



LAKE TAHOE 1992

5.30 AM MILLER TAHOE HDU 6122 1992

MARCH

HOT SPRINGS MTH.
3/16 7.7 AVE

42.0 MAX MPH Pool 6
25.73 MILES TOTAL

What lies frozen in the mountain tops
will soon become part of the clear
waters of Lake Tahoe.

1:18:50 to top (7.5 MILES)

* SIDE ST+CH
AT LMI
CARLSBAD
RIGHT SIDE

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY													
1	1:00	8	1:00	8	2:00	16	24	3:00	3	4:00	8	40	5:00	1:01	8	48	5:01	6	1:08	10	58	7			
REST!		YMCA POOL		TORREY OUTSIDE		DEL MAR HEIGHTS		EZ HRZ		YMCA POOL		TDSB @ EZ		STRAIGHT 10											
✓	50	✓	50	✓	50	✓	50	✓	50	✓	50	✓	50	✓	50	✓	50	✓	50	✓	50	✓	50		
8	15	2:13	15	2:13	9	8	23	3:13	10	45	6	29	11	45	6	35	12	1:15	10	45	13	1:44	10	55	14
REST!		SAN JUAN TAIL		YMCA EZ HRZ		YMCA POOL RUN		YMCA POOL		YMCA POOL		YMCA POOL		10X:20 SEC SICES											
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
15	3:20	26	26	3:20	16	10	10	1:15	17	1:13	10	20	18	1:13	10	20	19	1:13	10	20	20	1:09	10	50	21
REST!		HOT SPRINGS		POOL RUN / WEIGHTS		YMCA		EZ TP (BTR)		EZ TP (BTR)		YMCA		10 SO. 06:56											
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
22					23	37	55	37	24	1:38	5	10	25	1:34	5	15	26								
REST!		REST!		EZ POB		YMCA POOL		EZ POB		REST!		REST!		REST!		REST!									
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
40	6	6	29	30	4	10	30	2:15	18	18	2:15	31													
CARLSBAD 5K			YMCA EZ		MTN. BIKE		CARLSBAD		51C SPLITS		188 MI. RUN														
17:36	14th	45-49	POOL RUN		CUYAMACA		5:23:37		5:47:37		44 MI. BIKE														
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
3/20	8	✓	20				25																		
5:15	40+	5:29	AVE																						

FEBRUARY							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
							1	2	3	4	5	6	7
							8	9	10	11	12	13	14
							15	16	17	18	19	20	21
							22	23	24	25	26	27	28
							29	30	31				

8.5 MI AVE.

5:36 AVE MILES TO TRACE 1100 6:22

APRIL

Pool 34

Granite boulders sprinkled along the eastern shore.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	X 360 mi. for LAST 2 MONTH 122 mi BIKE 24.4 AVE 5 RIDES FOR MARCH/APRIL	21 DAYS RUN 172 mi's RUN 8.1 mi AVE 78 mi BIKE	:30 4 4 :30 1 YMCA POOL EZ @ 2 LBS RUN	1:5 10 14 1:45 2 TP (BTM) @ EZ	2:45 6 20 2:30 3 YMCA POOL RUN INTERVALS 5x 2:30-3:00	1:10 10:30 3:40 4 100 @ 7:00 @ 8:00
REST!	REST!	19 2:00 2:00 19 7 MTH BIKE HOT SPRINGS MTH.	:30 4 :30 4 8 YMCA @ EZ (100) POOL RUN	:30 4 1:00 9 YMCA @ EZ POOL RUN	1:50 10 11 REST!	REST!
Palm Sunday	12	13	14	15	16	17
REST!	2:01 16 16 2:21 BLACKS @ EZ LSD	1:00 8 24 3:01 YMCA POOL NO LBS RUN LSD	1:30 12 36 4:31 TORREY (INSIDE) @ EZ	1:03 8 44 5:34 EZ HR SO.	Good Friday 1:45 6 50 6:19 YMCA POOL 2 1/2 MIN INTERVALS	Passover 1:09 10 60 7:25 NON STOP 18 SOUTH 6:55 AM @ AVE
5	19	20	21	22	23	24
5 28 38 109 EZ POB	4:15 30 30 4:15 SAN JUAN TRAIL TRABUCO TRAIL 2:27	:15 2 7 1:52 YMCA / LSD POOL RUN...	1:30 12 19 2:27 FLAT ROCK LOW TIDE / BCH	1:00 8 27 2:22 EZ HR / BCH	1:1 8 35 4:23 EZ HR / BCH	1:10 10 45 5:53 10 mi SO / ROAD NON-STOP
106	26	27	28	29	30	
106 ACX 5 NT	2:30 29 3:30 26 LAJONIA 1/2 MAR MTH BIKE ROAD	REST!	13 2:20 2:30 28 SAN JACINTO MTH BIKE @ EZ	8 1:00 21 3:30 29 EZ HR	8 1:24 29 4:34 30 HARBOR CUT RUN	
NT	NT	157	165	173	181	
		157	165	173	181	

MARCH							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	3	4	5	6	7	8	9
8	9	10	11	12	13	14	10	11	12	13	14	15	16
15	16	17	18	19	20	21	17	18	19	20	21	22	23
22	23	24	25	26	27	28	24	25	26	27	28	29	30
29	30	31					31						

5:30 AVE MICHIGAN TORREY RD 6:22

JUNE

CATALINA EXPRESS
SAN PEDRO

10 DAY REFUND
JUNE 4TH
LAST DAY

CHECK \$28.00
SCIC
POB 737
AVALON CA 90704

Fields of lupine color the shoreline near Tahoe City.

C/O @ 11

Attention Camping NAME / DATE OF ARRIVAL

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AM	PM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Pool	32 3:30 32 3:30 BIG BEAR "MR TOADS" WILD RIDE	26 3:00 58 6:30 BIG BEAR THE SLOPES	3	4 4 30 YMCA POOL RUN @ EZ	4 5 6 10 1:15 HAIRCUT RUN @ EZ	10 20 2:23 TORREY INSIDE TO 5 MI MARK/BACK @ 6:45 AM
		7	30 4 30 4 8 YMCA POOL RUN! FOOT BETTER!	8 10 12 11:52 EZ BCH	4 1:30 16 2:02 REST!	1:00 8 20 3:02 YMCA POOL RUN @ EZ	6 3:57 TRACK LAX 9:53 PM	10 4:33 CATALINA HOTEL
30	1:00	4 39 CATALINA CAMPING AM/PM	38 4 16 3:17 CATALINA HOTEL CAMPING AM/PM	24 3 3:20 18 L.A.X. BOAT	4 27 17 YMCA POOL RUN	30 4 4:20 18 BCH RUN @ EZ	38 6:14 HAPPY BIRTHDAY BCH RUN @ EZ	5 38 50 20 YMCA POOL RUN
		21 Father's Day REST DAY!	12 1:32 12 22 BCH TO TFSB UP TORREY (OUTSIDE) TO LHE (46:17) BACK	16 2:02 23 BCH @ EZ	1:00 8 20 24 BCH @ 7-7:15	30 4 32 4:02 25 YMCA POOL LIFEGUARD	6 48 42 26 EZ BCH/ETC	8 51 50 27 101 90 @ PACE 6:21 AM
		28 REST DAY!	11:33 12 1:33 29 BCH TO TFSB UP TORREY (OUTSIDE) VANDER BACK	16 2:02 23 BCH @ EZ	1:00 8 20 24 1,019 MI RUN FIRST GMD.	30 4 36 4:32 18 100 MI RUN 7:0 MI. AVE 24 DAYS RUN	6 48 42 26 88 MI BIKE	
		30	12 1:33 12 29 LITE SPEEDS 22	16 2:02 23 LITE SPEEDS 34	1:00 8 20 24	30 4 36 4:32 18		

MAY							JULY								
S	M	T	W	T	F	S	S	M	T	W	T	F	S		
					1	2						1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11		
10	11	12	13	14	15	16	12	13	14	15	16	17	18		
17	18	19	20	21	22	23	19	20	21	22	23	24	25		
24	25	26	27	28	29	30	26	27	28	29	30	31			
31															

JULY

69 Pool → 41
34
103 (6:21 AVE) →

6-27 ... ROAD RUNS... 7.4
1. 6:43 5. 6:35
2. 6:28 6. 5:40
3. 6:09 7. 6:23
4. 6:28 8. 6:23

Sand Harbor surrounded by classic "Tahoe Blue."

← (6:12 AVE.)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JUNE						
S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

170
180 RUN
175 BIKE

59 8 8 :59 1
BCH @ GOOD PACE
7:00-7:15 NEGATIVE SPLIT
GT II 129 ✓ ACX5

4 :30 12 1:29 2
4 :30 16 1:59 2
BCH @ EZ
YMCA POOL WORKOUT

6 :46 22 2:45 3
BCH @ EZ

Independence 3:35
50 30 4
SCG ABOVE

REST! (mo LAST HAIRCUT)

4 :30 16 1:31 6
12 1:31 12 2:01
TORREY (OUTSIDE)
YMCA POOL RUN

4 :30 20 2:01 7
4 :30 24 2:31
BCH @ EZ
POOL RUN

6 :46 30 3:17 8
EZ BCH

30 4 34 3:47 9
30 4 38 4:17
BCH @ EZ
YMCA POOL RUN

6 :49 44 5:06 10
EZ BCH

6 :45 50 5:51 11
UCSD TRACK
5:12-5:20
ABOVE

4 :30 4 4 :30 12

LTE SPTS 54 ✓
:30 4 8 1:00
:30 4 12 1:30

II 143 ✓ BCH :30 15

GT II 149 ✓ NT
:30 4 16 2:00
:31 4 20 2:30

GT II 154 ✓ NT :30 15
:30 4 24 3:00

GT II 160 ✓ NT

6 :45 30 3:45 18
TRACK
5:17-5:23
ABOVE

EZ BCH
HOT/HUMID

BCH
YMCA
GT II 172 ✓ Mtn BIKE BIG BEAR 2:00 20

NO RUN

EZ BCH
YMCA
GT II 176 ✓ ACX5

REST → TIRED

EZ BCH

GT II 180 ✓ ABOVE

REST!

4 1:00 4 1:00 20
Mtn. Baldy 2 MIKE HIKE TO TOP
GT II 178 ✓ Mtn. BIKE Mtn. Baldy 2:00 13

4 :31 8 1:31 21
4 :30 12 2:01
BCH LSD
YMCA POOL RUN

10 1:15 22 3:16 22
BCH LSD

4 :30 26 3:46 23
4 :30 30 4:16
EZ BCH AC
YMCA POOL

20 4 34 4:46 24
EZ

145 6 40 5:16 25
TRACK
5:19-5:18

REST!

8.3 MPH AVE 2 LEG
1:24 UP CLARKS GRADE
GT II 198 ✓ Mtn BIKE BIG BEAR 4:00 34

4 :30 4 28
YMCA POOL RUN

5 38 9 1:08 29
EZ BCH POB

30 5 14 1:46 30
YMCA POOL RUN

45 6 20 2:13 31
HAIRCUT RUN

REST!

GT II 203 ✓

GT II 203 ✓

GT II 203 ✓

GT II 209 ✓

GT II 209 ✓

5

7.10 47:39 (36)
 1:48:22 1:49:32 (45)
 52:11 1:54:11 (50)
 1:03 1:54:17 (40)
 55:45 1:54:03 (50)
 20
 (44) RUN 192

SEPTEMBER

SINCE MAY 18
 SUMMER YEAR 331 MILES BIG BEAR
 739 MILES TOTAL DIST

739 MILES MOUNTAIN BIKE

- 8:00
- 7:29
- 7:26
- 6:52
- 8:59

TIOGA PASS SPUTS

Fortunately, some areas of Lake Tahoe's shoreline have been left undeveloped. Much of the east shore still retains its natural beauty.

- 9:09
- 9:11
- 9:38
- 10:14
- 10:46
- 11:46
- 12:03

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

* MASTERS COURSE RECORDED

1:42:59 12.4 mi. 4th 1st. 40+ 0/A RAE CLARK 5TH. 1:44:29	PICTURE MT. WHITNEY IN PM NEW ASICS EXAULT "NICE"	3:31 25 25 3:31 1 SAN JUAN TRAIL @ MIKE	- - - - 2 :35 5 5:35 3 REST!	POB BCH	BCH TO POB 6:41-6:55 BACK	1:09 4 :36 5 15 1:45 5 EZ DN HTD BACK BCH
15 2:15 15 2:15 10 1:15 10 1:15 6 SAN JUAN TRAIL @ BOB 10 mi @ BOB 5:20 OUND THE MI.	Labor Day 10 1:15 7 LAST DAY OF WORK REST!	15 2 12 1:30 8 LEAVE FOR LONG PINE. 2M. POOL TIGER	22 32 6:11 7:56 9 MT. WHITNEY RUN UP - HIKE DOWN 2:56 UP 3:45 DN EX AULT 32	34 8:11 10 ADD POOL LEAVE NO SHIRT REST	95 8:3 95 8:03 11 LAKE TAHOE MOUNTAIN BIKE TOWARD TOWN POOL LAKE TAHOE	12 34 12 REST!
13 1:43 13 1:43 TIOGA PASS RUN 9 AM MOUNTAIN BIKE	14 1:42 14 1:42 LEAVE FOR S.D. REST. ALL DAY DRIVE	14 48 6:19 2:31 15 YMCA LEGS EZ POB+ HEAVY	16 1:05 8 27 3:36 16 1ST DAY EZ BACK HR. 10-6 SHIRT YMCA POOL	17 30 4 31 4:06 17 YMCA ANKLE AGAIN! POOL RUN	18 36 5 40 4:36 18 YMCA POOL RUN	19 36 5 40 5:06 19 EZ POB ANKLE BETTER
20 3:08 41 41 REST!	21 1:17 41 41 MTN BIKE 1:17 CLARKS @ 2:10 DE TO CL.	22 1:10 14 1:46 22 BOTTOM OF TORREY BCH DN/BACK	23 46 6 20 2:32 23 YMCA POOL RUN	24 1:29 12 32 4:10 24 LSD @ BOB DEL MAR TO SWAMP	25 1:40 5 37 4:14 25 EZ POB YMCA POOL RUN	26 1:15 2 48 5:30 26 UCSD TRACK 78,78,77,77 YMCA POOL RUN
27 REST!	28 Rosh Hashanah REST!	29 2:30 15 15 2:30 29 SAN JUAN TRAIL YMCA POOL RUN	30 40 5 25 3:50 30 POB @ EZ YMCA @ EZ	167 RUN 176 BIKE POOL 30	AUGUST S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	OCTOBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

S.D. AIRPORT DEC. 7 @ 9:36
 USAIR #4907

DECEMBER

50°

LOW >

Ice drapes a pier stretching out into a very cold lake.

47 | 37
 37

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

DRIVE TO BAYVIEW 146 COURSE

<p>1761 194 1856 1802</p>	<p>1761 MILES TO DEC 1 183 mi. RUN 1944 / mi 4 YEAR</p>	<p>1:45 13 13 1:45 TOP OF TORREY (OUTSIDE) 1414 TRACKS/BCH (LSD) EXAULTS 182</p>	<p>2:40 5 18 2:25 YMCA POOL WORKOUT! 10 MIN WARM UP 20 MIN TREADMILL 10 MIN WARM DOWN</p>	<p>8 58 26 3:23 ROAD WORK 7:04 AM 1 MI WARM UP 0 7:00 @ 7:09 @ 7:13 @ 7:14 @ 6:26 @ 6:51</p>	<p>4:05 31 4:03 YMCA POOL WORKOUT! FEELING THE WEEK A LITTLE...</p>	<p>1:00 8 39 5:03 UCSD TRACK 8x400 @ 82 AVE GOOD FORM!! FEELING STRONGER!!</p>
<p>REST! LAST DAY OF WORK... S.D. MAINTENANCE</p>	<p>YMCA LIFECYCLE S.D. AIRPORT 4:56 AM LIFECYCLE #4407 SAUNA</p>	<p>7:40 5 40 5 AVALON TRAIL RUN MUD TO MAX! EXAULTS 187</p>	<p>3 30 8 1:10 WALKED AROUND AVALON CAMP AND BALL WALKED APT. 4-5 MILES</p>	<p>15 2:01 26 3:00 FEEL KNEES WARM UP @ 7:00 RUN FROM WAGON</p>	<p>11 1:24 10 36 5:20 AROUND AVALON 2 RUNS SPDS WOODZE</p>	<p>11 1:02 8 44 12 DESSERT FROM LEANUS CANA S.D. AIRPORT SPDS WOODZE</p>
<p>1:08 12:18 13 RUN MUD OFF MUDS POND SPDS GREAT RUN! 146 BETTER</p>	<p>14 2:00 15 RWH @ MIL. BAD WATER SPDS - 282 Below SEA LEVEL 195</p>	<p>15 2:00 15 REST! COLD INFISH SPRINGS HELP MIL. AT HOUSE!</p>	<p>16 2:00 15 REST! COLD INFISH SPRINGS DRIVE FROM LAKE TO S.D. 11 HRS.</p>	<p>17 1:02 8 23 3:16 STEADY HR. BCH/TRKS EXAULTS BCH ON TRACKS BACK 145</p>	<p>18 2:40 5 28 3:46 YMCA POOL/LIFECYCLE 141 LBS EX 97</p>	<p>19 2:45 6 34 4:31 UCSD TRACK 73, 75, 73, 73 GOOD!!</p>
<p>20 Hanukkah REST!</p>	<p>21 1:01 8 1:01 8 EZ HR BCH/BLUFF XAULTS OF DELMAR 2 HRS. 205</p>	<p>22 2:00 16 24 3:01 UCSD @ BACK 2:01 :59 SPDS EZ 1 HR. BREAK AT UCSD 2:15</p>	<p>23 1:45 6 30 3:46 HAIPOUT RUN! POBT LEFT XAULTS HIP (GREAT) 2:11 SORE</p>	<p>24 1:00 8 38 2:00 EZ HR. RUN XAULTS 2:14</p>	<p>25 Christmas 38 2:44 4:46 REST! LOTS OF CAES @ WORK</p>	<p>26 12 1:33 50 6:29 TOP OF TORREY @ PICK (INSIDE) SPDS EZ 6:40 PACE FOR 2 MI</p>
<p>27 REST!</p>	<p>28 1:01 8 8 1:01 SO @ EZ XAULTS 219</p>	<p>29 1:01 8 10 2:00 EZ SO XAULTS 227 652 LM</p>	<p>30 1:16 16 2:00 REST!</p>	<p>31 1:16 16 2:00 REST! EYE NOT AS BAD AS BEFORE PRAISE THE LORD!!</p>	<p>NOVEMBER 1992 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</p>	<p>JANUARY 1993 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>