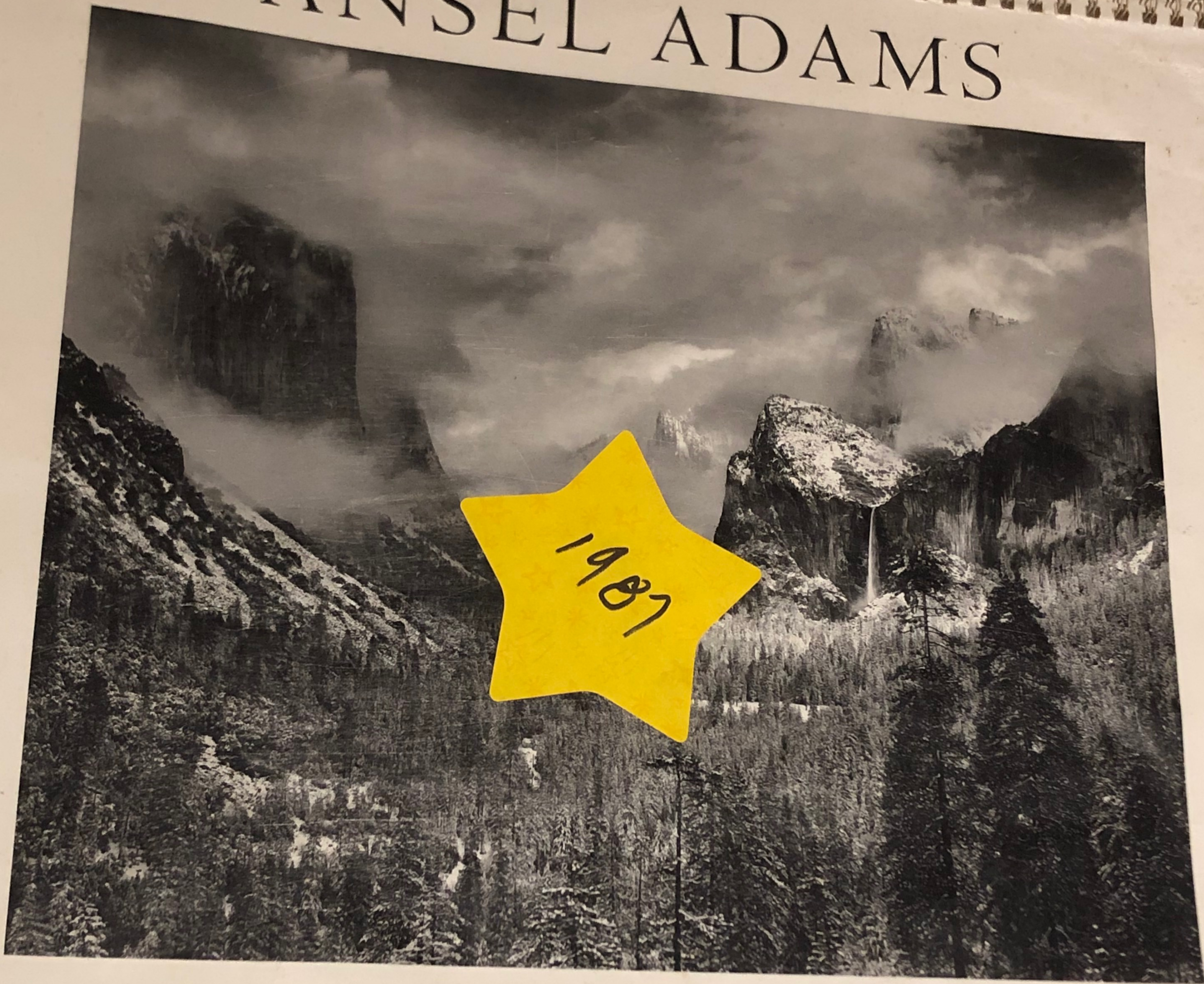


ANSEL ADAMS

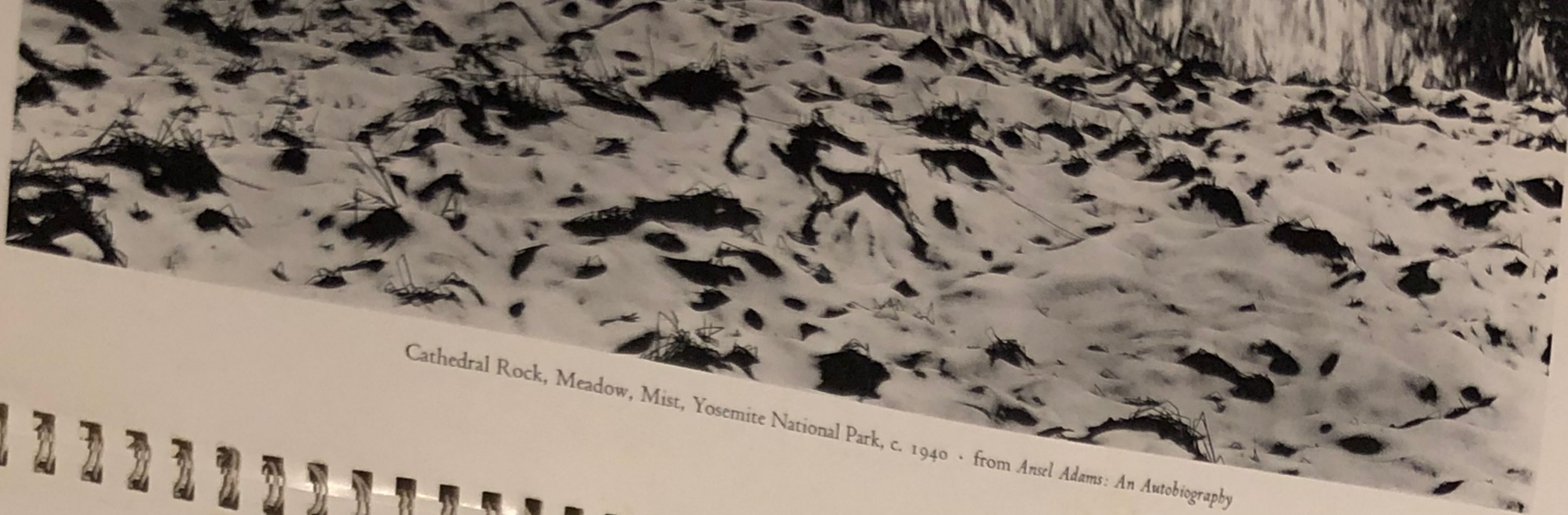


Calendar 1987

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>● New Moon</p> <p>◐ First Quarter</p> <p>○ Full Moon</p> <p>◑ Last Quarter</p>						
<p>PONTO > 1:09:48</p> <p>7:17 > 6:33 > 6@4:59 > 5:58 > 7:59</p> <p>FELT MUCH BEARS! 4</p> <p>FLU GOING ENERGY LITTLE LOW</p>	<p>TAMARACK AVE TOUGH TEN</p> <p>1:09:53</p> <p>HAIL > HEAVY RAIN. OUCH!!</p>	<p>101 > SOUTH</p> <p>7:30 > 6:26 > 7:22</p> <p>7:17 > 6:04 > 8:04</p> <p>LBS > ULX 2</p>	<p>188 TOTAL</p> <p>10 @ 1:14:48</p> <p>EZ</p> <p>0 HAS WORK 7</p>	<p>4.5 mi Loops AT THE RANCHO SANTA FE GOLF COURSE:</p> <p>NO RUNNING WORK 16 @ 1:14:48 VERY TIRED! 24 HAS New Year's Day</p> <p>0</p> <p>0</p> <p>8 HAS WORK</p> <p>6 @ 6:00</p> <p>"AXIS" VELOCITY RUN! 8</p>	<p>REMSAQUE LOOP @ RANCHO SANTA FE</p> <p>2 X 5 mi LOOP @ RANCHO SANTA FE</p> <p>6:43 6:42 7:00 2</p> <p>7:01 6:12 > 33:42</p> <p>5</p> <p>5</p> <p>NO RUNNING!! EARLY SHIFT AT WORK</p> <p>LBS > ULX 2</p> <p>8 HAS WORK</p> <p>9</p>	<p>UP AT 3 AM ></p> <p>THROWING UP, ETC STOMACH PROBLEMS! FOOD POISONING! STUFFS PIZZA!</p> <p>3</p> <p>0</p> <p>5</p> <p>8 @ EZ</p> <p>10 @ 6:00</p> <p>8 HAS WORK</p> <p>10</p> <p>8 @ 7:15 EZ</p> <p>HEAD COOL???</p>
<p>3:30 ON PCT</p> <p>1:45 UP</p> <p>1:45 DOWN</p> <p>CIBBETS TO DESERT VIEW @ MAC</p>	<p>NO RUNNING STRETCH!!</p>	<p>8 @ TAMARACK</p> <p>5:33 > 6:27</p> <p>6:24 - 6:37 - 6:43 -</p> <p>6:55 - 6:14</p> <p>6:49 - 6:06 - 5:43</p>	<p>10 @ 36</p> <p>NO RUNNING! STRETCH!!</p> <p>LETSON MARSH! 14</p>	<p>6</p> <p>42</p> <p>NO RUNNING! STRETCH!</p> <p>15</p>	<p>0</p> <p>42</p> <p>NO RUNNING! STRETCH!</p> <p>16</p>	<p>0</p> <p>50</p> <p>4 @ 7:15 EZ</p> <p>HEAD COOL???</p> <p>17</p>
<p>21</p> <p>21</p>	<p>0</p> <p>21</p>	<p>8</p> <p>29</p>	<p>0</p> <p>29</p>	<p>0</p> <p>29</p>	<p>0</p> <p>29</p>	<p>4</p> <p>33</p>
<p>LETSON MARSH 50 MILE SANTA ROSA</p> <p>6:41:01</p> <p>4TH O/A</p> <p>1ST 40-49</p>	<p>TRAVEL DAY NO RUNNING</p> <p>Martin Luther King, Jr. Day</p> <p>NOT BAD!</p>	<p>NO RUNNING! MASSAGE ON MEDICATION FOR 5 DAYS - EZ EXERCISE</p>	<p>NO RUNNING! COLD! HEADTYPE!</p>	<p>10 @ EZ PONTO</p> <p>1:15:06</p> <p>NO PROBLEMS</p>	<p>NO RUN! RELAX > REST!!</p>	<p>NO RUNNING!!</p> <p>16 HR DAY NONE STOP! NO ENERGY</p>
<p>18</p> <p>50</p> <p>50</p>	<p>0</p> <p>50</p>	<p>0</p> <p>50</p>	<p>0</p> <p>50</p>	<p>10</p> <p>60</p>	<p>0</p> <p>60</p>	<p>0</p> <p>60</p>
<p>10 @ 1:08:30</p> <p>TAMARACK!</p>	<p>NO RUNNING</p> <p>18 HOLES TOMORROW</p>	<p>10 @ 1:08:30</p> <p>PONTO</p>	<p>REST!</p> <p>GRAIN SORE!!</p> <p>COLD BEHIND!</p> <p>LBS (upper) NEW</p>	<p>RSF 2X LOOPS</p> <p>1 35:30</p> <p>2 35:32</p>	<p>NO RUNNING! (LBS X 2)</p>	<p>REST!</p>
<p>25</p> <p>10</p> <p>10</p>	<p>0</p> <p>10</p>	<p>10</p> <p>20</p>	<p>0</p> <p>20</p>	<p>10</p> <p>30</p>	<p>0</p> <p>30</p>	<p>0</p> <p>30</p>

Pool 298-3576
 268-3785
 1 700



Cathedral Rock, Meadow, Mist, Yosemite National Park, c. 1940 · from Ansel Adams: An Autobiography

FEBRUARY

STEVE
MARCH 16
MARCH 29
PARK CITY / HAWAII

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM > P.C.T. MAC (VERY STRONG) 2:33 TOTAL TIME 2:18 RUNNING FLASHLIGHT RUN FOR 60:00 > (HE COULD BE BRIGHTER - 2 TOPS TIGHTS - GLOVES - HAT * PROBLEM (COLD)	13 @ 1:23:36 6:25 101 TO DON'T STOP FELT GOOD!!!	NO RUNNING!! STRETCH > 2X LBS > U/L *	AMERICA'S CUP BODY ACHES - UP TIL 2AM!! NO RUNNING! RECHARGE	10 > PONTO 1:08 @ COMFORTABLE! SOME SURGES!!	10 @ PONTO 1:06 @ * 2X LBS > U/L	10 @ 1:08 @ PONTO
17 17	13 30	0 30	0 30	10 40	10 50	10 60
REST!! STRETCH!! NO RUNNING! WORK > 8 HRS \$110 -	NO RUNNING!! REST (REST)	4 @ 27:57 6:59 LOADER!! STRETCH	NO RUNNING! LOANER STRETCH	6 @ 38:40 6:26 STRETCH Lincoln's Birthday	NO RUNNING!	PACIFIC COAST TRAIL. 38 MI > ALBAHA 5:21:00 8TH PLACE > VERY TIRED! UNMOTIVATED!!
0 0	0 0	4 4	0 4	6 10	0 10	38 48
* RECOVERY WEEK LAY DAY! STRETCH	LAY DAY! Washington's Birthday - Observed	NO RUNNING!! NO PROBLEMS! LAY DAY	10 @ 67:44 TOTAL LOANER ANKE	10 TOTAL 1 @ 527 6AM @	LAY DAY! 3X U/L > LBS STRETCH!	REST!! STRETCH!
0 0	0 0	0 0	10 0	10 20	0 20	0 20
NO RUNNING!! NO RUNNING!! NO RUNNING!! AM @ 6:30 DOWN PM @ 6:00 6:42	12 @ 1:25:56 7:10 TIRED LEGS! RAIN/WIND 50°	10 @ VEZ U/L > LBS 31 24	LAY DAY!! ANKLE SORE! REHAB! DMSOL ICE/REST	10 TOTAL @ 6:00 7:45 L2M @ 12:50 ANKLE ???	8 @ 6:50	LAY DAY! ANKLE?
20 20	12 32	10 42	0 42	10 52	0 60	0 60
						188

5 MIN - 7 MIN
LATE START
LBN AT TOP OF
HILL
FLAT

20
24
18

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAY DAY! ANKLE BETTER!! I	SUNRISE HWY > 2 @ 2:30	AM 8:00 EZ PM 12:00 EZ	LAY DAY! FLASX 2-1 Ash Wednesday	4 @ 7:00 60%	2 @ 6:00 1:23:15 RAIN 60%	LAY DAY! STRETCH
0 0	20 20	20 40	0 40	4 44	12 56	0 50
SUNRISE HWY 23 mi MARK TO JULIAN TURN OFF and BACK @ 7:15 8	10 @ VEZ 50% > 7:24 2 XLBS > U/L 9	10 @ MODERATE 6:52	10 @ VEZ 5 @ 8:00 5 @ 7:00 II	LAY DAY!!	SPEEDWALK: BEGINS > 5 @ 6:33 5 @ 5:57	LAY DAY! 73 129
30 30	10 40	10 50	10 60	0 60	10 70	0 70
THE MAC P.C.T. ATTACK!! SNOW STORM. 35° 25-40 mph WIND 3-6" SNOW 1:49 3:55 2:06 I 5 GOOD TEST!	10 @ BUD > 7:45 LM @ 6:10 LITTLE SORE!	10 @ 6:46 MODERATE TO EZ St. Patrick's Day ANKLES BETTER!!	LAY DAY!!	ANDYS MAC TO TOP ATTACK! 6:33 up 6:16 FACE	LAY DAY!	LAY DAY!
20 20	10 30	10 40	0 40	12 52	0	0 52
MT. SOLEDAD: SHORE TO GARRET and BACK 1:34 WINDY	LAY DAY!	4 TOTAL (AVE) 2 @ 12:17 > 6:08 2 @ 12:10 > 6:05	LAY DAY! = =	4 TOTAL 2 @ 12:34 > 6:17 2 @ 11:44 > 5:52 ON FIRE!!	LAY DAY!	LAY DAY!
12 12	0 12	4 16	- 16	4 20	0 20	0 20
SANTAMONICA 50K 1st PLACE OVERALL 3:25:30 P.A. 9:20 PRAISE THE LORD FOR 6:35 AVE.	3 A'S READING, RIGHT IN RITHMETIC 3 E'S EASY, EXPERIMENT, ENOUGH LAY DAY!	LAY DAY!				229 mi
29	30	31				
31 31	30 0	31 0				

SHE'S A RIDE AT DISNEYLAND!

MAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MAIL RUN DOWN @ 6:25 4 BACK @ 6:20 LIM @ 5:42</p> <p>2x LBS > U/L</p> <p>10 10</p>	<p>LAY DAY !! TOTAL REST SOME STRETCHING WORK 7 HAS. (HARD DAY)</p> <p>0 10</p>	<p>LBS > U/L x2 (TALKED TO JOHN) TUESDAY RUN: R.S.F. #5</p> <p>FELT OUCH!! TICED LEGS! WHAT ME WORRY? NO GUTS NO GLORY!</p> <p>10 20</p>	<p>292 MILES FOR MAY</p> <p>14 @ SUB-7 SOME STOMACH UPSET AM LEGS FINE!!</p> <p>6 @ 6:30 LAST MILE MUCH FASTER! ERNST PUSHING PACE!</p> <p>20 40</p>	<p>BIKE RIDE 6AM > 40 > 2:33</p> <p>0 40</p>	<p>RACEWALK MODE: 20:00 BAREFOOT ON BEACH.</p> <p>LBS > U/L x2</p> <p>2 2</p>	<p>MID-WEEK SAMPLER RUN DOWN 101: ENCINITAS... 1:59:04 NO PROBLEM!!</p> <p>17 19</p>
<p>LONG ROADRUN CARLSBAD TO TOP OF CHESTERFIELD CADIFF "2:53:44" - STOMACH PROBLEMS FOR 1ST 45:00 LEGS HEAVY!!</p> <p>Mother's Day WORK 7 HAS HARD!!</p> <p>23 23</p>	<p>AM BIKERIDE > 23mi</p> <p>PM LBS > U/L ONLY RACEWALK 30:00 (2mi)</p> <p>2 25</p>	<p>R.S.F. FARTLEK #6</p> <p>LEZ RUN IN PACHO SANTA FE 1:35:00 HEADACHE / KRAKEN</p> <p>12 37</p>	<p>10 @ 6:47 > 101 RACEWALK > 30:00 (3mi) LBS > U/L</p> <p>13 50</p>	<p>EPIRUS > 10 1/2 MID-WEEK SAMPLER 2 HAS TOTAL DOWN 101 @ 6:45 LUMBERYARD PACE HURTING AT WORK</p> <p>18 68</p>	<p>LBS > U/L x2 RACEWALK 30:00 (3mi)</p> <p>2 42</p>	<p>LAY DAY! REST!!!</p> <p>0 42</p>
<p>MT. SAN JACINTO ERANST PACHO. GOOD MIKE #1 RUNNING! 4 HAS > TOTAL TOP > 1:50 BACK > 1:09</p> <p>DEVILS SLIDE 38:00 2ND TIME</p> <p>20 20</p>	<p>LAY DAY! LEGS SORE! MOVE!!</p> <p>Victoria Day (Canada)</p> <p>18 19</p>	<p>R.S.F. FARTLEK #7</p> <p>1:18 @ EZ BETTER!!</p> <p>19 19</p>	<p>10 @ MAIL RUN LBS > UPPER ONLY!!</p> <p>10 50</p>	<p>MIDWEEK SAMPLER > 101 @ SUB 7</p> <p>21 21</p>	<p>TORREY PINES @ 1:31:00 @ EZ</p> <p>LBS</p> <p>12 80</p>	<p>LAY DAY!</p> <p>0 80</p>
<p>SAH JACINTO 4:30:00</p> <p>24 24</p> <p>24 24</p> <p>LBS</p> <p>0 0</p>	<p>SAH GORGONID 2:00:00 SNOW STORM!!</p> <p>Memorial Day - Observed</p> <p>25 25</p>	<p>R.S.F. FARTLEK #8</p> <p>MAIL RUN @ 7:00</p> <p>LBS</p> <p>10 30</p>	<p>RACEWALK: @ 12:05</p> <p>6 50</p>	<p>MAIL RUN @ 6:30</p> <p>LBS</p> <p>17 58</p>	<p>MAIL RUN @ 7:00</p> <p>12 70</p>	<p>MAIL RUN @ 5:41 @ 6:00 PR. 1:55 a.m. 30:21 LBS</p> <p>10 80</p>

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LAYDAY!	SAN GORGONIO MOUNTAIN (33mi TOTAL) VIVIAN CREEK TRAIL > ATHLETIC CENTER LBS TOTAL 2 2:15 TO TOP 1:43 TO POODOUT HILL	LAYDAY! LBS+	MAILRUN: 10@6:30	MAILRUN: LBS+ 10@6:40	MAILRUN: 15mi @ 7:00 AM MIDWINTER 25 BK SAMPLER: 2mi PACWALK
FLORIANE FESTIVAL LBS+ LAYDAY 7	0 0	30 33	0 30	10 40	10 53	17 70
LBS+ LAYDAY 8	LAYDAY! 8	SAN JACINTO X 1 = 9 ① 4:03 ② 8	ROAD RUN IDYLLWILD! HRA > 243	101 > MAILRUN 6:27 > DOWN 6:50 > BACK LM @ 6:10 LBS+	MASSAGE 10AM ENCINITAS MASSAGE CLINIC	BIKE > 35mi EZ MAC?? PALOS VERDES MARATHON JEFF OLSON 2:29 GREG GAULICK 2:31 1014 > 2:58!!
0 0	0 0	22 22	8 30	10 40	0 40	0 40
LBS+ LAYDAY!! Flag Day 14	* BEGIN TAPER FOR W.S. 100 GLIDERPORT: 15 1/2 w/fw 20@2:19.11	MASSAGE 10:00-11:00	MEETING AT 8PM CARLSBAD INN 30:00@EZ R/W > 15:00	30:00@EZ	MASSAGE 10:00-11:00	1mi @ 5:55 30:00@EZ R/W 100
21 21	21 21	0 21	5 26	5 30	0 30	5 35
30:00@EZ Summer Solstice 1mi @ 5:52 Father's Day 21	← MASSAGE LEAVE FOR LAKE TAHOE 30:00@EZ	← MASSAGE LEAVE FOR LAKE TAHOE 30:00@EZ	→ 6AM 30:00@EZ	4PM MEETING AT SQUAW VALLEY NO RUNNING!!	4mi @ EZ NO RUNNING!! 50:00@EZ	WESTERN STATES 100 62 MILES DROPPED AT FORESTHILL 15HRS. RUNNING 5mi IN 10HRS.
# #	0 4	4 8	0 8	0 18	40 12	62 74
LIFE GOES ON!! 28	STIFF!! LOTS OF WORK TO DO BEFORE RETURN. 29	LAKETAHOE HIGH SCHOOL TRACK WALK 1mi 1mi 30		280mi. RUN FOR JUNE		
0 0	0 0	10 10				

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NO RUNNING! 5	55 MIN @ EASY @ EZ 7:00 6	215 MILES FOR THE MONTH - JULY 20 DAYS OF RUNNING 10 LBS WORKOUTS 10.7 MI. DAY AVE. NO RUNNING!! LBS WORKOUT 7	LAKE TAHOE HIGH SCHOOL TRACK... 1mi @ WALK 1mi @ EZ Canada Day LM @ 6:11?? I 10 10	NO RUNNING! 2	50 MIN @ EZ LAKE TAHOE 7 17	1 HR @ EZ CAFAX Independence Day 8 25
0 0	7 7	0 7	10 @ 7:00 SLOWING DOWN TRAINING PACES 8	NO RUNNING!! LBS UPPER KNEES SORE STILL!! 9	10 @ 6:35-40 FEELING BETTER!! 10	NO RUNNING! LBS U/L 11
RANGER STATION 1:55:20 TOTAL 7's 12	LBS > U/L 4 TOTAL 2 1/2 WARM UP 1 @ 5:58 1/2 WARM DOWN 13	LAYDAY! RECHARGE REST 14	RANGER STATION 1:55:48 MUCH SMOOTHER RUN THAN SUN. 15	LAYDAY! KNEE (LEFT) SORE COOLING IT @ ICE AND DUSG LBS S/O 16	2 1/2 @ EZ 1 @ 5:42 1/2 @ EZ 1-RAIN 17	2:14:30 LM @ 6:31 7's 18
16 16	4 20	0 20	17 37	0 37	10 27	0 27
LAYDAY! LBS > U/L NO LEG EXTENSIONS STEP BENCH SQUATS > HANGOVER LEFT KNEE BETTER! 19	1:56:34 WINNERS CIRCUIT TO UCSD HAMSTRINGS? 20	1:10:00 MAIL RUN!! LAFAGOVERA RUN 21	2 1/2 WARM-UP 1 mile @ 5:29 1/2 mi WARM DOWN LBS > U/L 22	MADE IT TO WORK! SICK!! STUFF'S STRIKES AGAIN VERY VERY SICK WORE 7 1/2 HAS 23	2 1/2 @ EZ 1 @ 5:42 1/2 @ EZ 1-RAIN 24	TOMORROW FINES!! 1:57:05 WENT WELL, STOMACH STILL SORE. 25
0 0	16 16	10 26	4 30	0 30	4 41	19 60
KNEE SORE!! 2 1/2 WARM-UP 1 mile @ 5:23 1/2 mile warm down LBS > 2xUx5-1 26	RANCHO SANTA FE AM 1:57:40 NO RUNNING PM 27	SOLANA BEACH TO 8mi MARK TOPACK/PINES @ 7:00 LBS ONLY 28	MAIL RUN 33:17 DOWN 4 BACK @ 6:30's 29	10 @ 7:00 6 @ 8:10 DECKER!! RIGHT THERE! 30	NO RUNNING! LBS > 2xU-1 31	
4 4	16 20	10 30	10 40	17 57	0 57	16 46

AUGUST

MESSAGES: 942-1128

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


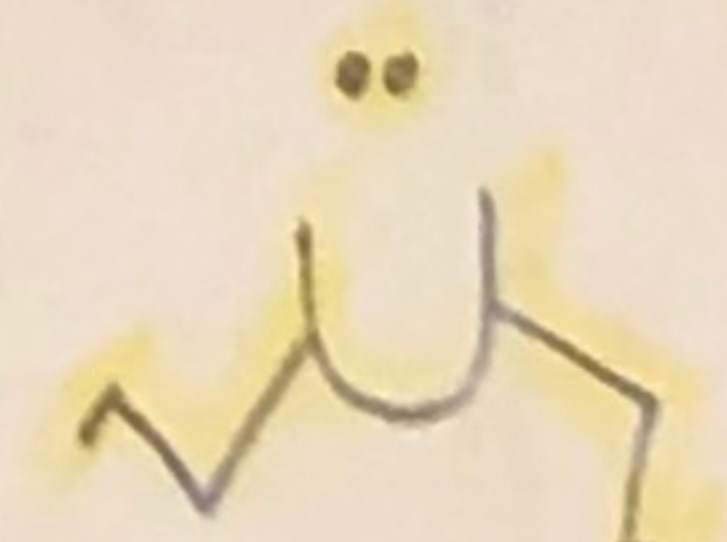
SATURDAY

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
12	12	2.5	14.5	16	30.5	12	43	0	43	10	53	17	70
1:30:00	1:30:00	30:03	2:03:03	2:55:35	4:58:38	1:29:15	6:27:53	0:100	6:27:53	1:30:00	7:57:53	1:58:35	9:56:28
START AT THE WINNEAS CIRCLE, TORREY PINES LOTS OF HUMIDITY! ALONG 101 THEN TO BEACH UP TRAIL X TO RANGER STATION AND BACK 101!!	NO RUNNING!! RECHARGE - RACEWALK: 30:03 BEACH/BAREFOOT (2.5 MILES) } X	TIGER LITES!! GOOD!! BUSTLE ABLE TO GET? MT. SAN JACINTO: DEVILS SLIDE TRAIL HEAD - BOB	DOWN BACK 43:00 DEL MAR HEIGHTS + AND BACK + MAIL RUN @ EZ 1:29:15	MAC 1st MICHAEL STAY, AGAIN COURSE RECORD OF COURSE. + 6 TOENAILS GONE ALL SYSTEMS GO!!	NO RUNNING!! RECHARGE AND RECOVERY DAY!	MAC 1st MICHAEL STAY, AGAIN COURSE RECORD OF COURSE. + 6 TOENAILS GONE ALL SYSTEMS GO!!	NO RUNNING!! RECHARGE AND RECOVERY DAY!	NO RUNNING!! RECHARGE AND RECOVERY DAY!	NO RUNNING!! RECHARGE AND RECOVERY DAY!	NO RUNNING!! RECHARGE AND RECOVERY DAY!	NO RUNNING!! RECHARGE AND RECOVERY DAY!	NO RUNNING!! RECHARGE AND RECOVERY DAY!	NO RUNNING!! RECHARGE AND RECOVERY DAY!
NO RUNNING!! ICE/DMSO ALL ACHES!!!	NO RUNNING!! ICE/DMSO ALL ACHES!!!	NO RUNNING!! ICE/DMSO ALL ACHES!!!	NO RUNNING!! ICE/DMSO ALL ACHES!!!	NO RUNNING!! ICE/DMSO ALL ACHES!!!	NO RUNNING!! ICE/DMSO ALL ACHES!!!	NO RUNNING!! ICE/DMSO ALL ACHES!!!	NO RUNNING!! ICE/DMSO ALL ACHES!!!	NO RUNNING!! ICE/DMSO ALL ACHES!!!	NO RUNNING!! ICE/DMSO ALL ACHES!!!	NO RUNNING!! ICE/DMSO ALL ACHES!!!	NO RUNNING!! ICE/DMSO ALL ACHES!!!	NO RUNNING!! ICE/DMSO ALL ACHES!!!	NO RUNNING!! ICE/DMSO ALL ACHES!!!
0	0	3	3	20+	23	216	40	000	40	000	40	10	50
0:00	0:00	30:00	30:00	3:44	4:14	2:16	6:30	0:00	6:30	0:00	6:30	1:30	8:00
CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07
17	17	0	17	19	36	14	50	0	50	10	60	8	60
2:04:33	2:04:33	0:00	2:05:00	3:08	5:13	1:30	6:45	0:00	6:45	1:13	7:58	0:00	7:58
CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07	CONDOM TO TANA WALK BACK > 1:04:07
23	23	24	24	25	25	26	26	27	27	28	28	29	29
30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE	30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE	30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE	30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE	30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE	30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE	30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE	30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE	30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE	30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE	30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE	30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE	30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE	30:00 OUT > 59:00 BACK RIGHT FOOT STILL VERY SORE
16	16	0	16	22.5	30	3.5	32.5	16	90	0	50	10	60
1:43	1:43	0:00	1:43	3:51	4:50	24:00	5:14	201	7:15	0:00	7:15	1:14	8:29
1:43	1:43	0:00	1:43	3:51	4:50	24:00	5:14	201	7:15	0:00	7:15	1:14	8:29

CHECK WEEK

SEPTEMBER

(SEPT.)
 * 70+ MILES PER WEEK
 * 10x LBS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NO RUNNING!! STRETCH/RELOAD FOR BITTER RECORD UP MT. BALDY!!! 1:06:05 18TH O/A	 MT. BALDY RUN TO THE TOP 9AM 1:19:12 > 30/0A 4TH/40-49 HEAVY LEGS - 2 DAYS NO SLEEP DOWN THE MOUNTAIN LABOR DAY ZWAY BACK UP THEN DOWN!! GOOD DAY JIM GOOD SHOW NO TRAINING	ANGELES CREST: START MT. BADEN- POWELL FOLLOWED P.C.T. TO EAGLES PEAK. 2:55 TOTAL LEGS DID NOT FEEL GOOD FOR FIRST HOUR. MAC STRONG AS USUAL! HE'LL DO WELL AT THE 100. EL FUERTE	NO RUNNING! STRETCHING, RECHARGE! BIG TOE GETTING MUCH BETTER! TOE NAIL OFF - SWELLING DOWN, COLOR COMING BACK! 2	LOOPTO NOWHERE, DOWN EL FUERTE TO END OF STREET OVER ONE HILL THEN ANOTHER?? FINALLY TO PAA AND OLYMPIC and BACK	21:30 DOWN EL FUERTE TO 10 MILE MARK - 24:30 BACK EZ!!!!	NO RUNNING!! STRETCH/RECHARGE
0 0 0:00 0:00	18 18 2:55 2:55	0 18 0:00 2:55	10 28 1:11 4:06	6 34 0:46 4:52	0 34 0:00 4:52	JESUS CREST
NO RUNNING! RECOUBA!! FROM JESUS CREST	31:00 LOOP THEN LBS	BLACKS > DEL MAR TO LAJOLLA S HOPES BEACH RUN/WALK NICE DAY!! (2:25 TOTAL)	DEL MAR MALL LOOP LBS	NO RUNNING! REST.	PARISHANNA TRACK: NO RUNNING! REST!	ANGELES CREST 100 5AM CHANNY FLATS: @ 5PM MAC DNE @ TOP OF MOUNTAIN * 75 MILES IN THE PLACE
0 0 0:00 0:00	24 24 3:12 3:12	12 36 2:25 5:37	4 40 0:30 6:07	0 40 0:00 6:07	0 40 0:00 6:07	8 48 2:00 8:07
OLYMPIC/PAA 2 @ 6:30 OTHERWISE @ EZ	EZ LOOP! 31:00 LBS	DOWN EL FUERTE TO ALGA, EL CAMINO REAL, LA COSTA AVE. RANCHO SANTA FE TO DUMP ROAD AND BACK!!	OLYMPIC/PAA @ EZ	SAME @ 9:15 EXCEPT STRAIGHT ON LA COSTA AVE D STAGE COACH PARK	4 @ EZ EL FUERTE LOOP LBS	MILE REPEATS: SWANIL'S 2MI 10 @ 5:22 1MI JOC 2 @ 5:12 BETWEEN 30 @ 5:17 3MI WATER-DOWN
10 10 1:13 1:13	4 14 :31 1:44	16.6 20.6 2:01 2:32	10 30.6 1:17 3:49	15.4 46 1:48 5:37	4 50 :32 6:09	10 60 1:14 7:23
HEAD COLD STILL HANGING ON!! WORK 8 HRS NO RUNNING!	EZ LOOP COLD GETTING A LITTLE BETTER A VERY LITTLE!	BLUE JAY START HOLY JIM TRAIL TABUCCO ROAD LOOP TOUGH! SAN JUAN MTHS	AM. :58 EZ LBS PM. 1:00 KIPPER RUIT EQUINOX AROUND LA COSTA GOLF COURSE @ MAC	EZ LOOP. MP ALGA Rosh Hashanah	REST!! CATCHING A COLD!! LIP BITTER	REST!! NO RUNNING HEAD COLD. NOT GOOD!
0 0 0:00 0:00	4 4 0:32 0:32	22 36 3:49 5:33	16 52 1:58 7:31	4 56 :32 8:03	0 56 0:00 8:03	0 56 0:00 8:03
27	28	29	30	227 TOTAL 20 DAYS RUN 11.7 PA. AVE		
0 0 0:00 0:00	4 4 0:32 0:32	25 29 4:08:03 4:40	0 29 0:00 4:40			

OCTOBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

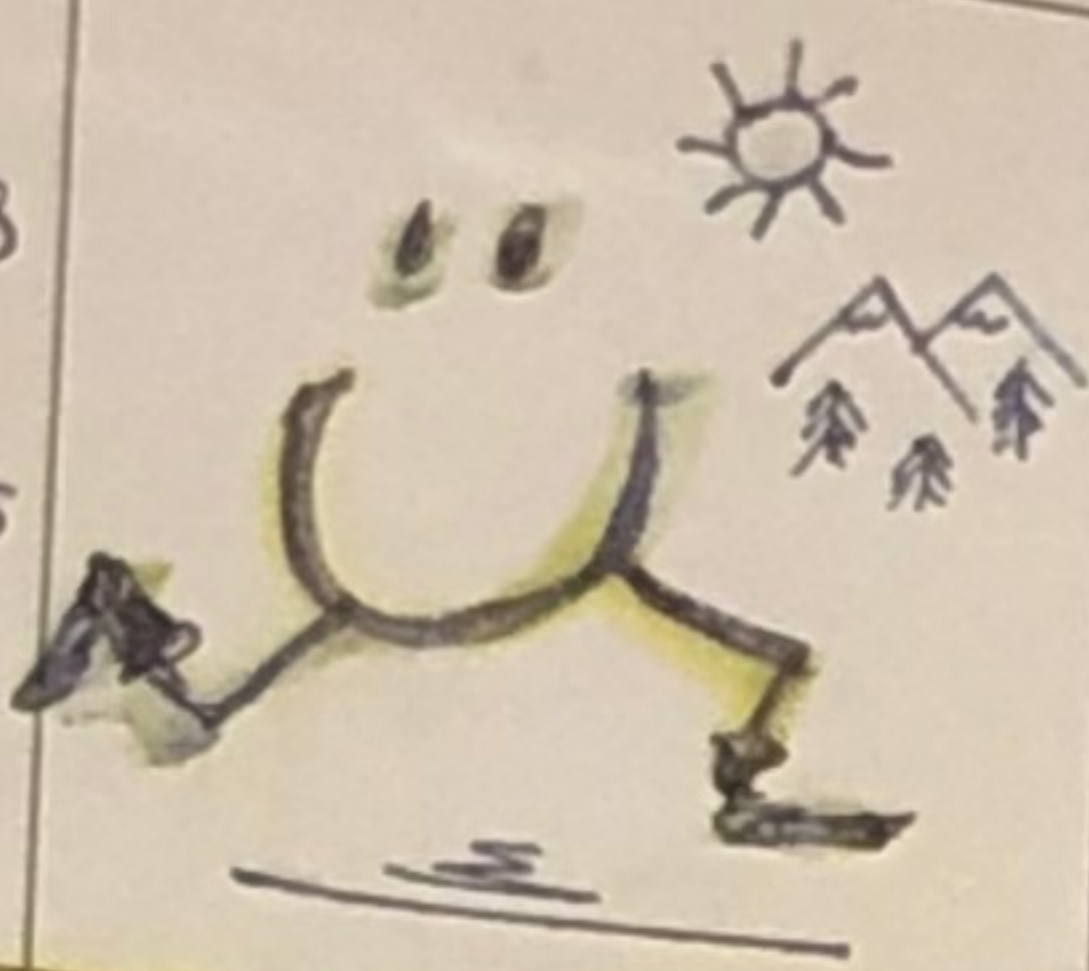
THURSDAY

FRIDAY

SATURDAY

753-2059

212 MILES
19 RUNNING DAYS
11.3 DAY AVE
LONG RUN: 50 MILES



1 19
12 12
3 11
7822
6219
3
148
60
200

100	0:15	ROAD TIGERS	109	0:10	ROAD TIGERS	113
NO RUNNING!!	REST - OLD	1/2 HR @ 7:00		1/2 @ 7:00		
BREAKING UP!!	BEGIN TAPER.	CARLSBAD		DEL MAR		
		COLD BETTER				
		LEGS A LITTLE				
		HEAVY!!				

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
0	0	0	0	0	0	0	0	0	0	0	0	0	0
0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
REST > NO RUNNING - RIDE BIKE @ EARST ANIMAL PARK 10K COLD, ETC MUCH IMPROVED! 20 MILE BIKE @ WAP	REST > NO RUNNING - RIDE BIKE @ EARST ANIMAL PARK 10K COLD, ETC MUCH IMPROVED! 20 MILE BIKE @ WAP	1/2 HR BEACH RUN @ EZ EARST 29:00 OCEAN RUN and SWIM!! 58 MEDIUM TO HARD	1/2 HR BEACH RUN @ EZ EARST 29:00 OCEAN RUN and SWIM!! 58 MEDIUM TO HARD	REST > NO RUNNING - COLD ??? CONTESTED WEAK?	REST > NO RUNNING - COLD ??? CONTESTED WEAK?	NO RUNNING! COLD MUCH BETTER! ZING ?? ANKLE SORE!!	NO RUNNING! COLD MUCH BETTER! ZING ?? ANKLE SORE!!	NO RUNNING! REST - OLD BREAKING UP!! BEGIN TAPER.	NO RUNNING! REST - OLD BREAKING UP!! BEGIN TAPER.	1/2 HR @ 7:00 CARLSBAD COLD BETTER LEGS A LITTLE HEAVY!!	1/2 HR @ 7:00 CARLSBAD COLD BETTER LEGS A LITTLE HEAVY!!	1/2 @ 7:00 DEL MAR	1/2 @ 7:00 DEL MAR
0	0	4	4	0	4	0	4	4	8	4	4	4	8
0:00	0:00	0:30	0:30	0:00	0:29	0:00	0:29	0:30	0:59	0:30	0:59	0:30	1:00
0	0	0	0	50	0:10	50	0:20	100	1:30	100	1:46	50	1:10
NO RUNNING! ENTIRE BODY HEATS!! OUCH!! STOMACH UPSET TIGHT??	NO RUNNING! ENTIRE BODY HEATS!! OUCH!! STOMACH UPSET TIGHT??	Columbus Day NO RUNNING!! Thanksgiving Day (Canada) MORE REST!!	Columbus Day NO RUNNING!! Thanksgiving Day (Canada) MORE REST!!	NO RUNNING! MUCH BETTER TODAY - REST!!	NO RUNNING! MUCH BETTER TODAY - REST!!	EZ ROAD > LEGS STIFF STILL!!	EZ ROAD > LEGS STIFF STILL!!	DEL MAR @ EZ (MI @ 6:24)	DEL MAR @ EZ (MI @ 6:24)	BARBARA: (MORN) NO RUNNING DEL MAR (AFTERNOON) COLD GUY!	BARBARA: (MORN) NO RUNNING DEL MAR (AFTERNOON) COLD GUY!	WEST COAST 50 MILE 6:30 AM START 3RD MILE 10TH PLACE 7:25 380 30W 2:31	WEST COAST 50 MILE 6:30 AM START 3RD MILE 10TH PLACE 7:25 380 30W 2:31
0	0	0	0	0	0	0	0	4	8	4	12	0	12
0:00	0:00	0:00	0:00	0:00	0:00	0:30	0:30	0:30	0:00	0:30	0:00	0	0
ROAD TIGERS 141	ROAD TIGERS 141	GT II 86	GT II 86	0	0	RD TIGERS 151	RD TIGERS 151	RD TIGERS 161	RD TIGERS 161	RD TIGERS 100	RD TIGERS 100	AXIS 87	AXIS 87
PET. TO DESERT VIEW AND BACK: 1:40 UP 1:41 BK 3:45 TOTAL	PET. TO DESERT VIEW AND BACK: 1:40 UP 1:41 BK 3:45 TOTAL	SAN JACINTO DEVILS SLIDE TO I-3 JUNCTION TO TRAM! 1:23 OUT 1:05 BACK	SAN JACINTO DEVILS SLIDE TO I-3 JUNCTION TO TRAM! 1:23 OUT 1:05 BACK	NO RUNNING! LEG BETTER! STILL STIFF, SORE.	NO RUNNING! LEG BETTER! STILL STIFF, SORE.	DEL MAR BRIG TO TOP OF TORREY!! 1:21 LM @ 6:32	DEL MAR BRIG TO TOP OF TORREY!! 1:21 LM @ 6:32	DEL MAR BRIG TO TOP OF TORREY 1:19 LM @ 6:08	DEL MAR BRIG TO TOP OF TORREY 1:19 LM @ 6:08	NO RUNNING! REST!!	NO RUNNING! REST!!	SWAN'S FATHER United Nations Day 2:47	SWAN'S FATHER United Nations Day 2:47
20	20	14	34	0	34	10	45	10	54	0	54	10	64
3:21	3:21	2:28	5:49	0:00	5:49	1:21	7:10	0:19	8:29	0:00	8:29	1:30	9:59
100	100	0:00	0:00	0:00	0:00	0:00	0:00	0:13	0:50	0:20	1:00	0:10	1:35
DEL MAR LOOP EARST LM @ 6:21	DEL MAR LOOP EARST LM @ 6:21	P.C.T. @ MAC MELLOW; EZ PACE NICE DAY! 60°	P.C.T. @ MAC MELLOW; EZ PACE NICE DAY! 60°	DEL MAR TORREY LOOP UP THE OUTSIDE BEACH TRACKS BACK	DEL MAR TORREY LOOP UP THE OUTSIDE BEACH TRACKS BACK	NO RUN	NO RUN	DEL MAR @ MAC 1 LOOP TIMED TRAIL MAC 3:20 MG 3:45	DEL MAR @ MAC 1 LOOP TIMED TRAIL MAC 3:20 MG 3:45	NO RUNNING	NO RUNNING	TORREY 1:19:22 LOOP LM Halloween @ 5:59 TIMED TRAIL 4:16	TORREY 1:19:22 LOOP LM Halloween @ 5:59 TIMED TRAIL 4:16
10	10	25	35	13	48	0	48	12	60	0	60	10	70
1:15	1:15	3:52	5:07	1:48	6:55	0:00	6:55	1:27	8:22	0	8:22	1:79	9:41

BAD DAY!
GOOD MILES 30
146
58
204
26
212

NOVEMBER

18/234
18/234
18/234

127
15
620
224
1869

375
80
295

2489

2249 MILE THRU OCT.
184 DAYS RUN THRU OCT.
12.4 DAY AVE
184/2249 4/184
409 4/184

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
DIATIGERS :10	372	DIATIGERS :22	382	ROADTIGERS :24	241	ROADTIGERS :07	50	ROADTIGERS :50	50	ROADTIGERS :24	246	AXIS :49	97	
TORREY LOOP: RICHARD TIMED TRAIL 3:57 LAST MILE @ 5:47 GOOD RUN IN THE MUD!	10+	SAN JACINTO: RAIN 140° AND BELOW - DEVILS SLIDE TO WELLMAN'S DIVIDE 115 UP 145 DOWN WESTERN STATES PACE	10+	10	MOVIE SHOES LOOP? FROM BALG ALONG COAST (DICKS) COVE, WIND AND SEA, PB PEA BACK OVER SOLEDAD SCRIPPS HILL HIGHWAY RETURN... FEEL GOOD ALL DAY!	NO RUNNING! HAIRCUT * DENTIST TODAY!! REST - REWAD - STRETCH	55	ENTRIES FOR JOHN DOWNTOWN S.D. PICK RICHARD UP AT 9AM NO RUNNING!!	55	5 MILES @ EZ?? TAMPS @ DELMAA (VEZ)	5	60	97	97
11:45	1:45	2:00	3:45	4:13	7:58	7:58	7:58	7:58	8:38	8:38	8:38	10	70	
GTIL 141				35 Election Day 4:13	55	ROADTIGERS :20	100	ROADTIGERS :20	100	ROADTIGERS :40	8:38	10	70	
SAN DIEGO MARATHON: 3:05:24 RAN 1st 6 @ 6:30 1/2 @ 7-20 @ 7:00 21-26 @ 6:30 23 mi WITH JEFF URRAM	30	NO RUNNING!! REST/RECHARGE. GOT DRUNK IN DELMAA 3:30 WALK ON THE BEACH - BARE FOOT	30	30	NO RUNNING!! REST/RECHARGE WENT TO THE BEACH AND DID NOTHING ALL DAY EXCEPT EXERCISE MY EYES.	DELMAA LOOP: UP EGNST TIMED TRAIL @ 3:52 LAST 4 MILE @ 24:04 -LBS-	40	DELMAA LOOP: SOLO NOT TIMED TRAIL LAST 4 mi @ 7:00	50	REST!! WORK: 8 AM.	50	REST!! WORK: 8 AM.	50	
3:45	3:45	0	30	30	30	1:17	5:02	1:16	6:48	50	6:18	50	6:18	
GEL LITES 8		GEL LITES 16		1115 LITES 26		1:17	5:02	1:16	6:48	50	6:18	50	6:18	
				1115 LITES 26		1:17	5:02	1:16	6:48	50	6:18	50	6:18	
SAN JACINTO / TRAM SCRAM MAC DELMAA LOOP FROM P.O.B.	8	SAN JACINTO / TRAM SCRAM 1:29:31 UP 40° 1:47:24 BACK	8	8	DAWN PATROL: MAC and ERNST BIG LOOP KENYON TRAIL	REST/NO RUNNING RECHARGE -LBS-	180	DELMAA LOOP @ EZ WINNERS CIRCLE TO UCSD	10	REST!! NO RUNNING! STRETCH!!	10	REST!! NO RUNNING! STRETCH!!	10	
1:00	1:00	2:37	3:37	1:16	4:53	34	4:53	1:59	6:52	50	6:52	50	6:52	
1115 LITES 58		1115 LITES 62		1115 LITES 80		1115 LITES 84		1115 LITES 84		1115 LITES 92		1115 LITES 92		
1:09		1:11	1:00	1:10	50	1:10	50	1:10	50	1:17	100	1:17	100	
THE TRAM SCRAM: 2:43:14 TOTAL UP > 11:50 @ 6:30 @ 11:23 SKUNK @ 4:30 @ 11:23 TRAM @ 10:52 @ 11:05	16	EZ @ DELMAA 1DN @ 6:37 1BK @ 6:34	16	16	THE TRAM SCRAM 2:39:01 TOTAL DSD @ 3:33 @ 11:06 SKUNK @ 4:53 @ 11:40 TRAM @ 9:56 @ 12:50	NO RUN! REST/RECHARGE STRETCH	30	DELMAA @ EZ 1ST MI @ 6:51 2ND MI @ 6:43	40	ENTRY INTO MAIL FOR WESTERN SNAKES. NO RUNNING!! RECHARGE	40	DELMAA @ VEZ RICHARD and JIMMY SEAGALE PARK TOP OF TORREY	40	
2:43:14	2:43	2:29	3:12	2:39	5:51	5:51	6:21	6:21	6:21	6:21	6:21	6:21	6:21	
		1115 LITES 16		1115 LITES 16										
1:29:24		1:10		UP DS 30:59 BACK 21:38 SKUNK 42:00 36:29 TRAM 10:26 11:41 1:23:27 1:07:48 2:33:15										
1:09:37		TRAM SCRAM 2:33:15 MAC!												
2:39:01	29	16	30											
		2:33:15	2:33:15											

1:16:35
7 BACK

1:26:41
UP

2:43:14

1:29:24

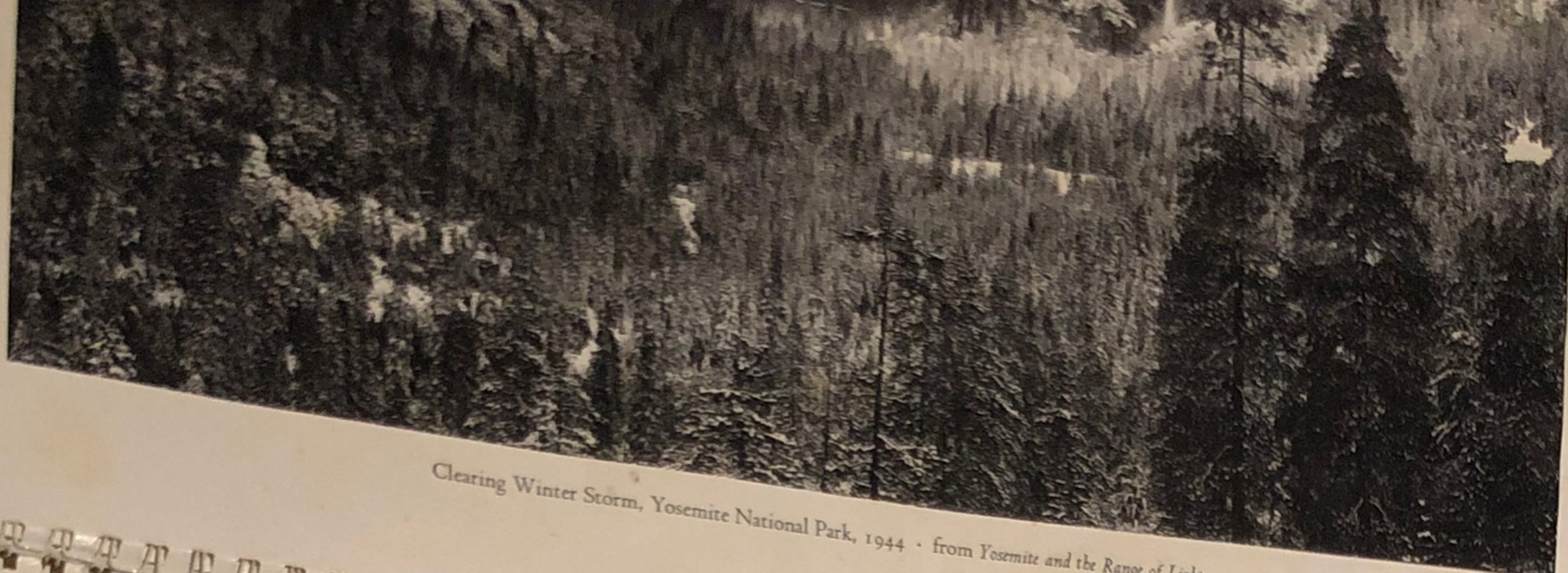
1:09:37

2:39:01

234
2249
74
2457
200
2657



234 MILES RUN
18 DAYS RUN
130 MILES AVG



Clearing Winter Storm, Yosemite National Park, 1944 - from Yosemite and the Range of Light

205

221 | 2489
221 |
279 |
11.26

DECEMBER

2249
238
2487 TOTAL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DOWN 1. 6:13 2. 6:19 3. 6:37 4. 5:44 5. 6:30 6. 6:24 7. 6:20 8. 6:10 6:17 > 5:20	BACK 9. 6:32 10. 6:31 11. 6:33 12. 6:16 13. 6:32 14. 6:59 15. 6:48 16. 7:34 6:43 > 5:47		:15 NO RUNNING REST/RECHARGE! STRETCH!!!	:15 NO RUNNING REST/RECHARGE! STRETCH!!!	11/15 LITES 96 :15	:15 NO RUNNING REST/RECHARGE! STRETCH!!!
11/15 LITES	144		GTII 146	:50 4 } 1:30 4	:30 4 4	:15 NO RUNNING REST/RECHARGE STRETCH
MAC 240 609 PALM SPRINGS 50 MILE RUN @ 6:15 AM 3 PD/OA 3:37 > 30 1st/40-49	STRETCH! NO RUN TODAY CAVES TIGHT!!	RUN/WALK :05 :10 TIGHT!! BETTER TODAY	NO RUNNING!! STRETCH/ETC. WORK 8 HAS.	RUN/WALK @ :10 :05 1 mi @ 6:43	NO RUNNING! RECHARGE STRETCH	HOLIDAY BOWL PM JANAKI-2112 TORREY @ MAC 1 mi @ 5:34
50 50 6 6:26 6:26	50 7 6:26	5 55 8 1:00 7:26	5 55 9 7:26	7 62 10 1:02 8:28	:10 50 8:28	:10 50 50 250 1:02 9:30
	GTII 171	11/15 LITES 168	11/15 LITES 100	11/15 LITES 175 :10 50	GTII 188	120 100 110 350
NO RUNNING! 20-30 MPH WORK 7 1/2 HAS. IN WIND	P.C.T. > SOLO ³⁵⁰ CIBBETS FLAT SOUTH TO TUAN AREA - NORTH TO CREEK CROSSING, CONUNLEY	DEL MAR TO MISSION BEACH AND MOVING SHOES 1:57:17 BACKS EZ STEADY PACE!	DENTIST: 9AM LT NO RUNNING! *LBS WORK 12x5*	TORREY LOOP FROM SMOKE STACK LST 2 mi @ 7:00	P.C.T. FROM CIBBETS FLAT UP 15 min past gate 18 snow	NO RUNNING!! *LBS > 12x5 OUL*
	13 18 18 14	16 34 15	0 34 16 Hanukkah 0:00 4:57	7 41 7	15 56 18 2:58 8:49	8 56 19 8:49
THIS LABS	191	GTII 212	:20 100	11/15 LITES 206	:10 50	:10 50 50 250
TORREY PINES @ EARST 16 @ 6:30 1:43:57	XMAS HANGOVER YOUR BASIC HANGOVER NO RUNNING/REST 100S OF FLIES	NOBEL CANYON TRAIL LAGUNA WITH FUN! 1:49 up 1:20 back MAC	NO RUNNING!! RECHARGE/RELAX *LBS > 1x10 OUL*	2 HAS > P.M. STAIR @ EZ TORREY PINES TRAILS ETC	NO RUNNING! RELAX/RECHARGE COMPLETE REST	5K > Mission 17:15
16 16 20 1:44 1:44	16 21 1:44	14 22 4:00 5:44	40 23 5:44	15 25 1:56 7:41	13 25 7:41	13 68 26
	GTII 230	11/15 LITES 212	:20 100	12:31 GTII 18		
NO RUN! JIL *LBS 10x1 > 40 STEP UP	GLIDER PORT	HANGOVER RUN!!	NO RUNNING!! REST! *LBS 2x10 OUL*	TORREY OR AGE SWAMIS TO TOP OF TORREY @ MIC	240 > DEC	
	18 18 28 2:24 2:24	6 24 29 1:53 3:17	24 30 3:17	18 42 31		2489 total 221 DAYS AW 11.26 AVE

30
4
70
50
68
40
238
WESTERN
SNAKES
66
LOTTERY

1x!!!
104
70
34

50-40
56
76
76
234
264
70 50