
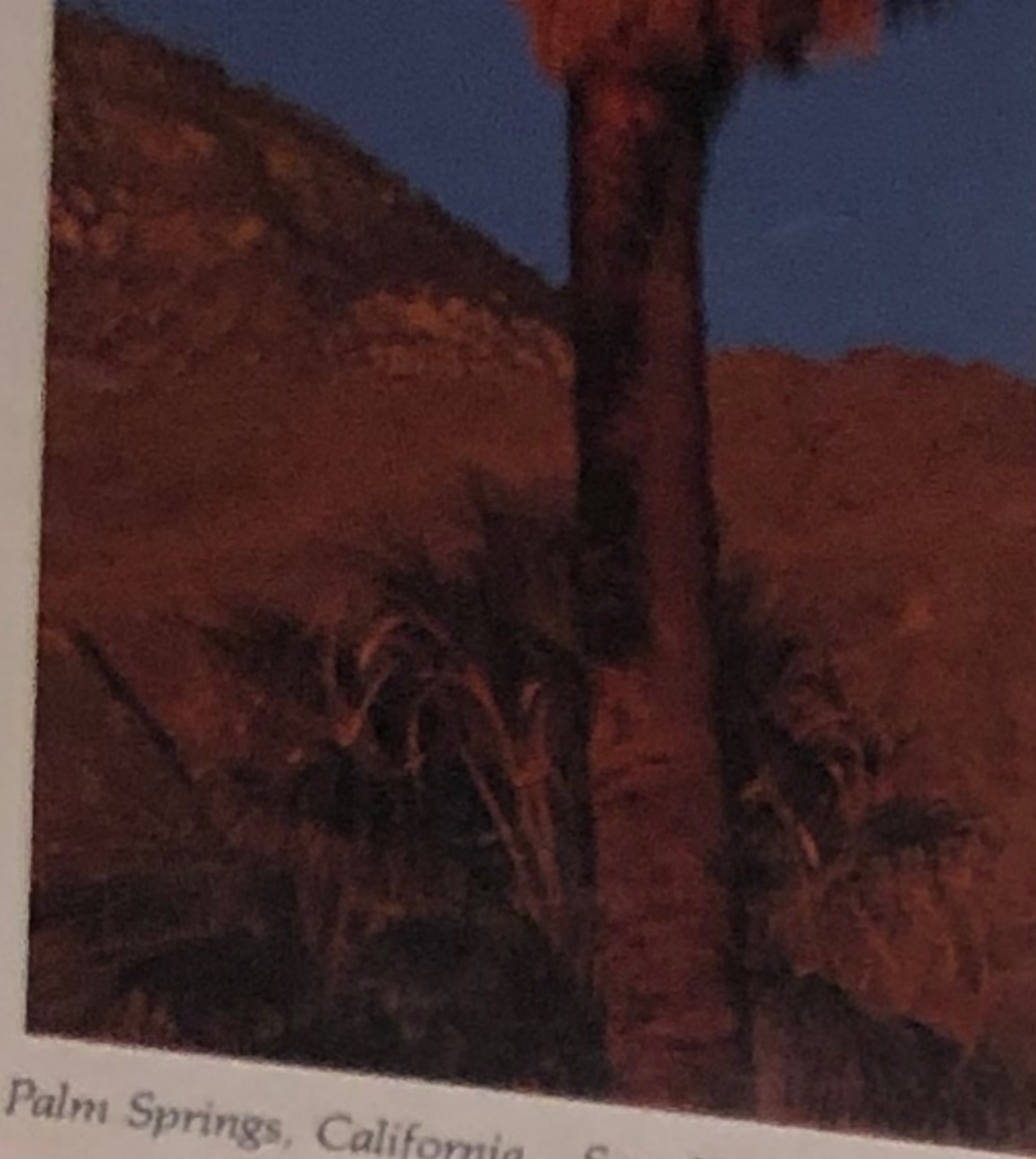




MOON CALENDAR 1988

SHARKSTREAMS 



Palm Springs, California Sam Haskins

LACOSTA

RUN 225
OFF 140

JAN	62	5
FEB	220	-20
MARCH	180	-16
APRIL	270	-23
MAY	232	-18
JUN	270	-22
JULY	164	-14
AUG	252	-20
SEPT	209	-16
OCT	260	-19
NOV	183	-15
DEC	232	-18
	250	-24

27 MAR 225
22 12.1 AVE DAY
365
225
(140 DAYS OFF)
225 | 2742
2251
492 225 420

BIKE
FEVER
✓
GARY
CLARK

January 1988

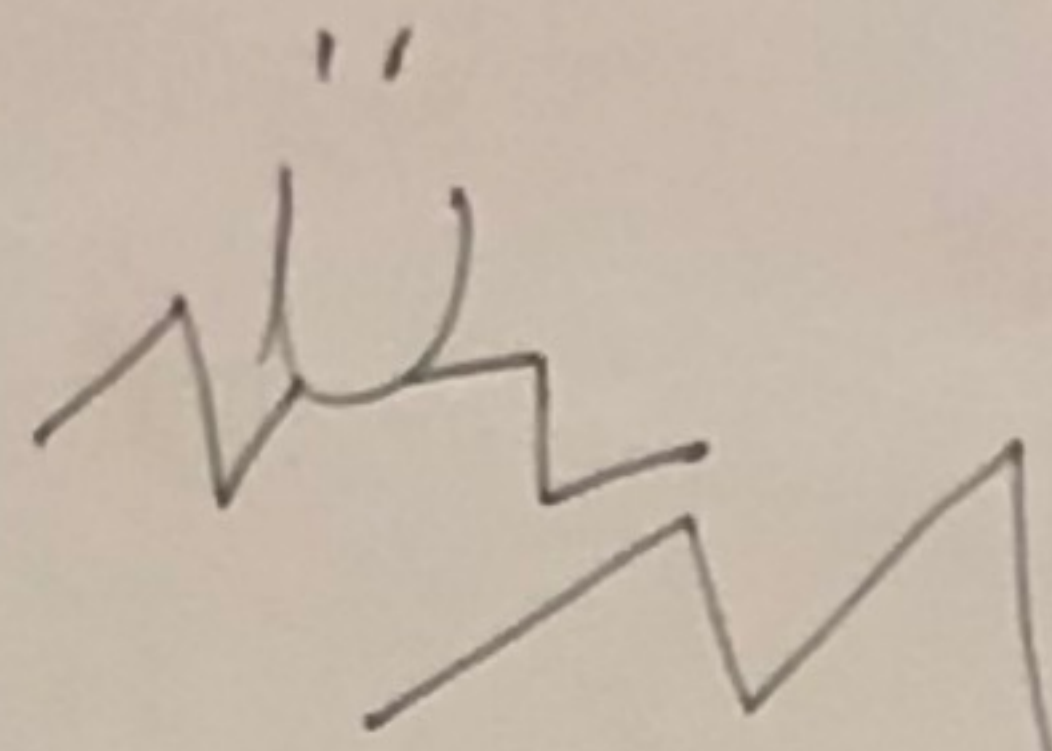
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		AAA 	1250 SIT-UPS	143 LBS 11188 20/70 LEFT EYE 220 MILES FOR MONTH 8X LBS	120 100 1 HEAD COLD!! NO RUNNING! New Year's Day * LBS > 1X10 U/L *	1231 GTII 28 2 HEAD COLD A LITTLE BETTER - ? TORREY PINES TRAILS EZ (W/S TO TOP)
3:20 100 Perihelion NO RUNNING!! RECHARGE Full Moon * LBS > 1X10 U/L *	4:05 0 RANCHO SANTA FE: STEADY LARGE LOOP AROUND RESERVOIR... (16)	5:10 50 NO RUNNING!	6:10 50 NO RUNNING!	7:00 56 1231 II'S NOBLE CANYON TO LAGUNA MTH. LOOP STEADY 6000 ft MAC - FUN!! 10:00 PACE NO PAIN!!	8:20 100 NO RUNNING! STRETCH/RECHARGE 2X 10XU * LBS > 1X10 U/L *	9:50 115 350 W/S TO POB W/S TO POB W/S TO POB W/S TO POB
Quadrantides 0 0:00	18 18 2:19 2:19	0 18 2:19	0 18 2:19	28 46 4:37 6:56	0 46 6:56	4 50 7:26
1115 LYES 252 10:03 SWAMIIS TO B.M. MARK 1:59:56	11 NO RUNNING! STATS MATCH DAN POWL HOLE IN ONE	12 EZ @ LACOSTA	13 R.S.F. @ EZ	14 NO RUNNING!	15 NO RUNNING!	16:03 1 SWAMIIS TO KAMA VALLEY ROAD BACK
18 18 2:00 2:00	0 18 2:00	6 24 :54 2:54	12 36 1:45 4:39	36 4:39	36 4:39	14 50 1:31 6:10
1115 LYES 288 17:05 50 :30 @ EZ	18:20 100 :30 @ EZ New Moon * LBS > 1X10 U/L *	19:10 50 NO RUNNING	20:10 50 START DELMAR RANCHO SANTA FE TORREY L3mi @ 6:18, 6:17, 4:55	21:20 100 NDMP :30 @ EZ * LBS > 1X10 U/L *	22:10 50 DELMAR @ EZ	23:36 50 450 ACGA 4miles 29:35
:30 :30 4 4	Martin Luther King Birthday 8 150	0 :60 0 8	2:20 3:20 20 28	:30 3:50 4 32	:26 4:16 4 36	:30 4:46 4 40
24 NO RUNNING 0:00 :20 31	25 ANGLES CREST: AWESOME!! MAC 30 30 5:02 5:02	26 WATCHED T.V. NO RUNNING! BODY VERY TIRED 0 30 0:00 5:02	27:10 90 BEGIN NO 1:15 @ EZ * LBS > 1X10 U/L *	28:10 50 SWAMIIS (HURTING!!) DZZY-LIGHTHEAD 6 44 :45 6:45	29:10 50 LACOSTA BETTER TODAY * LBS > 1X10 U/L *	30:10 200 GOOD TODAY!! EL FUENTE: SWAMIIS TO TORREY 16 70 1:45 9:42

Planets visible in January: Morning Twilight; Mars 1-31, Saturn 2-31. Evening Twilight; Venus 1-31, Jupiter 1-31.

Nubble Lighthouse, York, Maine Craig Blouin

5340 11
1723 6603
1500

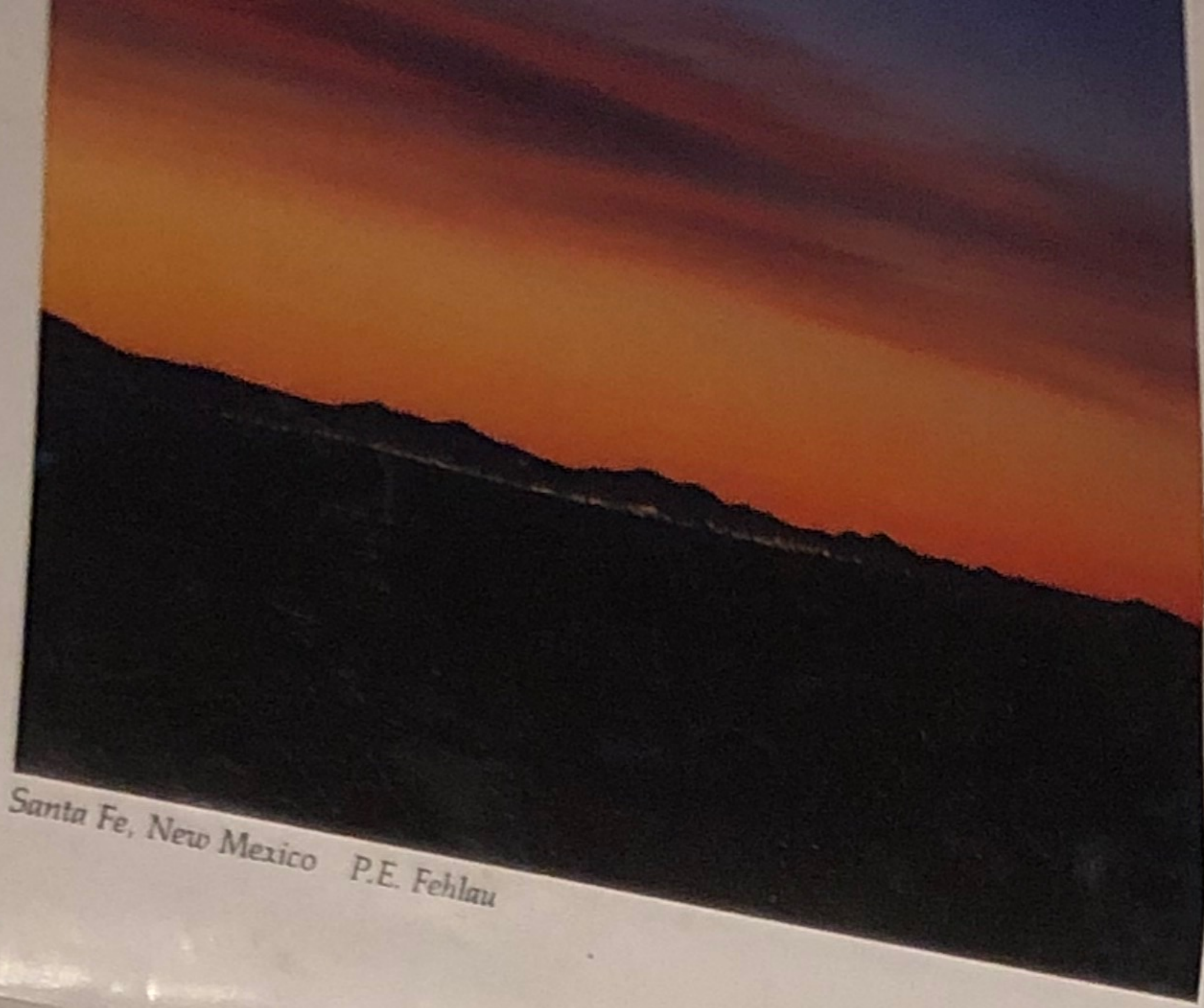
February 1988



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AXIS		1115 LITES		1115 LITES	
	EL FUERTE COURSE 5 @ 6:30 DOWN 5 @ 6:05 BACK LAST 3MI @ 5:56, 5:47, 5:45	2	NO RUNNING! Full Moon NO RUNNING TODAY - REST!	3	4:17 100	5:10 50
7:10 50	10 1:04	10 1:04	16 1:47	NO RUNNING... STRETCHING!!!	ALL OVER DEL MAR 3MI IN OCEAN!!	6:10 37 50 200
NO RUNNING!!! BIKE SANDIEGUITO 1/2 MARATHON @ MAC STRETCH...	8	9	26 2:51	26 2:51	10 36	NO RUNNING! STRETCH!!
14 14 (bike)	STRESS TEST @ 10:30 LAGUNA BEACH @ 23 TREADMILL	REST!	10:10	AXIS	11:10	36 4:06
1:10 1:10	3 1:23	17 1:33	DEL MAR @ EZ	ALBA DOWN 12:33 LA COSTA UP 4:23 @ VELOCITY 26:57	12:10	13 1:40 50
GT II'S 200	15	16	3 2:25	4 2:30	NO RUNNING! Lincoln's Birthday STRETCH/REST!!	NO RUNNING! STRETCH/REST!!
14	NO RUNNING! Washington's Birthday RECHARGE - REST	17	20 1:58	10 2:30	10 2:30	10 2:30
PACIFIC CREST TRAIL 50 MILE 8TH @ A 8:02:26	50 50	NO RUNNING!! RECHARGE/REST	17	NO RUNNING!! New Moon REST	18:10 50	20 1:10 50
50 50	8:02 8:02	50 8:02	50 8:02	DEL MAR @ EZ	SWAMI'S SOUTH 8MI @ 6:45	LACOSTA HILLS ROAD RUN!! @ EZ
8:02 8:02	AXIS	GT II'S 226	1115 LITES	58 9:01	10 68	12 80
GT II	22	23	24	25	26	27
21	DEL MAR @ EZ (BASIC HANGOVER RUN)	PACIFIC CREST TRAIL START DESERT VIEW TO CIBBETTS BACK KITCHEN CREEK RD	SWAMI'S TO MAC'S 7:00 DOWN 6:00 BACK 4MI @ 6:07, 07:04, 00	NO RUNNING!	NO RUNNING!	TOREY PINES 5K 17:29
6 6	4 1:27	20 3:40	10 4:00	0 40	0 40	340 4044 6:00
:47 :47	10 1:14	30 4:54	40 5:59	0 5:59	0 5:59	10 50
28	29	180 MILES NO. 400 MILES FOR YEAR				1:00 7:05
NO RUNNING!	AM 4 @ EZ PM NO RUNNING					
	11 7:30 AM					



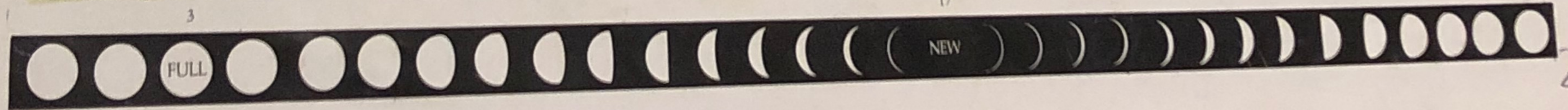
Planets visible in February: Morning Twilight; Mars 1-29, Saturn 1-29, Evening Twilight; Venus 1-29, Jupiter 1-29.



Santa Fe, New Mexico P.E. Fehlau

March 1988

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
270 MILES FOR MARCH '88				115 H. AREA		
0:15 50	GTH 2:10	31 LITES 7:00	NO RUN! STRESSED TO THE MAX FROM MOVING	31 LITES 12	31 LITES 22	31 LITES 30
START TRAINING FOR WESTERN SUB 24HR STATES	SAN JACINTO > LONG 3-5 HAS. SNOW ICE	SLACKS BEACH and BACK EZ... LBS	NO RUN! STRESSED TO THE MAX FROM MOVING	TORREY PINES Full Moon 30 BETTER!	TORREY @ 7:00 BETTER YET!!	4 NORTH Bmi @ 6:30
0:00 0	10 10	8:15 50	0:00 7:00	1:13 1:20	10 22	5 30
13:45 50	14:15 50	10 26	9:12 50	31 LITES 62	116 2:36	8 30
NO RUN	UCSD and BACK FELL @ 11:05 (CUSH) BOIT KNEES @ 0:50	16 26	TRISTATE BEACH 8 6:55 33:24 6:48 6:38 1:00:33	10:15 50	No RUN	AXIS
0:00 0:00	2:05 2:05	2:05 4:04	1:00 5:05	10:15 50	42 6:03	12:15 50
20:15 50	21:15 50	31 LITES 87	31 LITES 103	11:15 50	18:10 50	19:30 50 350
NO RUN	TORREY PINES K INN @ 13:17 > 1st 2 mi. LM @ 5:42	8 23	GLIDEA PORT @ EZ	DECMA @ EZ New Moon	NO RUN	TRACK 440'S 8 X 440'S 440'S 81, 77, 78, 77, 76, 75, 75, 75, 73, 71, 74
0:00 0:00	1:40 1:40	1:03 3:08	16 41	9 50	50 6:15	10 60
27:15 50	28:20 100	22:10 50	23:05 0	24:0 0	25:15 50	26:10 50 250
NO RUN	SANCOYS	KWAMM POINT TO TRING VALLEY ROAD > BEAUTIFUL DAY!!	EZ HA PR DOWN HILL @ 4:40 @ MAC (AWESOME)	NO RUN / REST	NO RUN	NO RUN
0:00 0:00	1:40 1:40	4:06 5:46	1:05 6:51	1:33 8:24	0:00 8:24	0:00 8:24
27:15 50	28:20 100	25 40	31 LITES 155	31 LITES 171	11 60	11 60
BBB-16:46	TORREY @ EZ THE MAC	MTN. TRAILS? KWAMM POINT 1:36:31-25:33 2:02	EZ 8?? DOWN HILL MILE @ 4:39:06	UCSD - HA DOWN HA BACK!! NO PROBLEMS - 8		
1:30 1:30	1:05 2:35	4:05 6:40	1:03 7:43	1:00 9:43		
12 12	9 21	25 40	8 54	16 70		



Planets visible in March: Morning Twilight; Mars 1-31, Saturn 1-31. Evening Twilight; Venus 1-31, Jupiter 1-31.



Mono Lake, California Clinton Smith

UPPER BODY
HAUTAWS AFTER W/S

* NEW SHOES FOR
WILD WEST
MOQUIN SHOES!

* UBW: →
UPPER BODY WORK

20 step-ups
20 push-ups

April 1988

152
80
232
17

* MAC 5TH
O/A @ LATOIA
1/2 1:13:30
TRA (H)ING AVH.

* EZ
WEEKS

EXCPT:
APRIL 24
MAY 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:25 75 NO RUNNING!! Easter Day LBS X 7	4:10 285 KWAAMII POINT START - ALLOWER MT. LAGUNA AT EZ @ ULTRAMAN	5:10 50 OVERLOAD THEORY WITH THE ANAEROBIC MAX!! OUCH! @PK 58 MILES (36 HAS) 31 LYES 205	6:15 50 NO RUNNING LBS X 7	7:20 75 232 mi POA MOUTH 31 LYES 213	8:20 75 31 LYES 217	9:30 50 150 UCSD TRACK 8X440 @ :76
10:10 50 NO RUN BIKE 12 MILES MAC DEL MAR 10K LTAO/A > 32:30	11:15 50 NO RUN	12:00 58 SANDPIPER RUN SO. TO MOV IN SHOES BACK OVER COLEMAN ULTRAMAN	13:15 75 31 LYES 225	14:15 75 UCSD 11:04 9:44 8 66 31 LYES 241	15:10 75 NO RUN	16:15 75 16 LYES 10
17:45 75 NO RUN BIKE RIDE TO LATOIA 20 PUSH-UPS/20 STEP-UPS	18:15 100 8 HAS EZ DEL MAR	19:05 50 R.S.F. Loop MAC	20:10 50 NO RUN!!	21:15 50 DOWNHILL MILE 4:22	22:15 75 REST!!	23:15 50 REST!!
24 18 FASTEST MASTERS 8TH O/A 150 RUN HENGO	25 NO RUN RELAX	26 47 GT 16 LYES	27 100 NO RUN	28 50 16 LYES 69	29 50 16 LYES 74	30 77 16 LYES 77
1:30 10	0:00 10	1:00 20	0:00 20	2:40 42	5:16 48	1:36 50 6:14 50



Planets visible in April: Morning Twilight; Mars 1-30, Saturn 1-30, Evening Twilight; Venus 1-30, Jupiter 1-19.

70
92
50
238

50
76
90
182

14) 182
42
42

12
17) 200
17
30
34

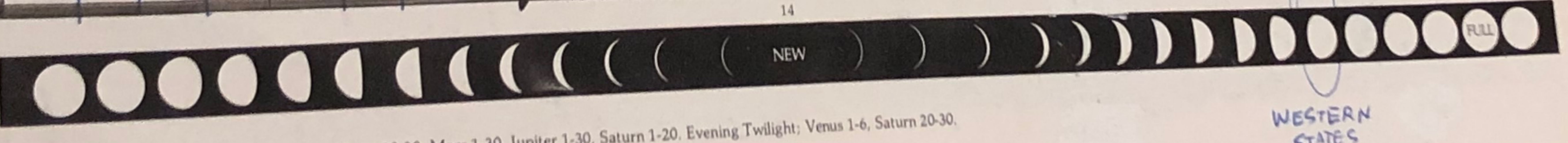


Regional Wildlife Refuge, New Mexico Lewis Kemper

AM > 10:00 STRETCH → 50 SIT-UPS
 PM > 10:00 STRETCH → 50 SIT-UPS
 (NO LBS FOR MONTH!)

96 June 1988

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday (79)	Saturday	
TIME	MILES	TOTAL TIME	TOTAL MILES	TIME	MILES	TOTAL TIME	TOTAL MILES
5:00	8	1:00	8	1:01	8	1:03	8
DEL MAR/TORREY	DEL MAR	NO RUN	SAH JACINTO!!!	EZ HR > DEL MAR	EZ HR > DEL MAR	NO RUN	46
100	100	100	100	100	100	100	100
16 LYES 237	16 LYES 244	16 LYES 244	16 LYES 249	16 LYES 250	16 LYES 250	16 LYES 250	16 LYES 250
12	13	14	15	16	17	18	19
BIKE RIDE START TAHOE > 15 MILES	NO RUN/REST	DEL MAR New Moon	BIKE > 5 MILES	R.S.F.	NO RUN	NO RUN	NO RUN
19	20	21	22	23	24	25	26
NO RUN	MAIL RUN Summer Solstice	VACATION STARTS	MAIL RUN 1/2 HR EZ	LEAVE FOR TAHOE AM	NO RUN	10:00	58
26	27	28	29	30			
	RETURN TO S.D. AM		5 MI @ EZ Full Moon	5 MI @ 6:30			
			16 LYES 255	16 LYES 260			
							164 MILES FOR MO
							164 mi



Planets visible in June: Morning Twilight; Venus 20-30, Mars 1-30, Jupiter 1-30, Saturn 1-20. Evening Twilight; Venus 1-6, Saturn 20-30.

WESTERN STATES

DNE DROPPED AT DEW'S TRAMP 10 HES

186

Run	Mile	Time	Temp
COWBOYS			
5:00	10	1:30	85

July 1988

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	250 MILES 20 DAYS 12.0 DAY AVE. 12:49 > OCEAN SWIM	7/11 SAN JACINTO 1101:47 FROM RANCHO STATION (TRAIN) TO HUMBOLDT PARK DEVILS SLIDE! SUB 17 (16:47) MAC NOT TIRED FROM 1:50		10-15 mph WIND 1420 ONLY - 1 COCO 3:15:58 > 7:50 35.5 TO 23.0 AND BACK SUNRISE MAY		
2:09 3	17 2:09 17	34 4 5	43 5 6	3:16 7 25	5 33 5 33	9 0 5 33
GLIDER PORT BEACH ON ROAD BK.	MAIL RUN Independence Day	MAIL RUN Aphelion	NO RUN! REST!!	SUNRISE HIGHWAY GREAT DAY!! FUN	LYNE 16 265 ✓	NO RUN > REST 8:45 WORK > 8:5
16 LYTES 282 ✓	GT II 184 ✓	16 LYTES 288 ✓		8 0 6:40 53	8 0 6:40 53	9 13 8:14 66
10	17 2:35 17	12 18 4:47 35	13 4:47 35	14 15 6:41 50	NO RUN!!	EZ H2O TOP REF 2:10
CAR - BAD T2 BOB	SAN JACINTO	GLIDER PORT	NO RUN! New Moon	LAGOON RUN 50 - MAC	NO RUN REST	16 LYTES 301
	GT II's 235	16 LYTES 319 ✓		16 LYTES 334 ✓	NO RUN REST	NO RUN > REST STRETCH
17 10 1:30 10	18 1 1:40 11	19 12 3:10 23	20 17 5:49 40	21 18 7:29 58	22 7:29 58	23 7 8:30 65
SAN CLEMENTE OK BEACH > HI TIDE @ 6:26	SUNRISE HIGHWAY	SUNRISE HI TIDE REPT WAINES	LAGOON PLUS	LAGOON PLUS @ SPIDERMAN!!	NO RUN / STRECH	SAN CLEMENTE SK 17:10 2:00 4:44
SAVCS 61	GT II's 236 ✓	16 LYTES 350 ✓	GT II's 253 ✓	16 LYTES 368 ✓		SAVCS 68 ✓
16 LYTES 338 ✓	25 13 1:25 13	26 20 5:09 33	27 8 6:13 44	28 6:13 41	29 6:13 41	30 10 7:14 51
24 1:25 13	NO RUN / REST	SAN JACINTO STEVE and MAC!!	DELMAR @ EZ	HEAD COLD NO RUN	NO RUN	32 10 @ 7:00
TORREY TORREY TORREY!! ERNST/MAC		GT II's 278	16 LYTES 388 ✓		7:49 ✓	16 LYTES 348 7:44 ✓
16 LYTES 332						

- 1 5 33
- 5 66 8:14
- 3 50 6:41
- 6 65 8:30
- 4 51 7:28



Planets visible in July: Morning Twilight; Venus 1-31, Mars 1-31, Jupiter 1-31. Evening Twilight; Saturn 1-31.

SAN JACINTO PEAK
WEST LOOP
2:24:39 to top
49:54 to SADDLE
19:11 to Humboldt
3:33:46

August 1988

LA COSTA RUNNING TEAM
4TH OVERALL
30 TEAMS ENTERED

5:20
3:00 up
2:20 pm
Aug 8th

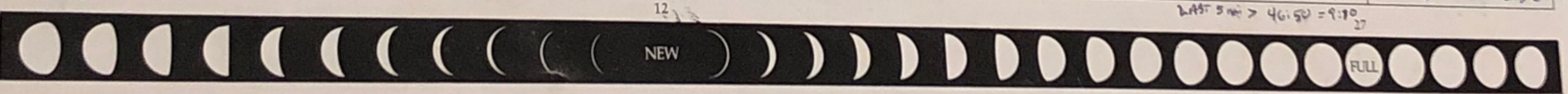
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AFC 1/2 MARATHON: 1. 5:57 (10K > 36:10) 2. 6:05 7:6:03 3. 5:40 8:6:10 13:7:20 4. 5:22 9:6:17 14:5:55 5. 5:51 10:6:02 (6:00) 6. 5:56 11:6:14 7. 5:56 12:6:50	10 0 0 0 3:44	2 22 3:44 22	3 18 4:49 30	4 17 6:56 47	5 1 6:56 47	6 9 7:16 56
	NORUN OCEAN SWIM	SAN JACINTO 70 MILES TRAIL TO PORTUVALEN	EZ HR	LAGOON PLS @ BD	NORUN OCEAN SWIM	ESCALON 100 5K 30:02 200 40:49
1:27 12 1:27 12	8 1:27 12	9 22 6:47 34	10 8 7:42 42	11 7:42 42	12 18 9:43 60	13 10 10:53 70
FLAT ROCK @ EZ 16 LYES 390 9:11 30:00	NORUN!! OCEAN SWIM!	MT. WHITNEY AWESOME!! 100 MILES SUNRISE @ 8:00	EZ HR LONG PINE	NORUN OCEAN SWIM	GLIDER PORT (NEW LYES)	EZ 10 NORTH 7:00
14 0 0:00 0	15 8 1:00 8	16 1:00 8	17 8 1:03 8	18 2:03 16	19 8 3:00 24	20 3:00 24
NORUN OCEAN SWIM	EZ HR	NORUN!!	EZ HR	NORUN!!	EZ HR L2M @ 5:58, 5:58	NORUN!!
1:36 15 1:36 15	22 1:36 15	23 5 2:13 20	24 2:13 20	25 2:13 20	26 2:13 20	27 31 6:32 51
AFC 1/2 MARATHON 1:36 15 1:36 15	MASSAGE @ 10AM NORUN!!	MAIL RUN @ 6:38	NORUN STRETCH	MASSAGE @ 10AM NORUN!!	NORUN!!	MULE RUN 50K 4:19:02 = 8:11 AT 90-95 = OVERALL
SAVCS 9:1 3:00	11:37	8/23 GT II 5	Amv Pm 5:33			
28 9:1 3:00	29 11:37	30 1:05 8	31 8 1:05 8			
NORUN! BIKE 1:00	MASSAGE @ 8:45 NORUN!	OCEAN SWIM	OCEAN SWIM			
4:30		8:00	8/12 LYES 60	5:00		

209
892

8:16 56
4
10:53 70
5
3:00 24
3 6:00:44
6:32 51
3
1:05 108
7

209 MILES FOR AUGUST

102'
300 START
225 FINISHER
1st PLACE = 40-44
9th PLACE = OVERALL
26.2 > 3:32 11 = 8:25
50K > 4:19:02 = 8:11
LAST 5 MILES > 46:50 = 9:10



Augustine Volcano, Alaska. Chlaus Lotscher

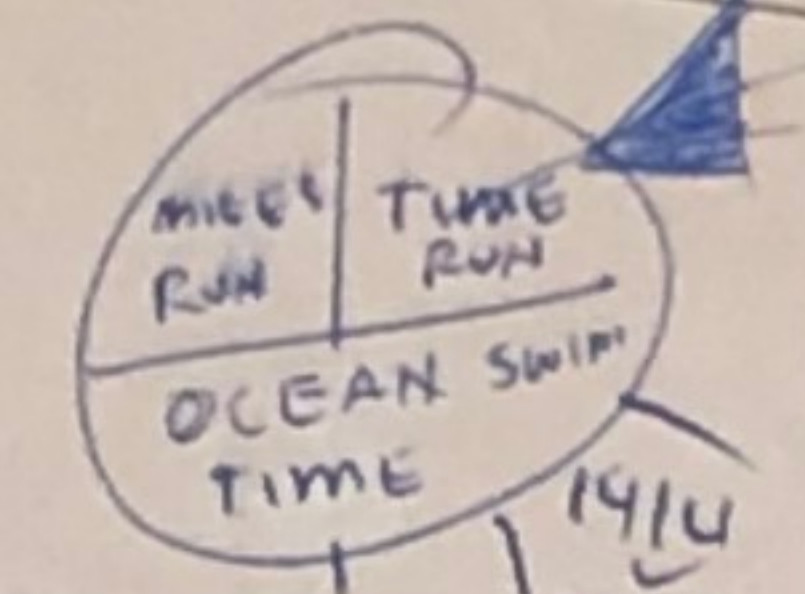
September 1988

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
NORUN 1!	OCEAN SWIM	EZ HR MAIL RUN !!	REST!! 1/4 mi OCEAN	GLIDER PORT	OCEAN SWIM 60' FAT RECHARGE!!	N. FLAT ROCK PLUS
11	12	13	14	15	16	17
FLAT ROCK 2mi 6:40-6:03	OCEAN/LAJOIA DENTIST COVE 17:30	SAN JACINTO 4 HRS +	EZ HR 1 mi @ 6:37	LAGOON PLUS	OCEAN SWIM 100' FAT DELMAR 20:30	EZ HR 1 mi @ 5:51
18	19	20	21	22	23	24
GLIDER PORT	OCEAN SWIM 1/2 LAJOIA COVE (PM)	MT. LAGUNA WOOLEY!! 25-35 mph WIND 50'	FLAT ROCK (DEEPSAND)	L.S. FARMS AIRWALK - Autumnal Equinox 1 mi @ 6:14	OCEAN SWIM	5 @ 6:14 (ROAD)
25	26	27	28	29	30	
OCEAN SWIM Full Moon	MT. LAGUNA	OCEAN SWIM 1/2 LAJOIA COVE 15:24	EZ 5 10 @ 6:39	L.S. COVE (COG)	REST	260 MI. RUN 9:58 34:48 HRS RUN 317 MIN. IN OCEAN 10 1/4 MI IN SWIM

Handwritten scribbles in the top left corner.

653

WORK OUTS CUT IN 1/2 TAPER



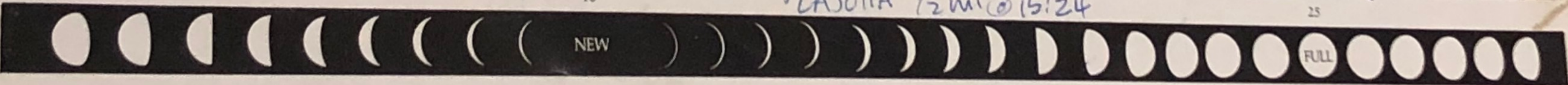
25 3:04
30:00
5/64

60 8:00
62:30
9/14V

70 10:13
78:00
14/14

80 9:49
93:00
14/14

25 3:04
56:30



Planets visible in September: Morning Twilight: Venus 1-30, Mars 1-28, Jupiter 1-30. Evening Twilight: Mars 28-30, Saturn 1-30.

52
6/31
300
17

October 1988

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTALS RUN 183 MI. SWIM 2130 DAYS RUN 15 12 MI. DAY AVE.	15/183 15 33 3:05:00 = MARATHON	5-35:01 10-35:17 15-35:26 20-36:05 25-36:08 30-38:12 35-40:28 40-41:17 11:10.18 = 7:02 2:21:51 = 7:05 3:36:11 = 7:12 50-6:37:55	SPLITS			
2	3	4	5	6	7	8
NO RUN / REST	MAIL RUN	OCEAN SWIM	MAIL RUN	REST!!	REST!!	OCEAN SWIM CUESTO SHORES LIFEGUARD TOWER - *29:32 (COURSE RECORD)
9	10	11	12	13	14	15
NO RUN / REST	OCEAN SWIM	NO RUN / NO SWIM	HAIRCUT RUN (SHORT)	OCEAN SWIM SOLANA BEACH	EZ HR LIMO 6:03	OCEAN SWIM LAJOLLA 10:57
16	17	18	19	20	21	22
SWIFTEST BUSINESS 10K 6:00-6:00:00	OCEAN SWIM	FLAT ROCK 12 MI SUB 7	OCEAN SWIM LARVA COVE	Orionids Meteor Shower EZHR	REST!	JACKSON CHARLES 4 MI BEACH 21:24 3:00 OIA
23	24	25	26	27	28	29
E210 1:21 10 1:21 10 1:34 12 1:34 12 1:34 25 1:34 25 FLAT ROCK	Full Moon 1:21 10 0:00	1:05 8 2:26 18 (VIZARD) DOWNHILL MIE 4:45	SOME LBS IN PM (BASICALLY REST)	GLIDER PORT	OCEAN SWIM @ LIT COVE	SAVCA 137 0:00 4:00 5:24 40
30	31	1	2	3	4	5
Halloween	Halloween	TURNTAL RED 8 10:00	TURNTAL BLACK 20 0:00	TURNTAL BLACK 20 0:00	TURNTAL BLACK 20 0:00	TURNTAL BLACK 20 0:00

240
183
423

10/15 29:30
6/8 15:00
144 51 45
10/11 21 47:05
12/8
40/50 32:30
8/30 4/7
40/50 26:00



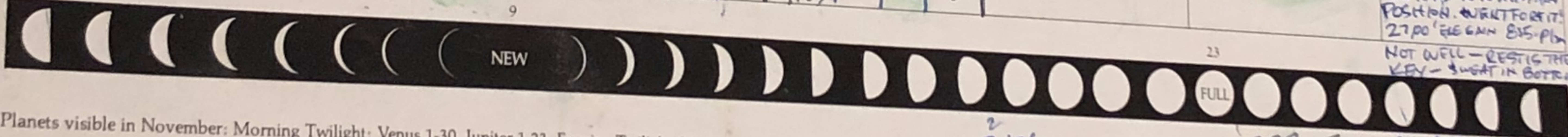
Planets visible in October: Morning Twilight; Venus 1-31, Jupiter 1-31. Evening Twilight; Mars 1-31, Saturn 1-31.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday **November 1988**

RUN EVERY OTHER DAY 2:00+...
 LBS ON NON-RUNNING DAYS STRETCH, STRETCH STRETCH
 BEGIN 13X5E

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* NO SWIM UNTIL BODY RETURNS TO 100% LBS = WEIGHT WORKOUT 6 NO RUN / SWIM NYC MARATHON 2:08:20 1:37 12 1:37 12 FLAT ROCK @ ERNST 6:23 / 6:31 PM ON BIKE RED TUE RECS 30 0:00 ✓ 1:46 14 1:46 14 FLAT ROCK LOOP MAC/DICK 8/12 LYES 204 ✓ 2:03 17 2:03 17 GLIDER PORT 8/2 LYES 294 ✓	FEB 12 '89 P.C.T. 50 7 5:38 5 MAIL RUN 1:37 12 1:37 12 14 5 2:16 17 MAIL RUN @ EZ 1:46 14 1:46 14 NORUN!! 28 8: 3:41 25 EZ HR 7:24 RED TUE RECS 75 LBS ✓	4:01 22+ 4:00 22+ AWESOME DAY ON SAN JACINTO > REASER LWP GTII 267 0:00 ✓ 8 38 5 NO RUN OCEAN SWIM 1:45 15 4:01 30 FLAT ROCK TRAIL LOOP @ MAC!! F/M @ 5:57 43 ✓ 22 3:06 4:52 38 L.J. COVE LOW TIDE 7:02 RED TUE RECS 67 ✓ 29 20 6:32 45 MT. LAGUNA GTII 302 ✓	CE CLEVELAND 2 8+ 5:11 30+ 2:17 3 EZ HR 9 5 1:13 10 MAIL RUN 18 5:00 ✓ 16 4:01 30 REST?? 23 4:52 38 24 1:33 6:25 50 30 7:38 53 EZ HR 6:27 8/2 LYES 302 LBS ✓	18 7:28 40 GLIDER PORT 10 1:13 10 NO RUN!! OCEAN SWIM 17 12 5:40 44 FLAT ROCK @ MAC 12 1:33 6:25 50 25 6:25 50 232 MILES 8X LBS X AM PM 8/2 LYES 276 ✓	172 60 232 4 7:28 48 NO RUN: OCEAN SWIM 10:30 50 11 1:13 10 NO RUN!! REST? COPI! 18 5:40 44 NORUN!! REST? COPI! 25 6:25 50 6:25 50 8X LBS X AM PM WIRE'S CROSSED 15 mi OVERHEATED SWEATING HEAVILY HAD TO WORK TO HARD TO MAINTAIN POSITION. WENT FOR IT. 27:00 SEE GUN 8:15-PM NOT WELL - REST THE KEY - SWEAT IN BOTTOM	12 9:09 60 FLAT ROCK @ EZ 245 0:00 ✓ 12 15 3:19 25 SAN JUAN TRAIL 50 MILE RUN 8TH DEGREE PLUS 206:30 282 0:00 ✓ 19 5:40 44 NO RUN!! HELP GEL!! 26 6:25 50 6:25 50 7:38 53 2X LBS 4

9:09
60
10:30
4
3:19
25
2:00
3
5:40
44
3X LBS
4
6:25
50
3X LBS
3
7:38
53
2X LBS
4



Planets visible in November: Morning Twilight; Venus 1-30, Jupiter 1-23, Evening Twilight; Mars 1-30, Jupiter 23-30, Saturn 1-30.

2:06
 1:37
 1:39
 1:45

 6:07

???? ?
 ? TRUCK
 ? HIT UP PARKING
 ? LOT OF PARKING UZ
 ? PUNCH!
 THANKS!!
 OF GIBES AT BILL JAY
 BURNED BURNING UP
 SLOWLY. QNH BE GIBES
 THE WHEELS LAMP OFF!!
 THE ATHLETES DID REAL
 WELL!! CROSS-TRAINING
 INTERESTING DAY!!
 FIND A GOOD DAY!

North Cascades National Park, Washington John Dittli

December 1988

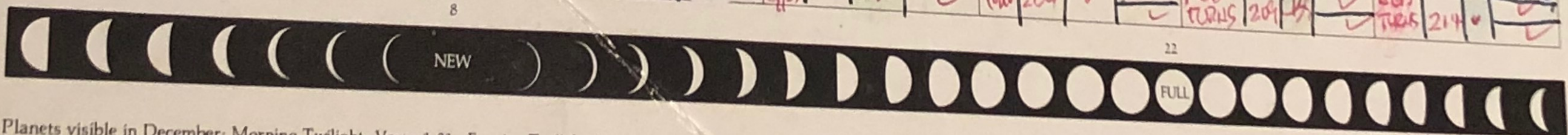
189
60
55
Saturday

117
78
69

MEANWHILE THE BEST WAS TAKING A PROGRESSIVE NUMBER OF STEPS... (transcription of article text)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 10 10 NORUN! 5 40 5:40 MAILRUN @ EZ 11 3:06 SANDIEGO MARATHON 2:46:51 / 6:22	6 39 10 1:19 NO STAIRS MAILRUN @ EZ 12 1:08 34 4:09 EZ HILL MASSAGE 18 18 2:13 18	25 DATE 250 mi RUN 10X LBS AM 10X LBS PM 13 34 40 4	3:21 7:38 10:59 26 53 79 14 5 39 4:49 MAILRUN MASSAGE 20 16 5:34 40	18 2:15 18 2:15 GLIDER PORT (BEACH) RED TURNS 93 8 15 11:58 MAILRUN MASSAGE NO RUN!	8 1:06 26 3:21 EZ HR 9 33 20 2:31 MAILRUN @ BURL MAC (5:15) RED TURNS 121 SWM	5 1:49 41 5:10 FLAT ROCK LOOP! @ DICK ME 10 20 2:31 NORUN! 17 5:29 50 6:25 MAILRUN NO RUN!
2:46:51 6th 40-49 SOB 2:50 01.20-6:30 2:46:03 2:50:25	8/12 LATES 2:13 18 18 2:13 18 GLIDER PORT @ 7:30 AM EEL LYES 353 25 20 2:01 25 MAILRUN @ 7:00	19 6 3:11 24 NO STAIRS STARE 350 (OUCH!) RUN/WALK BACKSIDE BACK 26 16 2:41 26 TORREY TRAILS @ MAC BACK RED TURNS 179 LBS	21 8 6:37 48 EZ HR! DOWN HILL MILE 27 5 1:23 27 MAILRUN 300 STAIRS RED TURNS 184	22 10 7:40 58 NO RUN MASSAGE @ 10:00 23 2:10 58 NO RUN @ RICHARDS SHOES 29 4:11 50 GLIDER PORT @ MACS BACK! RED TURNS 204	16 40 14 5:29 MAILRUN 17 5:29 50 6:25 MAILRUN 24 20 2:15 24 NO RUN @ RICHARDS SHOES 31 5 5:21 60 MAILRUN @ VEZ RED TURNS 209 LBS	41 5:10 1X LBS 3 20 2:31 4 50 6:25 3X LBS 5 78 9:55 2X LBS 6 60 7:34 3X LBS 7



Planets visible in December: Morning Twilight; Venus 1-31. Evening Twilight; Mars 1-31, Jupiter 1-31, Saturn 1-9.

41
38
79

25
25/23
225
90