:52
- 4) 0.27 2:55 @ 10:52
- 5) 0.27 1:47 @ 6:39
- 6) 0.27 2:52 @ 10:39
- 7) 0.27 1:50 @ 6:49
- 8) 0.27 2:55 @ 10:57
- 9) 0.27 1:53 @ 7:02
- 10) 0.28 2:54 @ 10:24
- 11) 0.27 1:51 @ 6:52
- 12) 0.27 3:02 @ 11:16

- 13) 0.54 5:53 @ 10:55
- 14) 0.53 3:42 @ 7:00
- 15) 0.49 5:26 @ 11:06

22. 0.78 WARM-down @ 7:35

MAY 21ST

* YOU ARE WHAT YOU DO
WHEN THINGS GET HARD!

439

6:54 AVE 1/4'S
7:01 AVE 1/2'S

244
439

3:30

1:30

1:45

4:00

1:30

1:30

3:00

LAST 3 MONTHS / 12 WKS
247.05 miles
RUN 20.58

270 MILES
SINCE FEB 1ST
55 RM 4.90

MAY

* SHORT TERM PAIN FOR
LONG TERM GAIN!!!

ENCRYPT: TRACK #2

2015 SICK DAY!

35
42

107
60

? ELSD RUN? #2

40	10	41	#	42	#	43	#	44	#	45	10	46	5
56 75 855	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	57 85 865	58 90 870	59 90 870	60 90 870
64 72 72 132 113 62	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	65 138 741 1142	66 131 754 11425	67 131 754 11425	68 131 754 11425
FATIGUED ALL DAY! RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #
10 ⁰³ 131 11 11 10 ⁰³	10 ⁰³ 131 11 11 10 ⁰³	10 ⁰³ 131 11 11 10 ⁰³	10 ⁰³ 131 11 11 10 ⁰³	10 ⁰³ 131 11 11 10 ⁰³	10 ⁰³ 131 11 11 10 ⁰³	10 ⁰³ 131 11 11 10 ⁰³	10 ⁰³ 131 11 11 10 ⁰³	10 ⁰³ 131 11 11 10 ⁰³	10 ⁰³ 131 11 11 10 ⁰³	10 ⁰³ 131 11 11 10 ⁰³	10 ⁰³ 131 11 11 10 ⁰³	10 ⁰³ 131 11 11 10 ⁰³	10 ⁰³ 131 11 11 10 ⁰³
59 90 870	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	60 90 870	61 100 880	62 105 885	63 105 885
67 7588 47 113 25	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	68 7639 51 112 33	69 792 153 112 92	70 7898 106 112 52	71 7898 106 112 52
0409 CLIFTONS 9365	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	0409 CLIFTONS 105.42	0409 CLIFTONS 110.92	0409 CLIFTONS 118.02	0409 CLIFTONS 118.02
EZ HOOD @ 9:04 AVE.	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #
306 27 27 306	306 27 27 306	306 27 27 306	306 27 27 306	306 27 27 306	306 27 27 306	306 27 27 306	306 27 27 306	306 27 27 306	306 27 27 306	306 27 27 306	306 27 27 306	306 27 27 306	306 27 27 306

you...

you...

JALORS
ORDER WORK
BOOKS
SUN

296.25
E-MAIL
NORCO
KAISER

MAY

* 75.50
EVERY OTHER
DAY

151 DAYS JAN 1 - JUNE 1
407.01 MILES RUN
6.21 MILES PER DAY

? T BACK #4 ? 2015

PAGE FOR 1,000 MILE
YEAR - ? [SDR] ?

24	5	25	#	26	#	27	#	28	#	29	10	30	25
63 110 890	64 110 890	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	65 120 900	66 145 925	73 8193 115 112 23	74 8313 120 112 33
71 7998 100 112 64	72 8078 80 112 15	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #
JAZZ FESTIVAL	BEACH RUN @ 9:30 9:26 Y4 @ 3:28 A	REST DAY	REST DAY	BEACH RUN/WALK @ EZ	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	A LITTLE BETTORS	FEELING MUCH BETTER!		
# # #	9182 14 655	# # #	# # #	9632 15 642	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #
# # #	398.47 74 538	# # #	# # #	402.97 75 537	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #
# # #	551 5158 5158 551	# # #	# # #	441 450 141 1001	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #

31	#
# # #	# # #
# # #	# # #
0409 CLIFTONS	132 07
101 @ EZ	8:56 AVE
REALLY COMESTED	HARD TO BREATHE
100 36 16 627	
407 01 76 535	
36 05 14 04 36 05 4 04	

MON. WORSER

TUES. WARCH 1 - JUNE 1
3 MONTHS
321.25
52 RUNS
6.17 DAY AVE

WED. LAST 7 PARK WORKOUT
12 DAYS TO STATE STREET MILE

THUR. 12 DAY 3 16 5 80

FRI. 125 MILES ON CLIFTONS

SAT. 5 MONTH OF TOO MANY GUYS AT WORK

368 = 100

625

4 25 80 2000

Jun 12

Wow!!
What a knarly
first 2 weeks!
of June! RENT!!

20 JUNE 15

TRYING TO
KEEP MY
SANITY!
FOR RUNNER 10
ON @ 3:12 PM

*
(12 DAYS)
SICK

★
SANTA BARBARA
FAMARA
PRIVATE FITNESS
12 DAYS
SINCE LAST HAIRCUT

1	#	2	#	3	#	4	#	5	#	6	#	
#	#	#	#	#	#	#	#	#	#	#	#	
#	#	#	#	#	#	#	#	#	#	#	#	
#	#	#	#	#	#	#	#	#	#	#	#	
RESTDAY CONGESTED!! COOL			WEAK/WOZZY! RESTDAY TRIED TO RUN / NOTS		E MAIL LONIE SCHEDULE REG. RESTDAY (SICK)		RESTDAY (SICK)		CARROT MOTO 6 RESTDAY (SICK)		RESTDAY BETTER!	
#	#	#	#	#	#	#	#	#	#	#	#	
#	#	#	#	#	#	#	#	#	#	#	#	
#	#	#	#	#	#	#	#	#	#	#	#	

7				8				9				10				11				12				13																																											
#				#				#				#				#				15				15																																											
#				#				#				#				#				1 15 990				2 30 955																																											
#				#				#				#				#				75 8413 100 112 11				76 8525 112 112 11																																											
0406 ATR				51.12				#				#				0609 CLIFTONS				507				#				#				0609 CLIFTONS				7.10				0609 CLIFTONS				10.31																							
DATE STREET NAME				REST! (1)				HAIRCUT RUN				SNAIL TRAIL				REST! (2)				REST! (3)				Hoot				SNAIL/101																																							
BEACH Run/WALK																								@ 8:59A				@ 8:27A																																							
@ 12:48A																								(176SPN)				(178SPN)																																							
5.01				1				5.01				#				#				#				12.11				3				4.03				15.32				4				3.83																							
412.02				77				5.35				#				#				#				#				#				419.12				79				5.30				422.33				80				5.27															
1:04 04				5.01				1:01				#				#				#				#				#				2.03				12.11				05				2.11				12.11				3.21				27.09				14				15.32			
5.01				1:04				5.01				#				#				#				#				#				2.03				12.11				05				2.11				12.11				3.21				27.09				14				15.32			

you're in

20 10 10 10 10

VW / CAMPER
PETTIGRUE

US OPEN '15
FIRST ROUND 80
+16ER

GOING THRU
THE MOTIONS
NO PASSION! DONE!!

14 60
JUNE 9 114.58
JULY 25
JULY 25 135.00
SEPT 8
LAKERS / BOSTON
6 WAYS

JERRY WEST 1969
ONLY PLAYER TO
WIN MVP ON LOSING TEAM!

HE WHO NEVER MADE A MISTAKE
NEVER MADE A DISCOVERY!

(SUN)	(MON)	(TUE)	(WED)	(THUR)	(FRI)	(SAT)
14 0	15 #	16 #	17 #	18 0	19 9	20 5
3 30 955	# # #	# # #	# # #	4 30 955	5 30 960	6 40 965
77 8606 81 111 76	# # # #	# # # #	# # # #	78 8689 83 111 39	79 8713 104 111 30	80 8920 127 111 20
0609 CLIFTONS 13.39	# #	# #	0609 CLIFTONS 20.40	# #	0609 CLIFTONS 25.72	0609 CLIFTONS 27.73
101 0 1/2 @ 3:40 1/2 @ 3:36	REST! #1	REST! #2	SWAMI'S @ 8:50 AM 9:01 UP 8:39 BACK!!	REST!	CARDIFF 3X 1/2 MI. 1) 3:35 2) 3:25 3) 3:29	CALVES / SORE BEACH RUN/WALK @ EZ
18.40 5 360	# # #	# # #	25.41 6 423	# # #	30.73 7 439	32.74 8 409
425.41 81 5.25	# # #	# # #	432.42 82 5.27	# # #	437.74 83 5.27	439.75 84 5.23
29.26 3.08 29.26 3.08	# # # #	# # # #	55 121 7.01 21 1.31 10.09	# # # #	45 5.32 21 2.16 15.41	21.37 20.1 23.7 17.42

(SUN)	(MON)	(TUE)	(WED)	(THUR)	(FRI)	(SAT)
21 5	22 #	23 #	24 #	25 #	26 5	27 10
7 45 970	# # #	# # #	# # #	# # #	8 50 975	9 60 985
81 9051 137 111 81	# # # #	# # # #	# # # #	# # # #	82 9194 137 112 81	83 9304 120 112 21
0609 CLIFTONS 31.75	# # #	# #	0609 CLIFTONS 43.78	# #	0609 CLIFTONS 47.89	# #
DEL MAR @ 8:19 AM (177 SPM)	REST!	REST!	ENCINITAS LSD @ 8:54 AM NO STRESS!! (176 SPM) 136 CAL	REST!	18TH ST. @ 8:59 AM HEAVY LEGS!	REST!
36.76 9 400	# # #	# # #	48.79 10 407	# # #	52.90 11 400	# # #
443.77 85 5.22	# # #	# # #	455.58 06 5.30	# # #	459.69 07 5.20	# # #
33.23 4.02 33.23 4.02	# # # #	# # # #	147 12.03 30 2.20 16.05	# # # #	36 4.11 24 2.56 20.16	# # # #

(SUN.)				(MON.)				(TUE.)			
28	5			29	#			30	#		
10	65	990		#	#	#		#	#	#	
89	1436	122	112 ³²	#	#	#	#	#	#	#	#
#	#			0906	CLIPONS	61.89		0906	CLIPONS	67.96	
<u>REST</u>				GRANDVIEW LSD @ 9:07 AVG.				1010EZ @ 8:59 AVG. (176 SPM)			
#	#	#		66.90	12	55		72.97	13	56	
#	#	#		473.69	88	538		480.01	76	89	539
#	#	#	#	35	14	35	14	35	10	35	10
				2:07	14	2:07	14	54	0:07	3:02	20:07
4				12				12 4			

6.31

580

400/89

70/13

4.79

70/

72.90

73.00
14

5441
521 DEC 31
87
MILES DEC
MONTH 17
14+1000
FOR 1/2000

12.31

472/88

459.69

65/12

12.10

52.90

65.21/12/5.43

JULY

(2015)

TRIGLYCERIDE
125
40L 43 100
LOL

(REST)

1.	#	2.	5	3.	5	4.	5
# # #	#	11 5 995	#	12 10 1000	#	13 15 1005	#
# # #	#	85 954 105 112 24	#	86 9645 104 112 15	#	87 9768 123 112 27	#
# #	#	0906 CLIFTONS 71 98	#	#	#	0906 CLIFTONS 75.99	#
REST!		E2 101 @ 8:56 AVG (176 SPM)		REST!		SPEEDWK 1) @ 3:28 1/2 mi 2) @ 3:31 1/2 mi	
# # #	#	402 1 402	#	# # #	#	803 2 401	#
# # #	#	484.8 90 5.42	#	# # #	#	488.8 91 5.40	#
# # #	#	35.53 402 35.53 402	#	# # #	#	35.21 401 35.19 403	#

LSD? VERSION #? LSD?

WK/ 24.09

REST!?

REST!?

SPEEDWORK

5	20	6	#	7	#	8	#	9	10	10	5	11	15
14 35 1030	# # #	# # #	# # #	# # #	# # #	# # #	# # #	15 45 1040	16 50 1045	17 65 1060	18 80 1075	19 95 1090	20 110 1105
08 9919 15 112 21	# # #	# # #	# # #	# # #	# # #	# # #	# # #	89 10045 126 112 06	90 10163 138 112 92	91 10291 150 112 88	92 10419 162 112 84	93 10547 174 112 80	94 10675 186 112 76
# #	#	#	#	0906 CLIFTONS 9 02	#	#	#	0906 CLIFTONS 95.13	#	#	#	0906 CLIFTONS 101.13	#
REST!		REST!		DEL MAR WOODS H STREET ENCINITAS @ 8:59 AVG. (176 SPM) STRAIN 6 ALL DAY		REST!		E2 101 BEAULT RUN @ 9:52 AVG		REST DAY		SPEED DAY 1) 1:02 @ 9:51 2) 7:21 (102 SPM) 3) 7:02 @ 10:01 4) 7:10 (104 SPM) 5) 2 @ 9:22	
# # #	#	# # #	#	23.06 3 760	#	# # #	#	27.17 4 679	#	# # #	#	33.17 5 663	#
# # #	#	# # #	#	506.84 92 5.50	#	# # #	#	5.10 95 93 5.49	#	# # #	#	5.23 6 3.48 25.14	#
# # #	#	# # #	#	02 2:15 15.03 2:16 15.03	#	# # #	#	40 36 41 2:55 19.14	#	# # #	#	52 36 60 3:48 25.14	#

YORK 11 2100

210 10 1000

Sept 09

6,000'

MARION Mtn. TRAILHEAD

11.70

29.40

15 WEEKS

may
jun 21
july

July 14

BATCH #

BLK
UNIT
SLOUGH

3.01 MILES

AVG HR 111 BPM
MAX HR 147 BPM
CADENCE 180 SPM
VERT OSC 8.8 cm
GCT 236 MS

69 CALS

51.9 mi
45.21 TIME
8:45/mi PACE AVG
212 CALS

114 AVG HR BPM
147 MAX HR BPM
TE 3.9
CADENCE 177 SPM
VERT OSC 8.6 cm
GCT 245 MS

APRIL 4

JULY 29

SEPT. 8

AVG

6937

7937

(JULY)

MOUNTAIN HARDWARE
STRAPLESS RUNNING

GAITERS #27 SUSAN LARCE
ACID GREEN

12	10	13	#	14	#	15	#	16	5	17	5	18	5
18 75 1070	# # #	# # #	# # #	# # #	# # #	# # #	# # #	19 80 1075	20 85 1080	21 90 1085			
92 1046 115 113.10	# # #	# # #	# # #	# # #	# # #	# # #	# # #	93 10518 112 113.09	94 10646 128 113.25	95 10782 136 113.49			
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #			
RESTDAY	RESTDAY	(CARDIFF) 10 923 3 @ 8:03 AM 5 @ 9:59 GOOD! STRONG	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	BEACH RUN + 400X2 STAIRS AVG HR 132 MAX HR 152	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	43.37 7 6.19	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	523.48 96 5.49	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	501 53.26 47 10.20	# # #	# # #	# # #	# # #	# # #

(SUN)	(MON)	(TUES)	(WED)	(THURS)	(FRI)	(SAT)
19 5	20 #	21 #	22 #	23 0	24 30	25 15
22 95 1090	# # #	# # #	# # #	23 95 1090	24 125 1120	25 140 1135
96 10897 115 113.51	# # #	# # #	# # #	97 10979 121 113.08	98 11150 171 113.71	99 11280 130 113.93
# # #	# # #	# # #	# # #	# # #	# # #	# # #
MAC BIRTHDAY RAIN MON SAN JACINTO RESTDAY	SAN JACINTO HIKE (U) MATT MARION Mtn TR. TO FERN VALLEY INN 26.43 PACE 13.9 BPM	RESTDAY	RESTDAY	EMAIL DR. CHAN NORCO SCRIPT RESTDAY	RESTDAY	101 @ 8:49A LEGG GOOD! 547.66
# # #	# # #	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	# # #	# # #	# # #

RECYCLE \$

52.80

32.40

\$85.20

1	5
27	5 1160
101	10481 111 113.57
2507	CLIFTONS 11.16
CHARLIES @ 8:57 AM	
515	1 515
556.58	100 556
4615	515 4615 515

"DUE TO THE INCREASE IN THE PRICE OF AMMO, DON'T EXPECT A WARNING SHOT!"

HAVE A GREAT DAY!!

AUGUST 2015

\$ 109/AUG

2	5	3	#	4	#	5	#	6	5	7	5	8	5
28	10 1165	# # #	# # #	# # #	# # #	29	15 1170	30	20 1175	31	25 1180		
102	11584 103 11356	# # # #	# # # #	# # # #	# # # #	103	11701 117 11360	104	11808 107 11353	105	11918 110 11350		
2507	CLIFTONS 16.20	# #	# #	2507	CLIFTONS 26.23	# #	2507	CLIFTONS 31.23	# #	2507	CLIFTONS 36.60		
BEACH RUN @ 9:41 AM		RESTDAY		MOONLITE BCH @ 8:58 AM HOT, HOT! 11 AM START!! 138 CBS		RESTDAY		BEACH RUN 310 STAIRS X2		RESTDAY		CARDIFF 1) 9:46 2) 7:30 (101) 3) 9:47 4) 7:12 (153) 5) 1:56 6) 9:15	
1019	2 5.09	# # #	# # #	20.22	3 674	# # #	2522	4 630	# # #	3059	5 611		
561.63	101 556	# # #	# # #	571.65	102 560	# # #	576.65	102 559	# # #	582.02	104 559		
4847	504 4847 504	# # # #	# # # #	58 129 1063 40 2:18 1507	# # # #	# # # #	5435 1500 15 313 2007	# # # #	# # # #	4650 537 05 4:00 2544			

... YEARLY INCOME

DO IT YOURSELF

115 MILES
7.22 DAY AVE
16 RUNS
663

AUG 22
147 @ 7:18 182SPM
150 @ 7:29 183SPM
150 @ 7:06 184SPM
149 @ 7:27 184SPM
150 @ 7:23 183SPM 7:29.00

STOP BEING NEGATIVE!
~~STOP BEING NEGATIVE!~~

103
60
18
103 SEC
2.46 mi
7:20.60
200

35-5-27
TOTAL - WORK LOCKER -
812 STAIRS
#

137 LBS

AUGUST
2015 12128

1131
38
27
131
100
233
* 7:10 AVE
FOR 2.18 MI.
915 TOTAL
STAIRS TO DATE

9	15	10	#	11	#	12	#	13	5	14	20	15	0
32 40 1195	# # #	# # #	# # #	# # #	# # #	# # #	# # #	33 45 1200	34 65 1220	35 65 1220	35 65 1220	35 65 1220	35 65 1220
106 1025 107 113.44	# # #	# # #	# # #	# # #	# # #	# # #	# # #	107 1025 108 113.34	108 1229 161 113.70	109 1230 81 113.48	109 1230 81 113.48	109 1230 81 113.48	109 1230 81 113.48
2507 CLIFFTONS	41 61	#	#	2507 CLIFFTONS	56.63	#	#	2507 CLIFFTONS	61 64	#	#	2507 CLIFFTONS	68.22
BEACH RUN 302 STAIRS X2	RESTDAY	LSD DELMAR MOONLIGHT BCH @ 9:09 AUG.	RESTDAY	BEACH RUN # 303 STAIRS	RESTDAY	SPEEDWORK (12.2 MI @ 9:30 8X STRIDES (M) 1.18 @ 7:03 1.50 @ 7:14 (1.22) 1.41 @ 10:00 (1.17) 1.01 @ 7:15 (1.08) 1.23 @ 10:00 (1.14) 1.49 @ 7:10 (1.04)	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY
35 60 6 5.93	# # #	50 62 7 7.23	# # #	55 63 8 6.95	# # #	62 21 9 6.91	# # #	587.03 105 5.59	602.05 106 5.67	# # #	607.06 108 5.67	# # #	613.64 108 5.68
55.02 5.01 55.02 5.01	# # #	18 2.17 15.02 3.13 20.03	# # #	44 5.01 4.10 25.04	# # #	100.31 6.38 3.33 31.62	# # #	(1217 STAIRS TOTAL)					
16	5	17	#	18	#	19	#	20	5	21	10	22	5
36 70 1225	# # #	# # #	# # #	# # #	# # #	# # #	# # #	37 75 1230	38 85 1240	39 90 1245	39 90 1245	39 90 1245	39 90 1245
110 12481 111 113.46	# # #	# # #	# # #	# # #	# # #	# # #	# # #	111 12582 101 113.35	112 12692 110 113.32	113 12795 113 113.23	113 12795 113 113.23	113 12795 113 113.23	113 12795 113 113.23
# #	#	#	#	2507 CLIFFTONS	78.36	#	#	2507 CLIFFTONS	83.38	#	#	2507 CLIFFTONS	89.66
RESTDAY HOT 80+	RESTDAY	TOYOTA #300 RESTDAY	LSD MOONLIGHT BCH @ 8:58A 300/CLIFFTONS	RESTDAY	BEACH RUN # 302 STAIRS	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY
# # #	# # #	# # #	72 35 10 7.23	# # #	77 31 11 7.03	# # #	83 65 12 6.97	# # #	623.78 109 5.72	# # #	635.08 111 5.72	# # #	56.23 6.28 8.25 21.44
# # #	# # #	# # #	623.78 109 5.72	# # #	628.80 110 5.71	# # #	58.27 5.03 27 15.16	# # #	58.27 5.03 27 15.16	# # #	58.27 5.03 27 15.16	# # #	58.27 5.03 27 15.16
# # #	# # #	# # #	131 10 11.31 10.14	# # #	58.27 5.03 27 15.16	# # #	(66 DAYS TOTAL)						2:29:27 50.23

YORKLAI JAW...

20 10 10 10 10 10

LIFELock

DO WHAT YOU CAN
WITH WHAT YOU HAVE
WHERE YOU CAN

REMOVE Gmail
ACCT.
SETTINGS
ACCT & sync
TAP ACCT to REMOVE

50.66

663

25 wk

73.33 12.66

AVE 6 mi DAY
4 WK FOR 1000

384

6

84

526

4 months
64 runs
@ 4 wk

337/4 mo
FOR 1000

2020 \$15

84.25

AUGUST

1821

16
4
64

23	5	24	#	25	#	26	#	27	10	28	10	29	0
40 95 1250	# # #	# # #	# # #	# # #	# # #	# # #	# # #	41 105 1260	42 115 1270	43 115 1270			
114 12903 108 113 18	# # #	# # #	# # #	# # #	# # #	# # #	# # #	115 12984 81 112 2	116 13119 135 113 9	117 13188 67 112 2			
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #
RESTDAY REST 300 STAIRS		E-MAIL DR. CHAN RESTDAY		LSD FLAT ROCK SEASIDE @ 9:42A 17		RESTDAY		BEACH RUN @ 12:06A 410 STAIRS (627 STAIRS) 300		RESTDAY HOT/HOT!!		RESTDAY HOT!!	
# # #	# # #	# # #	# # #	100.61 13 724	# # #	# # #	# # #	105.66 14 734	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	652.10 112 582	# # #	# # #	# # #	657.09 113 581	# # #	# # #	# # #	# # #	# # #
# # #	# # #	# # #	# # #	10 2.48 17 2.48 17	# # #	# # #	# # #	100 4.91 32 22.01 22.01	# # #	# # #	# # #	# # #	# # #

69
(116)
14.5

132.99 21 mi

103

(1821 STAIRS)

83.25 333
MONTH
AVE TO 1000

22.61
180
RUNS

(800) 201-7575

Long Pine

Com Fort Inn

9, 10, 11, 12

43281541

(1700) 876-8700

QUEEN'S
2 BEDS / 4 NIGHTS

1260

14.25

(333)

665 / 115
5.78 AVE
YR.

30	15	31	#
44 130 1285	# # #	# # #	
118 1316 130 112 84	# # #	# # #	
2507 CLIFTONS 114.68	# # #	# # #	
BEACH RUN 104 STAIRS @ 10:50 AVE. 300 STAIRS		RESTDAY	
108 67 15 724	# # #	# # #	
660 01 114 579	# # #	# # #	
33 30 33 30 1	# # #	# # #	

* 373 STAIRS
FOR 2000

YEARLY AVERAGE

Mr. Whitney Motel

4 nights

2 ROOMS

1 KING \$120.00
2 QUEENS \$130

LO 9921

92.50 687
64/67 JASON

5.80 112/7

52/345

SEPT. TUES

01

STAIRS

(TAP 10 DAYS)

2010 WINTER

2012 208⁴² / $\frac{40}{5.21}$

2013 342⁵⁸ / $\frac{65}{5.21}$

2014 945¹² / $\frac{162}{5.83}$

1803¹⁰ / $\frac{319}{5.65}$

126⁹⁹
6⁰¹

2015
1055 = 2858

RUN DAYS
20/40 TOTAL
135⁰⁰ MI
6.75 AVG 20 DM/5
130⁰⁰
6.75

50⁶⁶ 115.68
130⁶⁸ / 3020
38 DAYS
3.43
(12.16)

(SUN) 1148
MT. Baldy Run WORK HOURS
to the top

SEPTEMBER											
1. #	2. #	3. 9	4. 0	5. 25							
# # #	# # #	45 9 1294	46 9 1294	47 34 1320							
# # #	# # #	119 70 1386 112 ⁴⁸	120 80 1346 112 ⁴⁸	121 140 1364 112 ⁴⁸							
2507 CLIFF TOPS 121.69	# #	# #	2507 CLIFF TOPS 127 ¹¹	2507 CLIFF TOPS 133 ¹¹							
SWAMI'S @ 8:59 AVG. E2R - COOLER 5	RESTDAY!	RESTDAY!	CARDIFF @ 8:58 AVG 5.8 STRONG 5.8	CARDIFF @ 8:58 AVG. 5.8							
7.01 1 7.01	# # #	# # #	1303 2 6.4	1832 3 6.10							
66X02 115 5.80	# # #	# # #	6730 116 5.80	6783 117 5.79							
57 1:02 7.01 102 7.01	# # #	# # #	59 6.02 1:56 13.3	47 5.24 2:44 18.32							

25% 108⁶⁷ 13606
1604 SAT

(MON) VACATION (TUES) (WED) (THUR) (FRI) (SAT)

6. 0	7. #	8. #	9. #	10. #	11. #	12. #
40 35 1320	# # #	# # #	# # #	# # #	# # #	# # #
122 13673 67 112 ⁰⁷	# # #	# # #	# # #	# # #	# # #	# # #
# #	# #	2507 CLIFF TOPS 139 ⁰⁰	# #	# #	04/06 ATTES 88 ¹⁴	# #
RESTDAY	LABOR DAY - 1 LAST DAY OF WORK! RESTDAY	CARDIFF @ 9:01 AVG 6.01 (167.1) 5.8	LEAVE FOR LONG PING COMFORT INN RESTDAY	PLO PERMIT RESTDAY	HIKE MT. WHITNEY 7 HRS UP MOUNT 1 HR TOP = 20 2 HRS DOWN 5 MI HEAD CAMP 7:30 AM - 11:30 PM	RESTDAY 6.03 MILES/DAY TO GET TO 10.55
# # #	# # #	2433 4 6.00	# # #	# # #	4632 5 19.4	# # #
# # #	# # #	604.33 118 5.79	# # #	# # #	706.33 119 5.93	# # #
# # #	# # #	59 6.00 59 6.00	# # #	# # #	15 22 59 28 ⁰⁰	# # #

130 MILES / 19 RUNS
6.84 AVG.

133 = 7.0

906.33 / 5.93

MT. WHITNEY
14,508'
11 SEPT. 15

WORLD PE
EASTERN SIERRA
VISITOR CENTER
P.O. DRAWER R
LONG PINE, CA
95545

MT. WHITNEY
11 SEPT. 15
14,508'

Pressure cooker
XL

800 372-0060
0760

MT. WHITNEY
14,508'

SEPTEMBER 11, 2015 18
GEO. BLESS AMERICA 17

NINJA DVD.COM

800 991 5691

16:00
2:19

Johnny C BAND
@ gmail.com

\$50

MT. WHITNEY
14,508'
11 SEPT. 15

5 1/2 7:30
2:19

11 SEPT. 15

14 YRS.

100 DAYS

SWEETING
PAIN

* MY BALL STATE EDUCATION TOURS

SEPTEMBER

194 ME 2+2=4
894
14.54

13	#	14	#	15	#	16	#	17	0	18	0	19	30		
# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	49 0	1320	50 0	1320	51 5	1325		
# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	123 1375	62 11 46	124 1383	88 11 47	125 13913	80 11 22		
# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	2507	147.61	2507	150.05	2507	155 10		
COMFORT (MCI-1)				RAINIER				SEASIDE				CARDIFF			
RESTDAY				CHUR. DRIVE				@ 9:12 AM				@ 9:15 AM			
ALABAMA				RESTDAY				SEASIDE				CARDIFF			
HILLS				RESTDAY				@ 9:12 AM				@ 9:15 AM			
PHOTO TOUR...				RESTDAY				@ 9:12 AM				@ 9:15 AM			
# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	54.33	7 7 76	57 37	8 7 7	62 42	8 6 93		
# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	714 34	121 5 90	717 38	122 5 88	722 43	123 5 87		
# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	201 4	39	201 4	39	201 4	39		
# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	# # # #	27 1:38	01	27 1:38	01	27 1:38	01		
VACATION (9/8-9/16)															

20	35	21	#	22	#	23	#	24	#	25	5	26	15
52 40	1360	# # #	# # #	# # #	# # #	# # #	# # #	53	45	1365	54 60	1380	
126 1403	100 111 13	# # #	# # #	# # #	# # #	# # #	# # #	127 1410	107 111 10	128 1424	124 111 20		
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	
RESTDAY	RESTDAY	D STREET	RESTDAY	RESTDAY	HARLOT	RESTDAY	RESTDAY						
RESTDAY	RESTDAY	@ 8:59 AM	RESTDAY	RESTDAY	RUN	RESTDAY	RESTDAY						
# # #	# # #	72 42	10 7 24	# # #	77 47	11 7 04	# # #	03 72	12 6 41				
# # #	# # #	73 2 43	124 5 90	# # #	73 7 48	125 5 89	# # #	74 3 73	126 5 90				
# # #	# # #	129 10 00	53 10 00	# # #	47 53	5 05	# # #	57 07	6 25	34 3 14	21 30		

232 mi.
Book writing
800
580
7270
660 MY
11582
11472
11472
14162
14592

OCTOBER
2015

(ORDER VALUES)

1.	15	2.	5	3.	5	
56	15	1405	51	20	1410	
130	118	1132	131	114582	110	1132
2309	23.34	2309	27.36	2309	31.38	
SEASIDE @ 9:30 AM.		SEASIDE 2.65 @ 9:01 AM.		SEASIDE @ 8:54 AM. 1st run didn't HAVE to push to 9:00 AM.		
4.00	1	4.00	8.02	2	4.01	
755	128	590	759	129	598	
14.00	37.5	37.5	4.00	36.1	4.02	
36.1	4.02	1.14	8.02	35.4	4.02	
1.49	12.04					

823.81
DISTANCE
AVE PACE
10 WGS
+ 15 14686

Bonita
OCT. 13TH
VALERIE
@ 12 PM

DR. WHITE
DEC 1ST 23
300.64 2:45 PM

4. 0				5. #				6. #				7. #				8. #				9. 70				10. 5			
59 25 1415				# # #				# # #				# # #				# # #				60 45 1435				61 45 1435			
133 14772 86 111.06				# # #				# # #				# # #				# # #				134 14923 157 111.36				135 118 1504 114.1			
# #				# #				2409 CLIPONS 41.43				# #				2409 CLIPONS 47.51				2409 CLIPONS 51.52				2409 CLIPONS 56.32			
RESTDAY				RESTDAY				BRIG/SWAMI'S @ 8:59 AVG. 176 SPM GOOD!!				PIUGLASSES?? RESTDAY				SOLANA BCH DELMAR @ 9:07 AVG.				HAIRCUT RUN @ 9:12				23.19 AVEWK FOR 1055 SPEEDWORK: 6X STRIDES @ 9:17 43 @ 7:19 181 SPM 1:32 @ 7:35 183 SPM 1:26 @ 7:39 182 SPM			
# # #				# # #				22.09 4 5.52				# # #				28.23 5 5.64				32.24 6 5.37				37.04 7 5.29			
# # #				# # #				773.86 13 5.90				# # #				780 132 5.90				784 133 5.89				788 134 5.88			
# # #				# # #				10.05 1:21 1:30 10.05				# # #				6.14 5.55 20 16.19				5.52 4.01 18 20				4.32 4.0 45 25.00			
								1:30 1:30								2:26 16.19				3:03 20				3:46 25.00			

222. 992.16
300.90 992.16
218.30 51 + 54.0
8.13 168
37 DAYS
OF RUNNING LEFT
YEAR AT 3 WEEK
1,074 MILES FROM
SD TO DENVER

27	B 10	28	#	29	#	30	#
55	1200	# # #	# # #	# # #	# # #	# # #	#
129	14354	# # #	# # #	# # #	# # #	# # #	#
#	#	#	#	#	#	2409	19.34
RESTDAY		11:00 DR. OSBONE RESTDAY		RESTDAY		Bch @ E2 (2.90) 101 @ 9.02 AUG 5 54)	
#	#	#	#	#	#	91.76	43
#	#	#	#	#	#	751.77	127
#	#	#	#	#	#	03	1.16

Dr. White

6.28 = 90
12
3
36

RENT
WEDNESDAY

120 732
360
1092

768/6.00 20
90.72 12
9.1 46
20
246

760.01
5.98

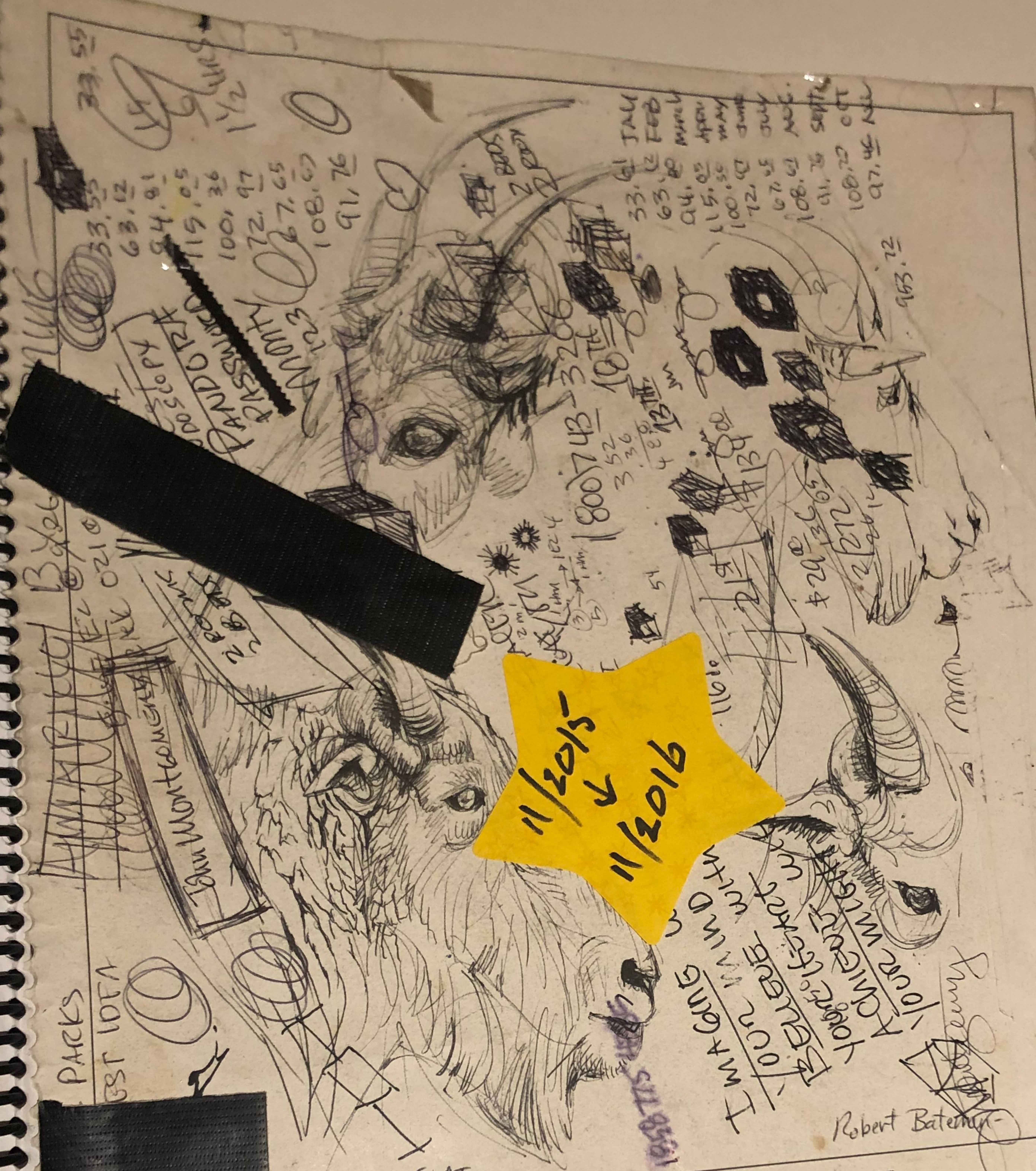
7.28

14472 742
240
902

VALERIE



Box 11A RD
LEFT 2-4 mi
CENTRE R



MOUNTAIN GOAT

ARTIST QUALITY SKETCHBOOK

100% RECYCLED PAPER

50 sheets - 11" x 14"

110 LB. ACID FREE WHITE PAPER

Robert Bateman, Cover Series

23-47
RHINO ART
18.15



WWF

20 NOVEMBER 15

1. # # # # # # # # # #	2. # # # # # # # # # #	3. # # # # # # # # # #	4. # # # # # # # # # #	5. 46 9 171 1681 146 16433 71 1128 2409 CLIFTONS 141 67 GRAND CANYON @ MATT 4 YR. ANNIVERSARY 1400 @ 12:59 408 STARS X 2	6. 5 10 176 1686 147 16555 122 1126 # #	7. 5 11 181 1691 148 16658 103 11255 1107 CLIFTONS 7.53 (1) 9:59 2) 8:54 8x100 3) 7:26 (182SPM) 4) 10:18 5) 7:24 (182SPM) 6) 10:14 7) 7:37 (182SPM) 1.47 @ 9:59 SPEEDWORK
RESTDAY	2:10 DR. CHAN RESTDAY	2409 CLIFTONS 137.58 D STREET ENCINITAS @ 8:59 AVG. 5N @ 9:14 AVG (175SPM) BS @ 8:45 AVG (176SPM) EZ NO PROBLEMS! COOL WINDY	RESTDAY	RESTDAY	RESTDAY	RESTDAY
# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #
8. 5 12 186 1696 149 1677 121 1126 # #	9. - 13 186 1696 150 16711 53 11140 1107 CLIFTONS 1264	10. VETERANS # # DAY! # # # # # # 1107 CLIFTONS 22.66 18TH STREET CARDIFF @ 8:48 WINDY/WOOLY 11 15-20 MPH 13D 11	11. # # # # # # # # # #	12. - 14 186 1696 151 16783 72 11114 1107 CLIFTONS 26.77 TABLE TOP STAIRS 68X8 = 544X2 12.41 AVG STAIRWORK 1.4	13. 30 15 91 1772 152 16933 150 11112 # #	14. - 16 91 1772 153 17014 81 11120 1107 CLIFTONS 32.77 2MI @ 9:28 1MI @ 8:51 8x100 2MI @ 9:47 SPEEDWORK @
RESTDAY	EZ @ 8:59 AVG SEASIDE / CARDIFF REF (5) EZ	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY
# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #
15. 15 17 106 1787 154 17442 128 11131 1107 CLIFTONS 37.78 HOOD @ 9:22 AVG. 1/2 MI @ 3:29.64 (182SPM) 51 90 8 6.48 911.92 153 5.96	16. # # # # # # # # # #	17. # # # # # # # # # #	18. # # # # # # # # # #	19. 15 18 106 1787 155 17299 87 11115 1107 CLIFTONS 47.93 EZ CARDIFF @ 9:01 AVG	20. - 19 106 1787 156 17299 70 11089 1107 CLIFTONS 53.05 EZ CARDIFF @ 9:04 AVG	21. 10 20 116 1797 157 17419 120 11094 1107 CLIFTONS 58.17 1ST GEAR EZ SEASIDE DEL MAR @ 9:26 AVG
RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY
# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #	# # # # # # # # # # # #
46 51 501 46 51	# # # # # # # # # # # #	45 18 502 15 1003 132	# # # # # # # # # # # #	46 51 501 46 51	47 51 501 47 51	48 51 501 48 51

X.1
3 MILES
7:29 AVG.
*
DR. WHITE
DEC 1st
@ 2:45p
☆
AVG. 22
MILES A
WEEK FOR
1058 YR.

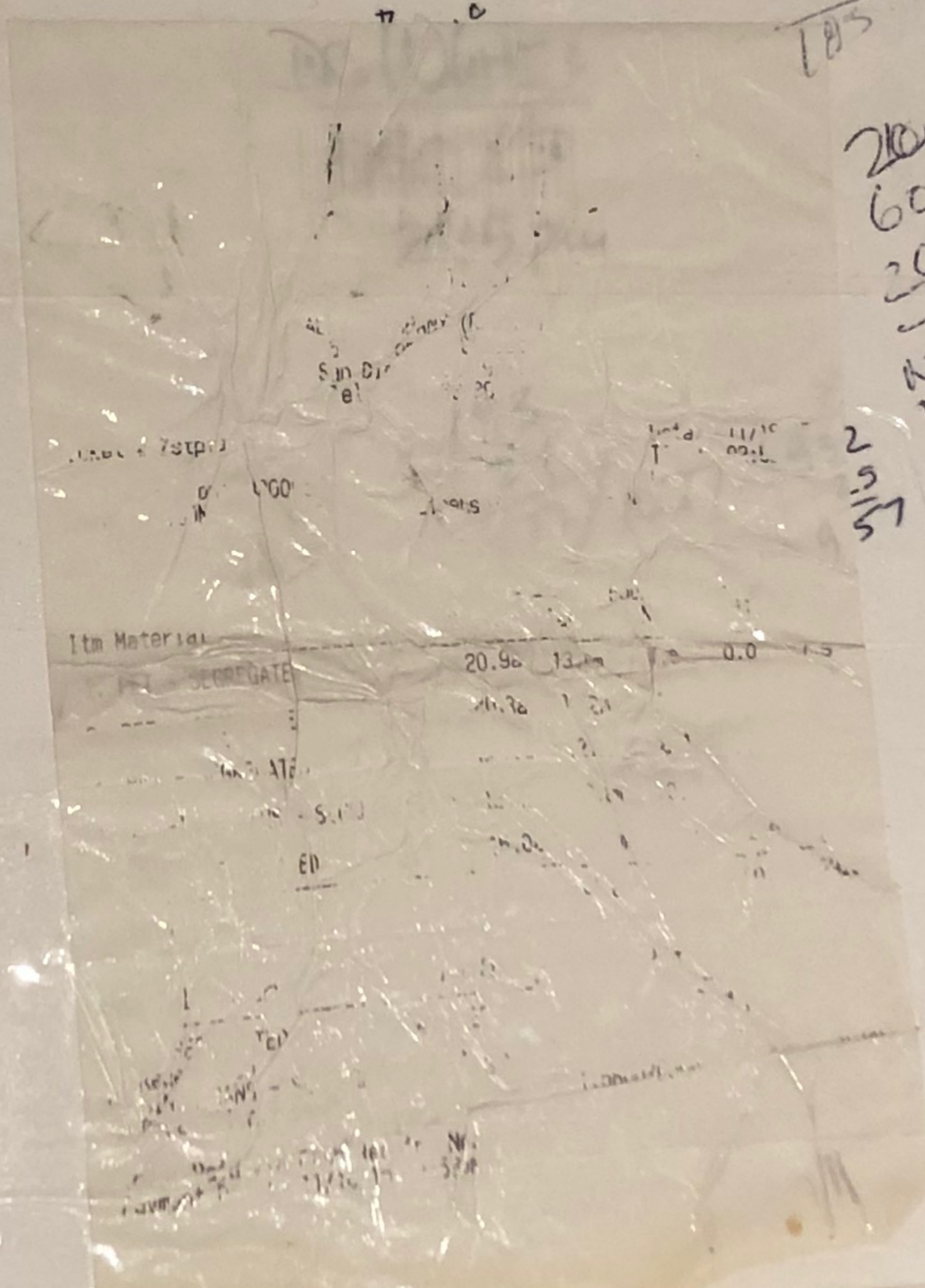
936
27 mi
PR 60
AVE.
YE.
234.39
24.29

22	23	24	25	26	27	28
21 116 1797 158 17491 80 11075 # # # # # # # # #	# # # # # # # # # # # # # # #	# # # # # # # # # # # # # # #	# # # # # # # # # # # # # # #	15 181 1812 159 1769 116 11078 # # # # # # # # #	15 146 1827 160 17723 108 11076 # # # # # # # # #	# # # # # # # # # # # # # # #
RESTDAY/ BED ALL DAY	EMAUDECHAN RESTDAY/ BED ALL DAY	1167 CLIFTON 63.17 HOOD @ 9:02 AUG FELT WEAK/TIRED!	CLIFTON 68.26 HOOD @ 9:01 COLD/RAIN/WINDY	CLIFTON 73.28 THANKSGIVING 218TH ST. DEWAR BARK @ 8:32	CLIFTON 78.35 BISWATUNUP CARDIFF @ 8:43 AUG.	CLIFTON 83.44 DEL MAR 18TH ST. @ 8:30 AUG.
# # # # # # # # #	# # # # # # # # #	77.19 13 593 937.21 158 593 500 4510 4510 500	82.20 14 581 942.30 159 592 4510 509 1131 1009	87.30 15 582 947.32 160 592 502 421 213 1511	92.33 16 572 952.35 161 591 4354 503 2157 2014	97.46 17 573 957.48 162 591 4354 503 2157 2014

- 8:41
- 8:25
- 8:37
- 8:43
- 5:8:16 (70)
- 13:07:24 (82)
- 26 mi.

29	30
10 156 1837 162 17856 80 11072 # # # # # # # # #	# # # # # # # # # # # # # # #
RESTDAY/ CO20 @ WALKS	9AM/CLARKMONT DEEM. Apt 2ND FLOOR RESTDAY/
# # # # # # # # #	# # # # # # # # #

* STARTED 4X WALKS



200 DAYS
6000
200 DAYS
162 RUNS
5.83
945 MI. TOTAL
110.88
930 1055 22000
TOTAL FOR 2045
\$120.84
RECYCLES
MIGUEL AGUILAR
(619) 83-

3.17
165
102.19
18
5.67
962.21
5.93
962.
962.21
163 = 5.90
93 mi DEC. FOR 1055

DECEMBER
2015

★ RENT

(WKS) (

$$\frac{2 \times 5}{2 \times 4} = 1.25$$

YEAR

10 RUNS = 15 per mo.
THIS MO. AVG.

146

4*
WEEKS
5 DAYS
WEEKS

$$\begin{array}{r} 165 \\ 25 \\ \hline 190 \end{array}$$

125 mi
1095

5

$$\begin{array}{r} 168 \\ 19 \\ \hline 9 \end{array}$$

1.	#	2.	#	3.	25	4.	15	5.	30
# # #	# # #	# # #	# # #	26 25	1852	27 40	1867	28 70	1897
1107 CLIFTONS 88.46	1107 CLIFTONS 93.46	1107 CLIFTONS 98.52	1107 CLIFTONS 103.68	1107 CLIFTONS 108.70	1107 CLIFTONS 113.76	1107 CLIFTONS 118.82	1107 CLIFTONS 123.88	1107 CLIFTONS 128.94	1107 CLIFTONS 134.00
POB @ 901 AVG. (176SPM)	CARDIFF @ 9:01 AVG. (176SPM)	POB @ 8:58 AVG. (176SPM)	CARDIFF @ 9:14 (175SPM) 3:01 @ 8:03 (179SPM) 1:14 @ 9:34 (175SPM)	POB @ 7:26 AVG. (182SPM)	POB @ 6:48 AVG. (188SPM)	POB @ 6:10 AVG. (194SPM)	POB @ 5:32 AVG. (200SPM)	POB @ 4:54 AVG. (206SPM)	POB @ 4:16 AVG. (212SPM)
502 100 502	1002 2 501	1508 3 502	2024 4 506	2526 5 509	3028 6 512	3530 7 515	4032 8 518	4534 9 521	5036 10 524
962 50 163 590	967 50 164 589	972 50 165 588	977 50 166 587	982 50 167 586	987 50 168 585	992 50 169 584	997 50 170 583	1002 50 171 582	1007 50 172 581
4510 52 4510 502	501 4505 1130 1002	506 4521 2115 1508	4425 516 3000 2024	4452 502 3444 2526	4479 497 3471 2553	4506 494 3498 2580	4533 491 3525 2607	4560 488 3552 2634	4587 485 3579 2661
8.	9.	10.	11.	12.	13.	14.	15.	16.	17.
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #
1107 CLIFTONS 120.15	1107 CLIFTONS 127.75	1107 CLIFTONS 135.35	1107 CLIFTONS 142.95	1107 CLIFTONS 150.55	1107 CLIFTONS 158.15	1107 CLIFTONS 165.75	1107 CLIFTONS 173.35	1107 CLIFTONS 180.95	1107 CLIFTONS 188.55
DEL MAR LOOP @ 9:01	HAIRCUT RUN @ EZ 9:23 AVG.	REST DAY	CARDIFF UP 2:55 @ 9:15A BACK 2:50 @ 8:12A WINDY	CARDIFF @ 9:15 AVG. * 9:31 AVG UP * 8:59 AVG BACK	CARDIFF @ 9:15 AVG. * 9:31 AVG UP * 8:59 AVG BACK	CARDIFF @ 9:15 AVG. * 9:31 AVG UP * 8:59 AVG BACK	CARDIFF @ 9:15 AVG. * 9:31 AVG UP * 8:59 AVG BACK	CARDIFF @ 9:15 AVG. * 9:31 AVG UP * 8:59 AVG BACK	CARDIFF @ 9:15 AVG. * 9:31 AVG UP * 8:59 AVG BACK
37.31 7 5.33 44.31	8 5.53 45.31	9 6.13 46.31	10 6.33 47.31	11 6.53 48.31	12 7.13 49.31	13 7.33 50.31	14 7.53 51.31	15 8.13 52.31	16 8.33 53.31
994.79 169 5.88 1009.79	1009.79 170 5.89 1019.79	1019.79 171 5.90 1029.79	1029.79 172 5.91 1039.79	1039.79 173 5.92 1049.79	1049.79 174 5.93 1059.79	1059.79 175 5.94 1069.79	1069.79 176 5.95 1079.79	1079.79 177 5.96 1089.79	1089.79 178 5.97 1099.79
5406 601 1:48 1205	1055 700 2:54 1905	1105 800 4:08 2805	1155 900 5:22 3705	1205 1000 6:36 4605	1255 1100 7:50 5505	1305 1200 9:04 6405	1355 1300 10:18 7305	1405 1400 11:32 8205	1455 1500 12:46 9105
15.	16.	17.	18.	19.	20.	21.	22.	23.	24.
# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #	# # #
1107 CLIFTONS 152.00	1107 CLIFTONS 157.01	1107 CLIFTONS 162.02	1107 CLIFTONS 167.03	1107 CLIFTONS 172.04	1107 CLIFTONS 177.05	1107 CLIFTONS 182.06	1107 CLIFTONS 187.07	1107 CLIFTONS 192.08	1107 CLIFTONS 197.09
H. STREET @ 8:52 AVG.	CARDIFF @ 9:04 AVG.	DEL MAR WOODS 1) 8:48 2) 8:45 3) 9:10 4) 9:16 5) 8:45 6) 8:49 7) 9:37 8) 9:09	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
1) 9:19 2) 9:14 3) 9:15 4) 8:14 5) 8:38 6) 8:38 7) 8:53 8) 8:55 9) 8:55 10) 8:55	E2 7.29 AVG MAX								
68.56 12 571	73.57 13 565	81.58 14 582	90.59 15 600	99.60 16 618	108.61 17 636	117.62 18 654	126.63 19 672	135.64 20 690	144.65 21 708
1022.48 174 5.87 1027.48	1027.48 175 5.88 1032.48	1032.48 176 5.89 1037.48	1037.48 177 5.90 1042.48	1042.48 178 5.91 1047.48	1047.48 179 5.92 1052.48	1052.48 180 5.93 1057.48	1057.48 181 5.94 1062.48	1062.48 182 5.95 1067.48	1067.48 183 5.96 1072.48
11102 800 1:46 1311	4531 501 2:32 1812	11231 801 3:44 2613	11732 802 4:56 3414	12233 803 6:08 4215	12734 804 7:20 5016	13235 805 8:32 5817	13736 806 9:44 6618	14237 807 10:56 7419	14738 808 12:08 8220

1:28
1
1:48
1:53
2:37

1:48
1:53
55⁴⁴
1:54⁰⁰

1:05.44
3 44.66
42
5
4:48.54

1:05:40
589
1 2
1:48:55
1:05:40

$$\begin{array}{r} 172 \\ 14 \\ \hline 1:30 \end{array}$$

$\log 94$
 $\log 58$
 $\log 49$

$$\begin{array}{r} 1149 \\ 54 \\ \hline 243 \\ 5 \end{array}$$
$$\begin{array}{r} 587 \\ 30 \overline{) 14} \end{array}$$


Handwritten log of a runner's progress, featuring a grid of dates and times, and various calculations and notes.

Grid Data (Approximate):

Date	Time	Date	Time	Date	Time	Date	Time
20	110 1937	21	173 189 68	22	1107 174.06	23	1107 189.17
24	110 1937	25	110 1937	26	110 1937	27	110 1937
28	110 1937	29	110 1937	30	110 1937	31	110 1937
32	110 1937	33	110 1937	34	110 1937	35	110 1937
36	110 1937	37	110 1937	38	110 1937	39	110 1937
40	110 1937	41	110 1937	42	110 1937	43	110 1937
44	110 1937	45	110 1937	46	110 1937	47	110 1937
48	110 1937	49	110 1937	50	110 1937	51	110 1937
52	110 1937	53	110 1937	54	110 1937	55	110 1937
56	110 1937	57	110 1937	58	110 1937	59	110 1937
60	110 1937	61	110 1937	62	110 1937	63	110 1937
64	110 1937	65	110 1937	66	110 1937	67	110 1937
68	110 1937	69	110 1937	70	110 1937	71	110 1937
72	110 1937	73	110 1937	74	110 1937	75	110 1937
76	110 1937	77	110 1937	78	110 1937	79	110 1937
80	110 1937	81	110 1937	82	110 1937	83	110 1937
84	110 1937	85	110 1937	86	110 1937	87	110 1937
88	110 1937	89	110 1937	90	110 1937	91	110 1937
92	110 1937	93	110 1937	94	110 1937	95	110 1937
96	110 1937	97	110 1937	98	110 1937	99	110 1937
100	110 1937	101	110 1937	102	110 1937	103	110 1937
104	110 1937	105	110 1937	106	110 1937	107	110 1937
108	110 1937	109	110 1937	110	110 1937	111	110 1937
112	110 1937	113	110 1937	114	110 1937	115	110 1937
116	110 1937	117	110 1937	118	110 1937	119	110 1937
120	110 1937	121	110 1937	122	110 1937	123	110 1937
124	110 1937	125	110 1937	126	110 1937	127	110 1937
128	110 1937	129	110 1937	130	110 1937	131	110 1937
132	110 1937	133	110 1937	134	110 1937	135	110 1937
136	110 1937	137	110 1937	138	110 1937	139	110 1937
140	110 1937	141	110 1937	142	110 1937	143	110 1937
144	110 1937	145	110 1937	146	110 1937	147	110 1937
148	110 1937	149	110 1937	150	110 1937	151	110 1937
152	110 1937	153	110 1937	154	110 1937	155	110 1937
156	110 1937	157	110 1937	158	110 1937	159	110 1937
160	110 1937	161	110 1937	162	110 1937	163	110 1937
164	110 1937	165	110 1937	166	110 1937	167	110 1937
168	110 1937	169	110 1937	170	110 1937	171	110 1937
172	110 1937	173	110 1937	174	110 1937	175	110 1937
176	110 1937	177	110 1937	178	110 1937	179	110 1937
180	110 1937	181	110 1937	182	110 1937	183	110 1937
184	110 1937	185	110 1937	186	110 1937	187	110 1937
188	110 1937	189	110 1937	190	110 1937	191	110 1937
192	110 1937	193	110 1937	194	110 1937	195	110 1937
196	110 1937	197	110 1937	198	110 1937	199	110 1937
200	110 1937	201	110 1937	202	110 1937	203	110 1937</