

CLEO ▲

RUN	
1	181
2	154
3	102
4	128
5	201
6	156
7	133
8	210
9	204
10	180
11	160
12	157
TOTALS 1968	
196 DAYS RUN	
AVERAGES 7.8 AV	
10.0 DAY AVE	

DAYS | Pool |

TORREY LOOP

DATE	TO 101	TO TOP TURNAROUND	TO BEACH 10 MILE	TO FINISH	TOTAL
7.6.92	30:06	46:17	30:49	29:41	1:30:36
UCSD LOOP 8.25.92	29:51	HILL 13:24 46:47	TO UCSD TURN AROUND 57:55	TO BEACH 1:23:59	BCH 3:04 1:55:03
10/10 ROAD RUN	12 MILES	BOWL 41:19 > 6:54 AVE	1:07:49	1:21:06	6:45 AVE
10/24	TO RR 34:14	TORREY LOOP 16:00	TO HOME 33:16	1:40:15	
11/1 ROAD	52:47		14:14 FROM SIGN (BTM) TO LIGHT (TOP)	1:45:29	1:45:29
11/22	ALL RO 49:30		TO UCSD TURN ARRIVE 1:01:15	58:45 BACK	2:00

1993

200 34:00 26 33

S
A
DAR

JANUARY '93

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>December '92</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>	<p>February '93</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28</p>	<p>* MOTEL 6 TO MAMMOTH INN 9 MILES!</p> <p>24 MI. POOL</p>	<p>205 MILES RUN FOR MONTH. 22 DAYS RUN 9.3. DAY AVE.</p>	<p>5K SPLITS</p> <p>5:27 5:47 5:57 :30 17:47</p>	<p>1:00 7 1:00 7 1:01 8 1:15 2:01 2</p> <p>First Quarter FEELH FH 5K 17:47 = 5:42 PM 2ND 45-49 XAVLTS 234 New Year's Day</p>	<p>EZ HR on THE BEACH! NO PROBLEM!</p> <p>XAVLTS ANGLE WITH SCORE! 242</p>
<p>3</p> <p>REST! WORK 8 HRS \$101-</p>	<p>1:00 8 1:00 8 4</p> <p>EZ BCH LOWTIDE!!</p> <p>XAVLTS ANKLE BETTER! 250</p>	<p>2:00 16 24 3:00 5</p> <p>BCH TO D.M. ROAD TO UCSD AND BACK SAME</p> <p>XAVLTS FELT GOOD ALL THEWAY! 266</p>	<p>3:45 6 30 3:45 6</p> <p>YMCA > POOL RUN 40 LBS</p> <p>RAIN ALL DAY!</p>	<p>1:01 8 38 4:45 7</p> <p>EZ HR / RAIN</p> <p>XAVLTS 274</p>	<p>1:30 4 42 5:15 8</p> <p>Full Moon YMCA POOL RUN 141 LBS</p>	<p>8 1:00 50 6:15 9</p> <p>UCSD TRACK 1/2 2:31 1/2 2:39 1/4 78, 76, 75, 76</p>
<p>10</p> <p>REST! WORK 8 HRS \$101-</p> <p>RAIN!!</p>	<p>1:28 10 10 1:28 11</p> <p>MAMMOTH: MOTEL 6 TO MAMMOTH INN</p> <p>XAVLTS :48 TO MAM. INN 284</p>	<p>2:00 14 24 3:28 12</p> <p>MAMMOTH: MOTEL 6 TO MAMMOTH INN BACK TO SENIC LOOP</p> <p>XAVLTS SUN AM SHOW PM LOTS! 298</p>	<p>3:28 24 13</p> <p>REST! 8 HR. DRIVE FROM MAMMOTH / RAIN</p>	<p>10 1:17 34 4:45 14</p> <p>EZ SO. FELT GOOD! RAIN!!</p> <p>XAVLTS 308</p>	<p>1:45 6 40 5:30 15</p> <p>Last Quarter YMCA POOL R-E.</p>	<p>1:18 10 50 6:48 16</p> <p>EZ SO. LITTLE TRED. DRAINED FROM SKIN</p> <p>XAVLTS RAIN WIND!! 318</p>
<p>17</p> <p>REST!</p>	<p>2:16 15 15 2:16 18</p> <p>MAMMOTH: MOTEL 6 TO MAMMOTH INN - TAMARAK LOOP BACK</p> <p>XAVLTS GOOD 333</p>	<p>1:22 19 24 3:38 19</p> <p>MAMMOTH: MAM. INN AND BACK!</p> <p>XAVLTS :44 UP :37 DN. 343</p>	<p>3:38 24 20</p> <p>REST! DRIVE GOT ME... BISHOP GHS NO RUN!!</p>	<p>10 1:14 34 4:52 21</p> <p>EZ 10 SO.</p> <p>XAVLTS 353</p>	<p>1:45 6 40 5:37 22</p> <p>New Moon YMCA: POOL R-E. 141 LBS</p> <p>SAUNA WOW!!</p>	<p>10 1:15 50 6:52 23</p> <p>UCSD TRACK (INTERVALS) 5:20 / 2:45, 2:44 / :76, :71, :80, :77</p> <p>XAVLTS LIGHT WORKOUT FELT DELICIOUS</p>
<p>24</p> <p>REST!</p>	<p>16 2:40 16 2:00 25</p> <p>UCSD / O EZ NO SHIRT!</p> <p>XAVLTS 369</p>	<p>28 4:11 28 4:11 26</p> <p>NOBLE CANYON: GOOD DAY... EVERYTHING CONSIDERED!!</p> <p>OUCH!! FELT NUMEROUS TIMES...</p>	<p>16 2:00 27</p> <p>REST! BODY SORE, ALL OVER!!</p>	<p>10 1:15 26 3:15 28</p> <p>EZ SO BETTER! 1 1/2 MI DAY AVE.</p> <p>XAVLTS 141 MILES FOR MONTH 200 DAYS RUN 379</p>	<p>2 1:15 28 3:30 29</p> <p>TREADMILL 16 YMCA POOL R-E. YMCA 144 LBS</p>	<p>10 40 1:15 4:15 30</p> <p>First Quarter UCSD TRACK: 5:45, 2:43, 2:42 :74, :77, :76, :70</p> <p>JOHN KELLEY GOOD WORKOUT!</p>



El Capitan and Merced River, Yosemite National Park, California

FEBRUARY '93

R2
44

9 mi 4.5 x 45
1:30
9 | 10
90 | 90

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																										
<p>22 DAYS RUH FOR FEB. LAST TWO MONTHS: 17 MILES AT TALK (5:30) LAST TWO MONTHS 10X (1:30 RUH +)</p>	<p>1:25 10 10 1:75 EZ 10 SO. UP/DOWN/RND. XAVLTS TRACKS/ 389 BCH.</p>	<p>3:50 26 26 3:50 2 SANTIAGO PEEK (2:18 TO TOP) NO FALLS! Ground Hog Day</p>	<p>4:56 16 2:10 3 YMCA POOL R.E. 145 LBS XAVLTS 9008 NEMO... 309</p>	<p>1:18 10 26 3:28 4 EZ 10 SO.</p>	<p>4:56 32 4:13 5 YMCA POOL R.E. BETTER! 143 LBS</p>	<p>1:15 10 42 5:28 6 Full Moon UCSD TRACK 30 MIN. WARM-UP 8X100 STRIDES 1 MI. @ 5:25 (2x1:57) 239</p>																																																																																										
<p>7 2:30 19 19 2:30 8</p>	<p>LSD. RUH EZ LSSHORES DR. XAVLTS (SX2) 19 1/4</p>	<p>1:30 11 30 4:00 9 TOP OF TORREY/ INSIDE TO RANGER STATION LHESDAYS 238 (SX1)</p>	<p>4:45 6 36 4:45 10 YMCA: POOL R.E. FELT GOOD!! 142 LBS XAVLTS (SX1)</p>	<p>1:14 10 46 5:59 11 10 MI. SO. BTM OF TORREY "FLYING BAL"</p>	<p>4:45 6 52 6:44 12 YMCA: POOL R.E. Lincoln's Birthday GOOD! 140 LBS</p>	<p>1:15 10 62 7:59 13 Last Quarter UCSD TRACK: 5:21-2:36-2:37 :71-:74-:73-:71 XAVLTS MADE BETTER!!</p>																																																																																										
<p>14 2:34 20 20 2:34 15</p>	<p>UCSD LOOP (GILMAN DRIVE) FELT STRONG ALL THEWAY!!! XAVLTS (SX1) 56 President's Day</p>	<p>1:31 11 31 4:05 16 TOP OF TORREY INSIDE @ EZ XAVLTS (SX1) 67</p>	<p>4:45 6 37 4:50 17 YMCA (10) POOL R.E. (SX1)</p>	<p>1:33 48 6:23 18 10 MI. SO EZ (INSIDE) TOP OF TORREY! XAVLTS 78</p>	<p>4:45 6 54 7:08 19 YMCA POOL R.E. NO PRESEN! 144 LBS</p>	<p>10 6 1:15 8:22 20 UCSD TRACK: 5:32 5:33 5:26 (6)</p>																																																																																										
<p>21 1:37 12 12 1:37 22</p>	<p>TORREY (INSIDE) XAVLTS (SX1) 90 Washington's Birthday</p>	<p>3:50 24 24 3:50 23 SAN JUAN TRAIL SINGLE TRACK TO BLUE JAY 12:06 (SX1) RAIN/COLD BUT GOOD!</p>	<p>4:45 6 18 2:22 24 YMCA (11) POOL R.E. (SX1) 143 LBS XAVLTS 98 Ash Wednesday</p>	<p>8 26 1:00 3:22 25 EZ HR. F.M. ROAD @ 6:58</p>	<p>4:30 30 3:52 26 YMCA (12) POOL R.E. 145 LBS</p>	<p>1:44 12 42 5:36 27 TOP OF TORREY (INSIDE) LHESDAYS (SX1) 250</p>																																																																																										
<p>28</p>	<p>REST!</p>	<p>8.6 MI DAY AVE. LAST TWO MONTHS 400 mi</p>	<p>210 MILES RUN 50 MTH. BIKE 9.5 AVE FOR FEB... 50 MI. POOL</p>	<p>January '93</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td></td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	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>March '93</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	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			
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28	29	30	31																																																																																													

SEX PLACE
81/1782
SUNDAY

190 AZE RUN

MARCH '93

44
19
63

Coastline at Cape Kiwanda, Oregon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17:27 / 5:36 93RD / 3477 DIVISION 45-49 3/136 16:29 won division 14:57 1ST. MASTER	8 1:05 8 1:05 First Quarter EZ HR BCH/TRACKS XAVLTS 106 St. David's Day (Canada)	8 1:05 2 REST! TAPER	23 3 11 1:28 3 YMCA POOL R.E. VERY EZ!	40 5 16 2:08 4 EZ POB TAPER XAVLTS 111	15:00 2 18 2:13 5 YMCA POOL R.E. :30 MASSAGE LEGS 9AM	2:13 18 6 REST! TAPER
8 1:00 8 1:00 7 ROGAINE 5K LOS ANGELES 9:30 AM 87 HIGH HOT/90 59 LOW	Full Moon 1:30 4 12 1:30 8 YMCA POOL R.E. 142 LBS	28 3:51 28 3:51 9 SAN JUAN TRAIL: HOT SPRINGS TO HOLY JIM TRAIL 7 MPH/AVE PERFECT DAY! KNEE (LEFT) LITTLE SORE.	45 6 18 2:15 10 YMCA DAY! POOL R.E. 30 (SXI) 138 MASSAGE LEGS 9:30	:40 5 23 11 2:55 EZ POB. KNEE STILL SORE BUT BETTER XAVLTS (SXI) 116	:45 6 29 3:40 12 YMCA POOL R.E. (SXI) 138 LBS	1:20 11 40 5:00 13 UCSD TRACK 15:15, 17:15, 17:15 2:43, 2:40, 5:35 KNEE PATH > GONE! LDRACLES 5 XAVLTS 122
- - - - 14	Last Quarter 1:15 10 1:15 10 15 EZ 10 SO. BCH/TRACKS XAVLTS (SXI) 132	31 4:16 31 4:16 16 HOT SPRINGS MTH: X 2 1:07 1ST TIME (AMP GRIND): 05 2ND " FELL HARD > CHEST?? 25.9 MPH 7.2 MPH	21 2:52 52 6:48 PALOMAR MTH: 4500' CLIMB HATE HARRISON GRADE 1:47 TO TOP	:15 2 12 18 2:00 YMCA POOL R.E. CHEST HURT!! BRUISED RIBS! DR. BEVIST WED... TODAY!	:40 5 17 19 2:40 VEZ POB+ LM @ 7:00 HURT WHOLEWAY! XAVLTS (SXI) 137	1:00 8 25 20 3:40 EZ TO STEADY HR. HURTS... LM @ 6:58 XAVLTS (SXI) 145 First Day of Spring
21	REST! CHEST SORE!	New Moon 1:00 8 8 1:00 23 EZ HR XAVLTS 153 (SXI)	1:00 8 16 2:00 24 STEADY HR XAVLTS CHEST 161	1:00 8 24 3:00 25 BETTER TODAY! VEZ HR XAVLTS CHEST 169 BETTER!	26	27
8 1:00 8 1:00 28 CHEST HURT AFTER 15 MILE... CARLSBAD 5K 17:28 174 45-49 5:18 48TH O/A 5:45 SARCONES 5:50 XAVLTS 4 173	8 1:00 8 1:00 29 REST! CHEST SORE!	27 3:02 27 3:02 30 CUYAMCA STATE PARK: SEVERAL LOOPS... 8.9 MPH AVE 6-8" OF SNOW AT 5000'	1:20 10 10 2:20 31 First Quarter EZ 10 XAVLTS 183	MTH. BIKE: 107 MILES... 12:41 HRS. RUN: 19 DAYS RUS 12.5 MILES 22 POOL 16:13 HRS.	February '93 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	April '93 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



Mount Ranier, Washington

APRIL '93

63
24
87

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

March '93

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			

May '93

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					

741 MILES
RUN TO APRIL 30
87 DAYS RUN
8.5 DAY AVE.

10 | 1:20 | 1:20
EZ 10 SO.
BCH/TRAKS
XAVLTS 193
CHEST GETTING BETTER!

2 | 15 | 12 | 1:35 | 2
YMCA / 20
POOL R.E.
138 LBS

10 | 1:30 | 22 | 2:35 | 3
MILE REPEATS:
5:30, 5:29, 5:27
FELT GOOD! (8)

REST DAY!

4 | 15 | 2:10 | 15 | 2:00 | 5
TORREY OUTSIDE
TO SHERATON:
(E 55) :14 FROM
BOTTOM SIGN TO TU
SIGNAL

26 | 3:57 | 26 | 3:57 | 6
Full Moon
SANTIAGO PEAK
HAMMERED LAST 3mi.
TO TOP > GOOD RIDE!!

1:00 | 8 | 23 | 3:00 | 7
YMCA / 20
POOL R.E.

1:09 | 10 | 33 | 4:09 | 8
10mi- SO > ROAD
NON STOP
HR > 138

4:45 | 6 | 39 | 4:54 | 9
YMCA / 20
POOL R.E.

11 | 1:30 | 50 | 6:24 | 10
XAVLTS NIKES UCSD TRACK
199 7

Palm Sunday

XAVLTS 135 LBS
214 WHEN BACK!

6.6 MPH AVE. JOCK & MIKE
26 MPH TOP SPEED
NO MAJOR FALLS.

137 LBS 15 MINS
15:45 PM'S
15:45 LBS
15:45 WARM UP

LITESPACE 1:08:46
10 6:52 AVE

140 LBS 1:45 A/L
Good Friday

XAVLTS EZ RUN!
225

REST DAY!

REST DAY!

Last Quarter
EZ 8 SO
BCH/TRAKS

YMCA / 20
POOL R.E.

BCH/TRAKS (EZ HR.)
SO

YMCA / 20
POOL R.E.

REST DAY!

Easter Sunday

XAVLTS 233

XAVLTS 233

138 LBS

XAVLTS HAIR CUT
241

139 LBS
Eastern Orthodox Good Friday

XAVLTS EZ RUN!
225

1:20 | 10 | 1:20 | 10 | 18
RAIN FOREST 5K
17:19 > 5:22, 5:14
5:46

1:00 | 8 | 18 | 2:20 | 19
POOL R.E.
LIFE CYCLE:
20:00 LEVEL 8 > RANDOM
10:00 LEVEL 10 > RANDOM

141 | 12 | 4:01 | 30 | 20
TORREY INSIDE
JOHN EZ
8:00

New Moon
POOL R.E.
LIFE CYCLE: Random
20:00 LEVEL 8 | 90
10:00 LEVEL 12 PRPM

TORREY PINES:
INSIDE Hill Repeats
3:28, 3:19, 3:15

POOL R.E.
LIFE CYCLE:
RL 6 > 10: RL 12 > 10:00
RL 9 > 10:

EZ POBT
LIFE Tired!

10 | 248 | 11:25
Eastern Orthodox Easter

140 LBS

XAVLTS 260

138 LBS
Queen Elizabeth's Birthday (Canada)
Secretaries' Day

LIFE SPEED HR 162 1st
18 Earth Day 180 3KR

139 LBS

XAVLTS LIFE Tired!
266

REST!

1:00 | 8 | 8 | 1:00 | 26
:30 | 10 | :30 | 26
POOL R.E.

10 | 1:15 | 18 | 27
UCSD TRACK:
5:19, 5:27, 5:26
1/2 206 RECOVERY

1:00 | 8 | 26 | 3:15 | 28
:30 | 10 | 1:00 | 28
POOL R.E.
LIFE CYCLE:
L 4, L 7, L 10

1:19 | 10 | 36 | 4:34 | 29
First Quarter
TORREY PINES
INSIDE Hill Repeats
3:29, 3:33, 3:26, 3:26

POOL R.E.
LIFE CYCLE:
L 4, L 7, L 10
Arbor Day

201 MILES RUN
86 MILES BIKE
24 DAZE RUN

140 LBS
XAVLTS NIKES
271 | 14

139 LBS

LITESPACE 28

140 LBS

1028 MILES RUN SINCE 1/1 TO END OF MONTH

MAY '93

Niagara Falls, New York

11.5
25 | 287
25
37
25
FRIDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

April '93

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	

June '93

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	

11 X TRACK 20 WEEKS
4 X RACES
SPEED WORK...
15 OF 20 WEEKS
THRU 5/15

86 POOL
287 mi RUN
25 DAYS RUN
11.5 DAY AVE.
17.6 ON 5 LOND
RUNS AVE.

22 SAT
TO 101 33:09
TO 1ST 20 28:53 / 1:02:33
UCSD LOOP 34:41
TO BEACH 25:30 / 2:02:45
TO STOP 31:24 / 2:33:39
120 HR.

11.5 mi. DAY AVE
287 mi. RUN
25 DAYS
71.75 WEEK AVE.

2:02 | 16 | 16 | 2:02
1
33:20 TO 101
56:42 BOWL
32:09 TO STOP
UCSD AND BACK...
XAVLTS
287

REST DAY!
WORK 9 HRS.

YMCA > POOL R.E.
4X L'S
140 LBS

UCSD TRACK:
5:36, 5:33, 5:25
75, 75, 74, 74
EZ POB+ (10)

YMCA > POOL R.E.
6X L'S
140 LBS

Full Moon
HILL REPEATS
(TORREY INSIDE)
3:31, 3:32, 3:20, 3:27,
3:25
LITE SPDS 5x HILL
38 HR (80 ON
NO 5

YMCA > POOL R.E.
8X I @ 50 EA.

UCSD TURN AROUND:
TO 101 28:20
BOWL 53:29
TURN 1:02:33
STOP 1:59:03
XAVLTS 120 HR
AT STOP 16

REST DAY!

YMCA > POOL R.E.
10X I @ 50 EA.

UCSD TRACK:
75, 81, 78, 76, 74, 73, 75, 76
76, 76, 77, 77, 76, 75, 75, 77, 70
EZ HR BCH/TRACKS

YMCA > POOL R.E.
15 WARM-UP
130 INTERVALS
15 WARM-DOWN

Last Quarter
EZ 10 SOUTH
BEACH/LOWTIDE
EZ
XAVLTS 29
FATIGUED
SOMEWHAT
EATY BY
MID-EVENING

YMCA > POOL R.E.
15 WARM UP
30 INTERVALS
15 WARM-DN

LSD TO UCSD/BACK
101 32:21
TURN 1:03:12
BOWL 53:17
STOP 30:43
TOTAL 2:22:12
XAVLTS 45
FLYING!!
Armed Forces Day

REST DAY!

YMCA > POOL R.E.
15:00 WARM
15:00 INTERVALS
15:00 COOL

16X 4000 75.5
400 BEST!
AWESOME!
EZ TRACK (12)

YMCA > POOL R.E.
15:00 WARM
15:00 INTERVALS
15:00 COOL

PACE WORK!
6 @ 39:00 / 6:30
ROAD
MARATHON PACE!
WTS PDS HR 150
44

New Moon
YMCA > POOL R.E.
15:00 W
15:00 I
15:00 C

UCSD @ LSD
101 32:09 up down
TURN 1:02:25 / 2:5:30
BOWL 34:41
STOP 31:24
TOTAL 2:32:39
XAVLTS 69
HR 120

REST!

YMCA > POOL R.E.
14 LBS

1/2 REST MI
and 800's
400 REST ON 400's
100 SUB-7 CARUS
EZ

YMCA > POOL R.E.
1:00 @ EZ

TOP OF TORREY
EZ
BEACH TRACKS
XAVLTS 85

First Quarter
HAIRCUT @ 9:30
YMCA > POOL R.E.
1:00 @ EZ

UCSD LOOP @ LSD
101 32:42
TURN 1:02:10 / 1:01:30 (7:21)
BOWL 31:50
BEACH 34:10 / 1:13:00
STOP 30:25 / 2:12:09
XAVLTS 105
120 HR.

30

31 Memorial Day - Observed

13th
TRUCK
OUT
200 REST

141 LBS

85

10X MIN
HARD!
LIMIT RESTS

105



Diamond Head on Waikiki Beach, Oahu, Hawaii

21
-5 3 16

JUNE '93

70
18
51
30

169
① 5:05
② 5:34
③ 5:16
④ 16:27

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

May '93

July '93

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	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					

45	6	1	6	1
UCSD TRACK				
1mi @ STEADY				
5:05				
:74	:77	:77	:75	
44	110			

6	45	180	12	2
YMCA > POOL R.E.				
@ EZ				

45	6	18	2:15	3
YMCA > POOL R.E.				
@ EZ				

18	2:15	4
Full Moon		
REST!		

7	52	25	3:37
5	1:40	30	4:17
RAIN TO THE MAX!			
FONTANA 5K!			
16:27 > 5:18			
EZ BEACH			
49/117			
RAIN WIND			
WASH COMPUTERS			
SCORING OUT!			

REST!!

YMCA > POOL R.E.
@ EZ

10mi @ EZ SO.
BEACH/TRACKS

YMCA
POOL R.E.
LITE SPEEDS

TOP OF TORREY
PARK BACK:
1:33 1:37 to 1:42
16:20 split > 49:57 top

YMCA...
POOL R.E.
5X MIN. HARD!

RAIN | WIND
WASH COMPUTERS
SCORING OUT!

REST!

YMCA > POOL R.E.
@ EZ

EAULTS LEGS
127

YMCA > POOL R.E.
@ EZ

EAULTS LEGS
139

YMCA > POOL R.E.
@ EZ

EAULTS LEGS FELT
MUCH BETTER!

REST!

YMCA > POOL R.E.
@ EZ

EAULTS LM
144

YMCA > POOL R.E.
@ EZ

EAULTS LM @
149

YMCA > POOL R.E.
@ EZ

EAULTS LEGS FELT
MUCH BETTER!

NEWPORT 5K
5TH. 45-49
17:21

TOP OF TORREY
LJH M6 @ 7:27

YMCA: POOL R.E.
EZ POB

POOL R.E.
(BASIC EZ)

POOL R.E.
@ EZ

POOL R.E.
@ EZ

TOP OF TORREY
LJH MILE 5+06
6:50

REST!

POOL R.E.
@ EZ

EAULTS
166

POOL R.E.
@ EZ

EAULTS
181

POOL R.E.
@ EZ

EAULTS
81

EAULTS 161 / 6/20
4/16/93 52

EAULTS 197

EAULTS 97

EAULTS 205

EAULTS 181

EAULTS 142LBS

EAULTS 81

EAULTS 161 / 6/20
4/16/93 52

EAULTS 197

EAULTS 97

EAULTS 205

EAULTS 181

EAULTS 142LBS

EAULTS 81

EAULTS 161 / 6/20
4/16/93 52

EAULTS 197

EAULTS 97

EAULTS 205

EAULTS 181

EAULTS 142LBS

EAULTS 81

EAULTS 161 / 6/20
4/16/93 52

EAULTS 197

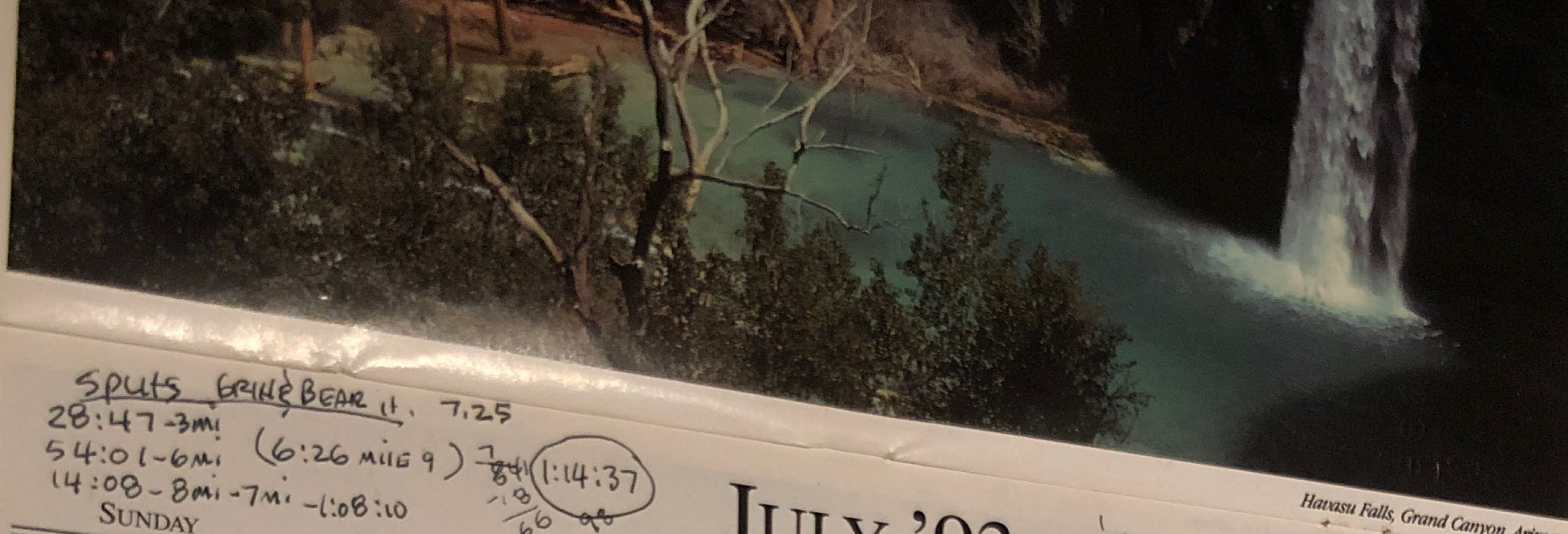
EAULTS 97

EAULTS 205

EAULTS 181

EAULTS 142LBS

EAULTS 81



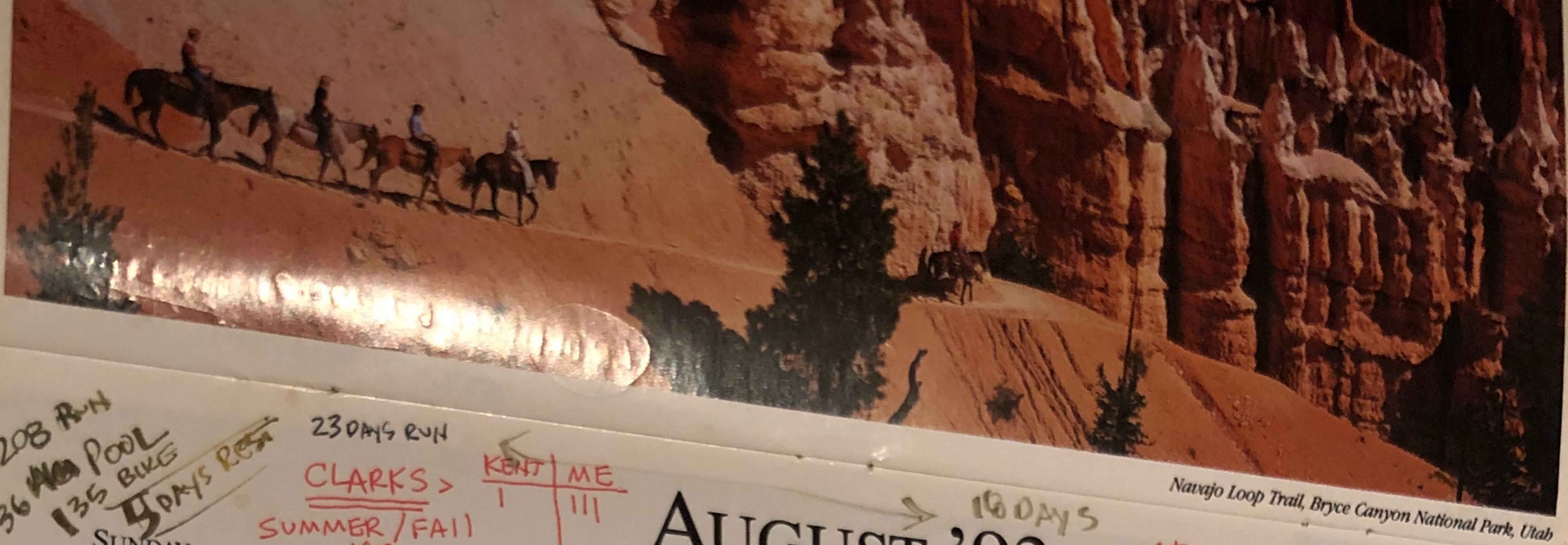
Havasai Falls, Grand Canyon, Arizona

JULY '93

SPLITS GRIN & BEAR II. 7.25
 28:47-3mi
 54:01-6mi (6:26 mile 9) 7.41
 14:08-8mi-7mi-1:08:10
 1:14:37
 1.8
 66 96

184
 48
 130
 9
 56
 54:30
 130
 232
 -19
 13
 284mi BIKE
 153mi RUN
 150MS RUN
 Pool 20
 SATURDAY

June '93		August '93		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31				
REST DAY!		TPSB/NO. 32:35 32:05		L.S.D. TO UCSD ROAD RUN: 100% 54:30 DOWN 6:53 AVE.		TPSB/NO. 34:50-34:48 POOL R.E. (CS)		TOP OF TORREY (INSIDE) 6:49 6:54 7:10 7:19 6:58 7:02 7:14 7:18 7:23 7:35		EZ HR. 30:09-29:27 POOL R.E. 22L 28S		TRACK: 16x400 (15) 77AVE (200 REST)	
Independence Day		XAVULTS TRIPLE!! 235		LITESPEEDS GOOD RUN NO PROBLEMS! 125		XAVULTS LIFE CYCLE RANDOM L3 244		LITESPEEDS 42:03 @ 6mi. 41:04 BACK 6:55 AVE. 3:34		XAVULTS LIFE CYCLE RANDOM L3 253		NO TRACK! NO SLEEP LAST NIGHT UP PUNCHING NEW MOUNTAIN BIKE	
Last Quarter		REST DAY!!		MTN. BIKE BIG BEAR (CLARKS GRADE)		POB+ 24:27-23:16 POOL R.E. (CO)		POB+ 23:32-22:39 TIRED!		POB+ 6:37 @ 70A 6:45 @ 6:43 6:47		TOPOF TORREY/ROAD SPLITS BELOW	
UCSD TRACK		REST DAY!!		79.7 MILE RUN SINCE LAST MTH. BIKE 6 W/ K AVE		XAVULTS 137 LBS. 270		XAVULTS 276		XAVULTS 23:07-22:06		FEZ 10 50/TRACKS	
GOOD WORKOUT CLOUDY 70° WORK 8 HRS		REST DAY!!		80% GOOD RIDE!		XAVULTS 270		XAVULTS 276		XAVULTS 23:07-22:06		FEZ 10 50/TRACKS	
264 62		REST DAY!!		7.7 MPH MAX		XAVULTS 270		XAVULTS 276		XAVULTS 23:07-22:06		FEZ 10 50/TRACKS	
18		19		20		21		22		23		24	
LEAVE FOR COLORADO... REST!		HERMOSA CREEK TRAIL (DURANGO) SINGLE TRACK RUN! VERY TIRED... SMOOTH		HERMOSA CREEK TRAIL TO PURGATORY SKI AREA 7,000-9000+ LONG BUT FUN!		FIRE ROAD RIDE PLANNED BUT KENT HAD A MECHANICAL (BOTTOM BRACKET) DECIDED TO REST AFTER YESTERDAY'S RIDE.		SINGLE TRACK TO MAX COLORADO TRAIL 10,000'-12,000' MAKE MOLAS		CRESTED BUTTE TOWN/SKI AREA CROUSE 8,900' + FIRE ROAD/PAVED		TRAIL MAX 400 (MADONNA)	
MAX 19.8 7.3 AVE MPH 7,000' FEET ELEV. START		MAX 32.2 SINGLE TRACK SMOOTH		8.7 MPH MAX SINGLE TRACK SMOOTH		5.7 AVE MPH 23 MAX WOW!! BEAUTIFUL BUT TOUGH		9.2 AVE MPH FISH AND CHIPS AT AVALANCHE		MAX 5 MPH CRESTED BUTTE MOUNTAIN BIKE HEAVEN!			
10 1:20 10 1:20		37 5:16 57 6:53		44 6:07 101 13:00		10 1:20		10 1:20		46 6 16 2:06		59 8 24 3:05	
20 1:37 20 1:32		37 5:16 57 6:53		44 6:07 101 13:00		10 1:20		10 1:20		46 6 16 2:06		59 8 24 3:05	
GRIN AND BEAR II 10TH C/M TRAIL RACE 19:40-49		FIRST QUARTER PEARL PASS 12,700 AT TO P YIKES!! WATER RUN. 4 WHEEL DRIVE 10TS		DEER CREEK TRAIL TO GOTHIC COULD IT FIND TO CALLI TRAIL TOUGH LEGS CRAMPING TO SCOTFIELD PASS DOWN		TRAVEL DAY 1 BHR. DRIVE BACK! HOME AT 4AM		REST AND REGROND STRAIGHT ONLY		EZ POB+ 23:27 DOWN 22:48 BACK		TRACK: HUNTER HALL (BUNNIE) HR. 50 TRACKS	
12.3 AVE MAX 25 MPH		4.8 MAX my FAVORITE		7.2 MPH AVE WHAT A PUNISH						XAVULTS 16		XAVULTS 24	



208 RUN
36 MIA POOL
135 BIKE
5 DAYS REST
SUNDAY

23 DAYS RUN
CLARKS > KENT ME
SUMMER / FALL 1993
MONDAY

AUGUST '93

Navajo Loop Trail, Bryce Canyon National Park, Utah

1st BIKE RIDE
ON NEW BIKE
JULY 13

246 MILES TOTAL
36 POOL
41:56 FOR 6
135 BIKE
SATURDAY

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1:00	8	1:00	8	1	•	•	•	8	1:00	2	40	40	4:35
EZ HR. SO.... 30:21 29:53		Full Moon REST!		HAD GOOD RIDE OVERALL NO FAILS NO PROBLEMS 8.7 MPH AVE 41 MPH MAX CAMPED		1:14:12 > CLARKS 1316 BEAR 23:40 POB + 22:40 POOL R.E. (4)		8 1:04 3:20 26 5 VERY EZ 8 NORTH 7@ 8:00		47 6 24 24 POB + 23:47 23:11 POOL R.E. (6)		1:20 12 40 5:53 DOUG DAVIS / DICK RUN TO TOP OF TORREY 7:20 6:47 14:04 7:00 13:29 6:34 6:38 5:44 6:10 6:25 XITES 6:39 AVE COR. 12 9:12	
XAVLTS WORK BHRS. 32		Civic Holiday (Canada)		Last Quarter MTH. SAN JACINTO RUN @ DOUG DEVILS: 32:30		XAVLTS 138 LBS 38 46 6 39 5:37 30 4 39 6:07 EZ @ 7:40 POOL R.E. (6)		XAVLTS VERY SICK 46 47 7:27 17 10 AM 12		XAVLTS 136 1/4 LBS 52 48 6 53 8:05 30 4 57 8:33		XAVLTS LEGS FEEL 96 BETTER... FAMILY!! 7:38	
REST!		REST!		NO SCALE!		XAVLTS GOOD DAY NO ANKLE PROBLEMS! 79		EZ 10 L3MI @ 22:58		24:08 - 23:39 POOL R.E. (6)		EZ POB 18:23 - 18:55	
1:30	12	1:30	12	15	5:08	16	5:04	45	45	5:04	17	5:04	45
UCSD (INTERVALS) 16x400 @ :78 200 REST		POOL R.E. (6)		New Moon 1:14:48 BIG BEAR CLARKS NO FAILS, NO PROBLEMS CAMPED PINE KNOT		30:35 - 29:22 POOL R.E. (8)		SHERATON ON ROAD @ 6:59 AVE 49:48 @ JURN 1:37:50		8 1:01 50 6:09 4 30 54 6:20 @ JOHN 33:15 - 27:22		29:40 - 29:08 REST!	
XAVLTS LIKES NO PROBLEM 99 70 CONTROLLED PACE!!		140 LBS		8.8 AVE 370 MILES 46.9 MAX TO DATE 47.9 MPH ON BIKE!		XAVLTS 138 LBS 107		LHESADS STEADY! 173		XAVLTS 138 LBS 115		XAVLTS OK! 123	
11	1:30	11	1:30	22	4:50	25	36	24	8	1:04	44	7:24	48
UCSD (INTERVALS) 8x800 @ 2:44 400 REST		REST!!		First Quarter MT. SAN JACINTO SUB 12:00 PACE GOOD RUN!! KATH'S SPEEDS		32:12 - 31:20 POOL R.E. (6)		REST! FEET SORE BUSTER LEFT		29:21 - 28:22 POOL R.E. (7)		EZ HR	
XAVLTS 128 75 LHESADS 137		ZERO		XAVLTS 75 NICE! 153		XAVLTS 140 LBS 161		BIG TOE!		XAVLTS 141 LBS 169		XAVLTS 28:58 177 28:25	
1:45	14	14	1:45	29	50	5:21	50	31	8/24	-1:05 SS			
UCSD (INTERVALS) 16x400 @ 74.8 400 REST		REST!		1:07:48 BIG BEAR CLARKS 26:25 PINE NOT #1 27:15 PINE NOT #2 70° 3600 CLIMBS KENT TOUGH ACCOMPLISH		-34:18 D.S. -59:42 SS -25:20 SBJ -1:17:05 PJ 2:42:07 -33:05 ORV		-30:03 DS 4:50:17					
HOT!				LHESADS NO FAILS									

July '93							September '93							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2	3					1	2	3	4
4	5	6	7	8	9	10	5	6	7	8	9	10	11	
11	12	13	14	15	16	17	12	13	14	15	16	17	18	
18	19	20	21	22	23	24	19	20	21	22	23	24	25	
25	26	27	28	29	30	31	26	27	28	29	30			

1848 mi RUN THRU
END OF MONTH
205 NO. AVE

SEPTEMBER '93

Punch Bowl on Eagle Creek, Oregon

(92.5) FM

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

August '93

October '93

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	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						

TIOGA SPLITS
 2mi.. 17:59
 3mi.. 6:12 > 24:12
 4mi.. 6:59 > 31:11
 5mi.. 8:24 > 39:35
 6mi.. 8:56 > 48:32
 7mi.. 6:27 > 57:00
 8mi.. 8:52 > 1:08:19
 9mi.. 8:40 > 1:14:53
 10mi.. 6:39 > 1:21:13
 11mi.. 7:11 > 1:28:15
 12mi.. 7:10 > 1:35:36
 (2.4 x 1:38:26 = 7:55.52)

6:45 | 6:45 | 1:06 | 8:14 | 1:51
 Full Moon
 22:43 -
 22:36
 XALTS FELT STRONG!
 189

VERY EZ HR
 @ BOB
 XALTS SO SLOW!
 GOOD FOR TAPER...
 198

6:40 | 2:39 | 3 | 20 | 2:39 | 4
 24:07 -
 24:03
 XALTS VEZ
 203

REST!
 204

REST!
 5

6:47
 EZPOB
 XALTS
 U.S. & Canadian Labor Day
 178

6:43
 EZPOB
 XALTS
 182

6:27
 EZPOB
 XALTS
 188

6:32
 EZPOB
 XALTS
 193

REST!
 203

REST!
 204

1:50 | 13 | 1:50 | 13
 1:29 | 12 | 1:29 | 12

32 | 3:49 | 32 | 3:49 | 13

22 | 6:23 | 47 | 9:42 | 14

47 | 9:42 | 15

47 | 9:42 | 16

41 | 5 | 52 | 10:23 | 17

58 | 8 | 60 | 11:21 | 18

TIOGA PASS RUN
 2 HD. O/A 19.40-49 CR.
 MAMMOTH SEH
 LOOP

MAMMOTH:
 MTN. BIKE PARK
 WITH JOHN K
 LEGS DOWN HILL
 NOT THAT MUCH
 FULL RE-LEFT SHOULDER
 FITE!!

MT. WHITNEY:
 3:51 RACEWALK UP
 2:32 RUN DOWN
 XALTS GOOD DAY
 225 WOW!!

REST!

REST!
 New Moon

EZPOB
 20:35 - 20:36

29:23 -
 28:37

NIKE'S LITE SODS
 Grandparent's Day
 2:05

5 | 15 | 41 | 1:51
 5 | 20 | 37 | 2:06

16 | 318 | 36 | 4:44 | 21

6:44 | 42 | 5:28 | 22

123 | 12 | 54 | 6:51 | 23

48 | 6 | 60 | 7:39 | 24

60 | 7:39 | 25

1:7:12 5:7:12 9:6:45
 2:6:46 6:6:57 10:7:08
 3:6:57 7:7:21 6:58 AM
 4:7:05 8:6:18 (1:09 AM)

EZPOB 2:25
 19:44
 EZPOB 18:34
 18:18

SAN JACINTO
 1:48 to top
 1:30 DOWN
 XALTS SOCKS
 INNERDES SHOES
 NO!

21:45 - 21:46
 ROAD
 First Quarter

ROAD 12 @
 6:55 PACE
 LITE SODS
 FELT GOOD
 DR. AMER
 226

VEZ POB
 LITE SODS
 TIRED!
 232

REST!!!
 Tom Kippur

LITE SODS
 STEADY
 FELT GOOD!
 203

XALTS LITE SODS
 DENTIST
 2 HRS
 OUCH!
 243 | 208

259

214

226
 First Day of Autumn

232

204 mi RUN
 32 mi BIKE
 21 DAYS RUN
 10.2 AVE.

10 | 1:30 | 10 | 1:30

10 | 1:30 | 27

24 | 4:06 | 31 | 5:36 | 28

31 | 4:06 | 1:29 | 13 | 44 | 5:35 | 30

13 mi @ 6:53
 ROAD TORREY
 Full Moon

204 mi RUN
 32 mi BIKE
 21 DAYS RUN
 10.2 AVE.

1848 mi RUN FOR YEAR
 194 DAYS RUN FOR YEAR
 9.5 mi. DAY AVE YEAR
 21.5 DAYS MO. YEAR AVE.

UCSP TRACK
 1/2 2:36
 1/2 2:43
 1/2 2:40
 1/2 2:34

REST!

SAN JACINTO
 D.S. 32:24 LA
 TOP 1:45:35
 DOWN D.S. 24:10
 XALTS TOP..ROUND
 VALLEY...LMS
 HUMBOL
 @ERNEST
 284

REST!

244

244

244

XALTS LITE SODS
 1/4 JOB REST
 BETWEEN INTERUS
 203 106

OCTOBER '93

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

September '93

November '93

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		

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				

180 MILES RUN
21 DAYS RUN
8.5 MI. AVE

1:49 | 6 | 6:49
VEZ POB+ (TRACKS)
DR. M 10:20
KALTS 290
HAVING A GOOD WEEK
LOOKS LIKE BIG 3 TIME!

10 | 1:30 | 16 | 2:19
5:28-5:28-5:26
76-77-76-73
UCSD TRACK
BEST TRACK WORKOUT YET!
24X

1 | 1 | 1 | 3

1 | 1 | 1 | 4

24 | 3:00 | 24 | 3:00 | 5

35 | 5 | 29 | 3:35 | 6

9 | 1:06 | 38 | 4:47 | 7

1:36 | 5 | 43 | 5:17 | 8

12 | 55 | 1:21 | 6:38 | 9

REST!

REST!

SUNRISE HWY
24 MILES @
7:29 -
GOOD RUN - EZ!!

EZ POB
LEGS OVERALL
NOT BAD!!
DR. M 10:20

RUH @ BOB
LOOP SOLANA 844
DGL M48

Last Quarter
EZ POB
17:51 down
17:42 BACK
DR. M 10:20

TOP OF TORREY
1 mi with 1006.29
1 mi with 1006.29
55 | 611, 610, 621, 624,
646, 720, 609, 609,
645, 556, 604, 832

10

Thanksgiving Day (Canada)

11

5 | 35 | 5 | 35 | 12

5 | 35 | 10 | 1:10 | 13

5 | 35 | 15 | 1:45 | 14

1 | 15 | 1:45 | 15

1 | 15 | 1:45 | 16

REST!

REST!

EZ POB

EZ POB

EZ POB

New Moon
REST!

REST!

LOAN KENT \$200

TC'S 60
ORDER HELMET
VISOR!

TC'S 65
DR. M 10:20
SHOULDER
HURTING!
(LEFT)

TC'S 70
DR. M
HELPING
SHOULDER?

DR. M 10:20

Boss's Day
Sweetest Day

1:15 | 10 | 1:15 | 17

5 | 34 | 16 | 1:49 | 18

16 | 1:48 | 32 | 2:37 | 19

5 | 36 | 37 | 4:13 | 20

6 | 46 | 43 | 4:59 | 21

5 | 36 | 48 | 5:35 | 22

12 | 1:20 | 60 | 6:55 | 23

BARIOS 10K:
35:35 > 5:43 4th 0/0P
3RD 35:25 72(45-49)

EZ POB

UCSD @ LSD+
6:45 PACE

EZ POB
LEGS FEEL
GOOD!!

EZ POB+

First Quarter
EZ POB

06:30 06:30 06:37
06:43 06:54 05:43
05:56 06:33 05:10 05:14

TC Hike 63RD 0/0P 996
191.5K 1741 5:41
2ND 5K 1754 5:45
05:33 05:42 05:49
05:45 05:48 05:45
1107 34:27

TC'S 81

TC'S 97
4M @ 6:53

WHEELS DR. M 10:20
WALKOUT!

TC'S 103

TC'S 108
DR. M 10:20

TC'S 120
1994 MILES
RUN THIS YEAR
ROAD 10 @ DICE

United Nation's Day
Mother-in-Law's Day
11:16 17:05 22:52 28:41
OFF

REST!

10 | 1:30 | 10 | 1:30 | 26
TRACK WORKOUT: UCSD
3x1 mi @ SUB 5:39
4x400 @ 75 5:28
AVG

BEGIN TAPER FOR
JULIAN 10K
REST! SMOKE

108 | 10 | 20 | 2:38 | 28
EZ 10 50
ROAD

42 | 6 | 26 | 3:20 | 29
EZ POB
(101 SOUTH)

Full Moon
EZ POB + 2
(101 SOUTH)

31 OFF
Halloween

TC NIKES 125
5:24, 5:30, 5:21, 75, 74

* SEND IN
ENTRY TO
CALIFORNIA
NATIONAL

TC'S 135
CALL MOTEL
FOR RES.
CALIFORNIA
NATIONAL

TC'S 141

TC'S 149
2028
KENT
200 84

* AVE.
236 FOR NEXT
2MO'S FOR 2500

NOVEMBER '93

Worcester, Vermont

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2028 MILES TO NOV. 1 160mi-RUN 2,188 TOTAL FOR YEAR 7 Last Quarter REST! 14 REST! 21 First Quarter REST! 28 REST!	All Saint's Day (Canada) REST! 8 REST! 15 REST! 22 REST! 29 Full Moon REST!	1 40 5:40 52 VERY EZ POB @ BOB TC'S Election Day 154 9 20 2:20 20 2:20 UCSD LOOP 10MI @ 1:11:18 20MI @ 1:19:57 TC'S 185 LOMI @ 6:40 16 2:59 24 2:59 24 SUNRISE HWY 1:29:49 ATTURN 1:29:42 BACK TC 2 COLD WINDY CLOTHING: TIGHTS GLOVES 3 LAYERS UPPER 24 23 10 F2U 10 1:30 UCSD TRACK 4X1MI @ 5:45 @ 5:56 @ 5:55 @ 5:16 TC 2 HILL 5:43 AVE (24) 66 / 134 30 5 34 5 34 St. Andrew's Day (Canada) GZPOB TC 2 FM 86 @ 6:56	34 5 1:14 13 POB @ STEADY TC'S 159 FM @ 6:33 10 36 5 25 2:56 10 VERY EZ POB SHOULDER SHOWING IMPROVEMENT! TC'S LEGS NOT 190 BAD! 17 6 30 :44 3:43 EZPOB+ TC 2 LEGS OK! 30 24 10 1:36 REST! HAIRCUT! 18 DAYS RUN 88 AVE. 10 4 REST! 11 1:00 35 4:05 WINDY-RAIN 10 @ 6:54 SO. ON 101 TC'S Veteran's Day 200 18 12 42 1:20 5:03 1 7:06 2 6:23 3 6:56 4 7:04 5 6:10 6 7:15 7 6:29 8 6:10 9 6:29 10 5:59 11 5:51 12 11:37 TC 2 @ BOB GOOD RUN! 11 @ 6:30 1MI W/RENDAY! 42 25 :40 5 15 2:10 EZPOB @ BOB TC 2 Thanksgiving Day 71	1:22-19 7:30 1:29:49 5 REST! 12 5 :36 40 4:41 VEZPOB TC'S 3RD DAY 205 NO ADVIL! 19 :45 6 48 5:48 EZPOB+ TC 2 48 26 :35 5 20 2:45 EZPOB TC 2 FM @ 6:56 76 27 :34 5 25 3:19 EZPOB TC 2 FM @ 6:56 81	1:20 10 20 2:34 6 290 RUNNERS... JULIAN 10K 6TH O/A 38:43? 1ST OVER 40 TC HLE WIND! 165 126 18:30 AT 5K 13 10 1:30 50 6:11 UCSD TRACK: 5:26-5:29-5:27 :78-:77-:76-:74 GOOD!! (23) TC'S S.HOULDER FINALLY FEELS BETTER - 11 MILES 21 1:30 20 7:08 12 60 20 MI 6 @ 7:17 uphill MK 7 @ 6:00 down hill MI 9 @ 7:39 uphill down 1:19:24 for 12MI

October '93							December '93								
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															

* 70 TIMES TO POOL
 NEED 312 5.4 AVE AT POOL
 FOR 2500
 16 DAYS A MONTH AVE.
 10 MI DAY AVE
 160 MILE MONTH

31 BIKE RIDES

Stony Brook, Stanley, Idaho

DECEMBER '93

1966 MILES RUN ON GROUND
 196 DAYS RUN ON GROUND
 10.0 MILE DAY AVE
 SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November '93 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	January '94 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 1 2 3 4 5	① 643 ① 632 ② 604 ② 632 ③ 612 ③ 700-12421 ④ 624 ④ 621 ⑤ 705 ⑤ 623 ⑥ 632 ⑦ 634 ⑧ 621 ⑧ 612 ⑨ 655 ⑨ 617 ⑩ 609 ⑪ 622 ⑫ 634 ⑬ 640 ⑭ 645 ⑮ 636 ⑯ 626 ⑰ 1.14 ⑱ 645 ⑲ 626 ⑳ 25032	5 :33 5 :33 EZPOB TC2 FM ⑥ 6:46 91	5 :34 10 :07 LAST DAY EZPOB TC2 FM ⑥ 6:54 96	10 :07 REST! 10 :07 REST!	10 :07 REST! 10 :07 REST!
27 2:58 27 2:58 CAL. INTERNATIONAL MARATHON 2:50 :32 / 6:30 TC2 RAN WITH BILL LAST 0 MI. GOOD COURSE FOOD DAY! 118	27 2:58 Last Quarter REST! LEGS LIGHT TIGHT HOT BAD! CAVES FOREST	1:03 5 4:01 7 WALKED & RAN FISH SPRINGS TC2 125 Pearl Harbor Day	:15 1 4:16 33 8 MAMMOTH WALKED! 8 HR DRIVE!! TC1 COLD WINDY STRETCHED GOOD-	1:02 8 5:18 41 9 EZPOB BOB TC2 1ST RUN LEGS FELT GOOD! 131	:35 5 46 5:53 10 1ST DAY BACK EZPOB TC2 136	:34 5 51 6:27 EZPOB TC2 FM ⑧ 141 6:47
REST! 12	New Moon REST! 13	3:30 27 3:30 14 SANTIAGO PEAK WITH BIKE... KENT 3:30 BIV JAY 5,400' SANTIAGO PEAK 1:58 to top FROM BIV J. :41 FROM Holy Jim	:34 5 :34 15 EZPOB TC2 LEGS GOOD! 146	1:07 9 14 1:41 16 DELMAR LOOP BOB TC2 DOWN HILL MI ⑥ 6:13 155	:36 5 19 1:16 17 EZPOB TC2 TALKED TO MAC! IN PERSON... 160	19 1:16 REST! 19 1:16 REST!
1:59 16 16 1:59 19 UCSD TRACK ON 101 OUTSIDE OF TORREY!! TC2 1:59:04 FOR 16 JK TO UCSD 176	16 1:59 First Quarter REST!! 139 MILES ON MTH BIKE	6:47 50 50 21 SANTIAGO PEAK OVERTHE TOP!!! COLD AT TOP!!! GOOD RIDE!! HARDING ROAD ABOUT 3/4 DOWN TO TOP First Day of Winter Holy Jim 1:54 to top 39:58 1:14:10 to Jim	:35 5 21 2:34 22 EZPOB SUNSET LEGS HEAVY! TC2 FM 181 ⑦ 7:15	1:32 12 33 4:06 23 TOP OF TORREY BOB TC2 8:57 9 7:13 10 5:58 11 6:41 193	:33 4:06 24 REST! 33 24 REST!	33 4:06 25 REST! 33 25 REST! Christmas Day
20 2:24 26 2:24 Boxing Day (Canada) 803.703.723.702.717.731. 715.709.5847.725.600.626. 643.759.625.637.728. 712.709.706.728.23347 TC2 LITTLE FAAT BUT NO PROBLEM WORKED THROUGH CLOUDS, COOL 213	5 35 25 2:59 27 EZPOB TC2 FM ⑦ 7:13 218	Full Moon REST! DRIVE TO MARZOCCA BIKES.	36 5 30 3:35 29 EZPOB TC2 223	14 1:30 44 5:05 30 1.657 5.642 8.607 12 2.623 6.710 9.648 3.639 9.4036 16.548 4.642 7.541 10.501 11.607 12.615 11725 6:27 2MI WARM DOWN 231	44 5:05 31 REST! THATS ALL FOLKS New Year's Eve 157 MI RUN 77 MTH BIKE 18 DAYS RUN 8.7 AVE. 2345 FOR YEAR	