

2000

Pharmacy Calendar



2000

Currier & Ives





December 1999  
S M T W T F S  
1 2 3 4  
5 6 7 8 9 10 11

# January 2000

February 2000  
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

- ① 1843
- ② 1839
- ③ 1824
- ④ 1913
- ⑤ 1818
- ⑥ 1835
- ⑦ 1917
- ⑧ 1743
- ⑨ 1887
- ⑩ 1901
- ⑪ 1846
- ⑫ 1881
- ⑬ 1883
- ⑭ 1864
- ⑮ 1976
- ⑯ 2008

1866  
AVE.  
16x400  
1/29 200R  
UCSD  
TRACK

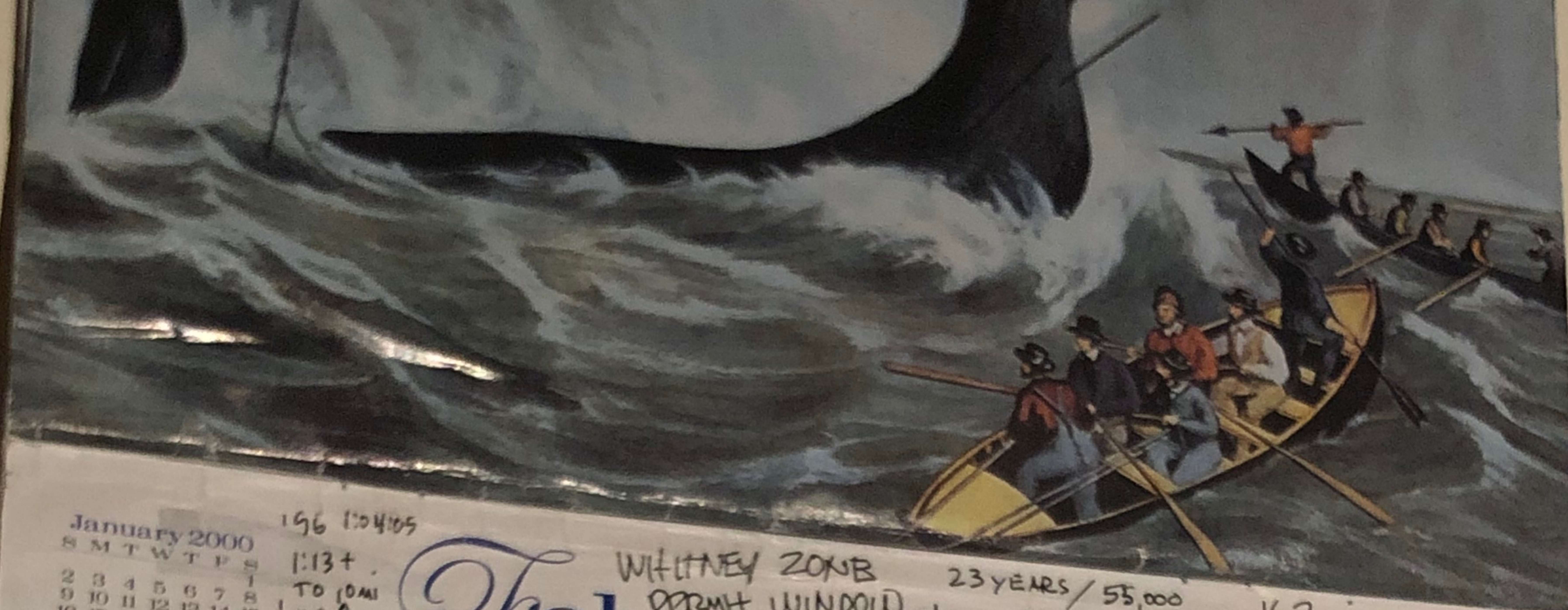
**Tuesday**      **Wednesday**      **Thursday**      **Friday**      **Saturday**

165 MILES  
19 DAYS  
8.6 DAY AVE  
6X LBS

1 137 LBS  
10/5 122 10 1122  
RICHARDSON FIELD  
LOOP 1:24 47  
10/2 315 7:20  
1/29

Day	Notes	Time	Weight	Activity	Day	Notes	Time	Weight	Activity
4	SLEEP 8 HRS				5	SLEEP 8 HRS			
6	New Moon	1:10:06		SLEEP 6 HRS	7	MONY SLEEP 6 HRS			
16	LSD/DELMAR CREST CANYON +	2:01			17	* HARD FAI RIGHT KNEE ??			
18	AS 10/27 330 EZ @ MAC A 12	2:01			19	REST DAY!			
20	AS 10/27 344 7:00 PACE GOOD!!	2:33			21	REST DAY!			
22	AS 10/27 344 LBS X1	2:42			23	DAY 1			
24	AS 10/27 344 LBS X1	2:43			25	REST DAY			
26	AS 10/27 344 LBS X1	2:43			27	REST DAY			
28	AS 10/27 344 LBS X1	2:43			29	REST DAY			
30	AS 10/27 344 LBS X1	2:43			31	REST DAY			
1	RSF GC LOOP 2:03:46	2:03			2	REST DAY			
3	AS 10/27 330 EZ @ MAC A 12	2:04			4	REST DAY			
5	AS 10/27 330 EZ @ MAC A 12	2:04			6	REST DAY			
7	AS 10/27 330 EZ @ MAC A 12	2:04			8	REST DAY			
9	AS 10/27 330 EZ @ MAC A 12	2:04			10	REST DAY			
11	AS 10/27 330 EZ @ MAC A 12	2:04			12	REST DAY			
13	AS 10/27 330 EZ @ MAC A 12	2:04			14	REST DAY			
15	AS 10/27 330 EZ @ MAC A 12	2:04			16	REST DAY			
17	AS 10/27 330 EZ @ MAC A 12	2:04			18	REST DAY			
19	AS 10/27 330 EZ @ MAC A 12	2:04			20	REST DAY			
21	AS 10/27 330 EZ @ MAC A 12	2:04			22	REST DAY			
23	AS 10/27 330 EZ @ MAC A 12	2:04			24	REST DAY			
25	AS 10/27 330 EZ @ MAC A 12	2:04			26	REST DAY			
27	AS 10/27 330 EZ @ MAC A 12	2:04			28	REST DAY			
29	AS 10/27 330 EZ @ MAC A 12	2:04			30	REST DAY			
31	AS 10/27 330 EZ @ MAC A 12	2:04			1	REST DAY			





January 2000

S	M	T	W	T	F	S
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

196 1:04:05

1:13+  
TO 10MI  
1:00+  
1:02:52

15 SEC. SLOW LAST  
5K 19:32 to 19:17 (6:12)

# February 2000

WHITNEY ZONE 23 YEARS / 55,000  
PERMIT WINDOW 5/15 - 11/1 2400

162 MILES

18 DAYS  
9.2 DAY  
MILES  
7X LBS

March 2000

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 15 - NOV. 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 5:58 2. 6:16 3. 6:21 4. 6:15 5. 6:19 6. 5:55 7. 6:15 8. 6:29	9. 6:04 10. 7:00 - 1:02:52 11. 5:35 12. 13:57 13. 1 1:22:31 6:18 for 13.1	1. 49:49 EZ DEL MAR ZAPPO SAUC. Y/2 88	2. 42:45 EZ POB LOOP SAUC. Y/2 93	3. 35:16 EZ POB LOOP SAUC. Y/2 98	4. 16:20 RESTDAY!	5. 16:20 RESTDAY!

6. 1:54 SAN DIEGO 10 1/2 MILE 24TH 9A-1ST 50P 1:22:31 / 6:18 SAUC. Y/2 84 M.L. NIKE SB BIRTHDAY	7. 1:54 RESTDAY!	8. 1:46 EZ DM LOOP SAUC. Y/2 103 CALLUS ARE TIGHT THATS ALL! * LBSX DULL HATS!	9. 1:45 EZ DM LOOP SAUC. Y/2 108 BODY SORE!	10. 1:27 RESTDAY!	11. 1:45 EZ DM LOOP SAUC. Y/2 113 SAND BACK	12. 1:40 DEL MAR ROAD SAUC. Y/2 121 LONG WOODS... TIRFD!
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13. RESTDAY! LBSX1 STEPS X 10	14. RESTDAY! LBSX1 STEPS X 10	15. 16:16 UCSD ROAD RUN 7:35 FOR 16 MILES STEADY SAUC. Y/2 137 GOOD! 7:30/16	16. 14:20 HARCUT RUN SAUC. Y/2 144 LBSX1 10X STEPS UP	17. 10:30 HULLY GULLY N/S MAC 32:40 DN 4:34 31:36 BK 6:19 SAUC. Y/2 151 X CR 1:04:28 LMO 6:14	18. RESTDAY! LBSX1 STEPS X 10	19. 11:40 UCSD TRACK 4X 800 @ 2:44 400R 4X 400 @ 1:19 200R SAUC. Y/2 158 GOOD! MIKES 63
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20. RESTDAY! LBSX1 STEPS X 10	21. 8:00 EZ DELMAR BUMPS AHEAD SAUC. Y/2 166	22. 8:16 BUMPS AHEAD MAC SAUC. Y/2 174	23. 8:24 BUMPS AHEAD SAUC. Y/2 182 LBSX1 STEPS X 10	24. 5:29 BUMPS AHEAD PLUS SWANVILLE 7:16, 7:08, 6:06, 5:32 SAUC. Y/2 197 1:37:49 CR	25. RESTDAY! LBSX1 STEPS X 10	26. 8:41 BUMPS AHEAD SAUC. Y/2 105 7:26 FM
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\* SEND IN WHITNEY \$ PERMITS

27. RESTDAY LBSX1 10 STEPS	28. RESTDAY	29. 9:19 EZ POB BUMPS AHEAD X2 SAUC. Y/2 124 L5MI 7:00
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1. 7:34 11. 6:56 (7:16, 7:08, 5:32, 6:06)  
2. 7:30 12. 7:42 2/15 (1:37, 1:49)  
3. 7:52 13. 7:44 UCSD ROAD (TOTAL)  
4. 7:20 14. 7:12 RUN  
5. 7:36 15. 7:14  
6. 8:41 16. 7:36 - 2:01:32 (1:01:13) 4 Bmi  
7. 8:04 (1:02:45) 4 Bmi 7:35  
8. 8:04  
9. 6:38  
10. 7:35 - 1:16:59

6. 2:22  
18  
22  
12:02:30

2/19 → 1. 2:44 3/4 1. 17.3  
2. 2:45 1/4 2. 19.5  
3. 2:44 1/4 3. 20.3  
4. 2:43 1/4 4. 19.1

2:44.50  
19.05  
400

**Rx UNITED DRUGS**





# The Velocipede

February 2000

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

TWST 3/7 SUE K  
 NORTH 4-6:23  
 1. 6:38 5-6:28  
 2. 6:44 6-6:32  
 3. 6:35 6:28  
 6:39

# March 2000

182 MILES / 18 DAYS // 10.1 AVE. 4X LBS  
 (5:45 EZ) 43:42  
 180 MILE 10 DAYS RM

April 2000

S	M	T	W	T	F	S
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

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



29.53 @ 5mi  
 5:59

SUE K 15K  
 1. 5:49  
 2. 16:04 | 56:23 | 6:03  
 3. 11:54 / 23:48  
 4. 6:04 29:53 / 5:59  
 5. 2:10K = 37:22 / 6:01  
 9mi @ 54:31 / 6:03  
 3 54:47 / 6:07

1.	.	.	.	SAU 1/2   132	3	.	.	4 SAU 1/2   138
RESTDAY!				BUMPS UP CREST BACK...	RESTDAY!			4 SAU 1/2   138
.	.	.	.	1:02 8   8   1:02	.	.	8   1:02	1:41   15   23   2:43

5	.	.	.	6 New Moon	7 SAU 1/2   160	8	30	1:00	3:44	9 SAU 1/2   183	10	11	11 SAU 1/2   186
RESTDAY				RESTDAY	DOUBLE HAPPINESS with A SWAMMIE'S TWIST (C) LOOP 1 60:35 TRUST 6:33 (C) LOOP 2 59:56	EZ BEACH... @ 3PM LOW TIDE				RESTDAY!	UCSD TRACK 4X 400 @ 4:00 85, 87, 88, 89 (TRIP)		
.	.	.	.	.	22 2:44   22 2:44	8	30	1:00	3:44	7 :58   45   5:42	.	.	45   5:42

JUAN CARBEZA

12	.	.	.	13 First Quarter	14 SAU 1/2   211	15 SAU 1/2   217	16 SAU 1/2   227	17 Patrick's Day	18 SAU 1/2   232
RESTDAY!				RESTDAY!	NOBIE CANYON RUN WOW! SEEBEAU	HAIRCUT RUN 29:00 EZ DELMAR LEGS TIRID	RESTDAY!	RESTDAY! KIND 'A TIRED! LBS	CATALINA MARATHON EZPOB
.	.	.	.	.	25 4:02   25 4:02	50   6   31   4:52	10   1:05   8   5:52	.	41   5:55   :39   5   46   6:04



4015

20 First Day of Spring Full Moon	21 SAU 1/2   237	22	23 SAU 1/2   242	24	25 SAU 1/2   244
RESTDAY!	EZPOB @ MAC	RESTDAY!	EZPOB + MAC 30:03 (59:28) LM 5:49	RESTDAY!	STRIDES
.	:43   5   5   :43	.	:43   5   10   1:26	.	:26   10   :16   2   12   1:42

\* EZ REMAINDER OF WEEK... PLEASE!!

26 CARLSBAD 5K 17:45 = 5:42 8TH 50-55 (MED/W/M)	27	28 SAU 1/2   274	29 SAU 1/2   281	30 SAU 1/2   286	31 SAU 1/2   294
RESTDAY!	RESTDAY!	BUMPS TWST 6:12 @ 6:30 @ 6:07 @ 5:58 @ 5:20 @ 6:00	HAIRCUT RUN (DM) PLUS LOGGON	EZ DELMAR (24 SAU) 2X 1 MIN WALK	BUMPS HEAD @ EZ
2:00   15   15   2:00	.	15   1:44   30   3:44	56   7   137   4:40	42   5   142   5:22	103   8   50   6:25

3/4 NOBIE CANYON PCT LOOP 59:43 GATE 1:40 :30 PIONEER 2:20 :00 SUNRISE 1:20 :17 NOBIE DOWN 4:02









April 2000  
 S M T W T F S  
 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

\*  
 MAC 21 DAYS  
 BOSTON 2:50-52  
 LAGUNA BCH 1:44  
 TRAIL  
 WILD WEST 3:35  
 + HIKE WHITNEY 3:00

# May 2000

17 x 1 MILE @ 6:00 C  
 8 x 1 MILE @ 6:00 A.M.  
 (ROAD CONTINUES)  
 25 MILES @ 6:15 AVE  
 APRIL 2000  
 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

## Sunday

TWICE 4 MAC  
 BOSTON = 2:57 (12)  
 LAGUNA = 1:44 9TH  
 WILD WEST = 3:35 3RD  
 ROCK & ROLL =

## Monday

## Tuesday

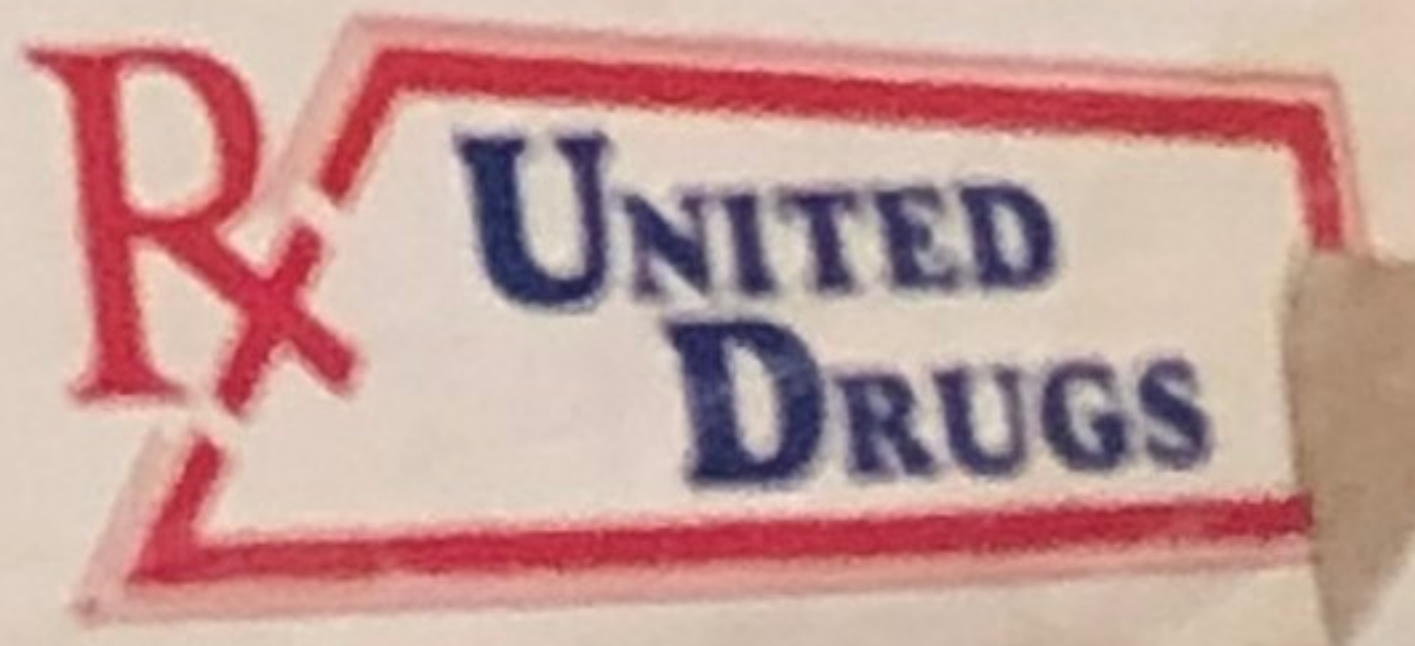
## Wednesday

## Thursday

## Friday

## Saturday

1 RESTDAY!	2 BROOKS SAN JACINTO HIKE @ CERRY EZ	3 RESTDAY!	4 SAU 91 EZ BEACH	5 SAU 96 EZ BEACH	6 SAU 100 UCSD TRACK: 1:57 2:54
7 SAU 105 EZ POB 2X STRIPES	8 RESTDAY!	9 SAU 125 PCT/DESERT VIEW TO KAWAII PT. 1:52 TO PAVE MONT 7.2 MILES ON SURF	10 SAU 130 BEACH @ EZ	11 SAU 142 BUMPS/AHEAD @ 6:52, 6:40, 6:37 6:24 (1:27-48)	12 SAU 147 BEACH @ EZ
13 SAU 151 DEL MAR LOOP/BCH TO TORRE/EXTENSION LULLY G BACK III (114S) HILL	14 RESTDAY!	15 SAU 175 DEL MAR BEACH TO GLORIE PORT VIA HOLLY G 1:15 TO RAY ROCK 1:37 TO G.P.	16 SAU 181 HAIRCUT RUIH @ DEL MAR	17 SAU 186 EZ BEACH	18 SAU 191 EZ BEACH
19 SAU 124	20 RESTDAY!	21 SAU 209 JOHN'S RUN TORREY	22 RESTDAY!	23 RESTDAY!	24 SAU 219 EZ POB/BEACH
25 SAU 224	26 RESTDAY!	27 RESTDAY!	28 RESTDAY!	29 RESTDAY!	30 SAU 235 EZ POB
31 SAU 240 HAIRCUT RUIH @ EL DEL MAR	23 DAZE 182 MILES 8.0 AVE. 6x LBS		23 DAZE 182 MILES 8.0 AVE. 6x LBS		





June 2000  
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

# Four-O

new villa  
26th 28th  
at 30th

with Whitney

# June 2000

130 MILES RUN 7X LBS  
14 DAYS RUN a.2 DAY AVE.  
DR. WORMAN

6X BIKE @ 95 MILES  
11.5 MILE AVE. (760) 901-5180

July 2000  
S M T W T F S  
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

Sunday

Monday

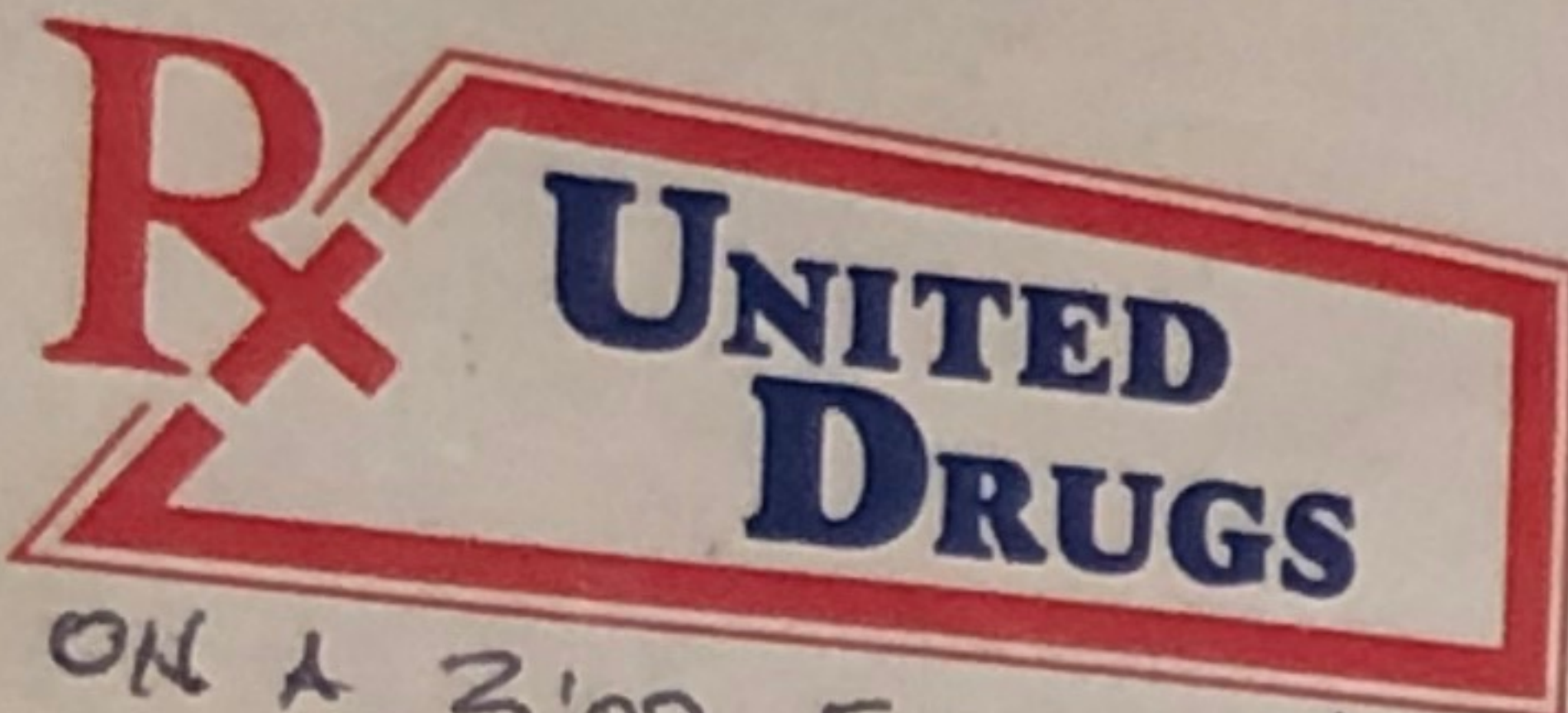
Tuesday

Wednesday

Thursday

Friday

Saturday



LIFE OF SHOES:  
TRAINING 300+ MILES  
RACING 150+ MILES

Mt. Whitney  
6:12 TO TOP \*  
3:34 DOWN  
9:46 1.99  
4:19 TOP  
3:11 DOWN

ON A 3:02 FOR 24 MILES

SUPER DEHYDRATED  
HEAT EXHAUSTION CLOSE  
VIOLENTLY ILL AFTER!!

Day	Notes	Time	Weight
4	Nikes 83 SW 215 Rock & Roll Marathon 3:04:59 7:03 3RD 50-50 TOUGH DAY 10/2 CABT	28   3:15   28   3:15	
5	REST DAY!		
6	SAU 4/4 249 10:30 DR. COPELAND EZ BCH / DELMAR LEGS NOT BAD!!	32   4   32   3:47	137 LBS START 128 LBS FINISH
7	SAU 4/4 254 EZ BEACH TO POB	40   5   37   4:27	
8	SAU 4/4 259 EZ POB BCH	41   5   42   5:08	
9	SAU 4/4 264 EZ BCH / ROAD FORM MILE 0659	5   4   47   5:55	
10	LBS		
11	REST DAY!		
12	SAU 4/4 271 PM RUN IN THE ALABAMA HILLS 0:00 Pool	8   1:11   8   1:11	
13	Books 44 MT. WHITNEY TRAIL HIKE / RUN 5:40 to top / GOOD DAY!	10   25   22   3:08	
14	SAU 4/4 281 AM RUN IN THE ALABAMA HILLS	128   10   40   13:04	
15	REST DAY!		
16	SAU 4/4 287 HAIR CUT RUN	47   7   47   13:51	
17	LBS		
18	SAU 4/4 301 TORREY LOOP BEACH BACK!	148   15   15   1:48	
19	LBS		
20	SAU 4/4 311 BEACH SOUTH TORREY...	10   20   25   3:08	
21	SAU 4/4 LBS BEACH 1:20 DOWN 18:50 BACK HEEL ACHES	5   38   30   3:46	
22	MTN. BIKE !!! TOP OF TORREY 6:31 CT 1/2 MI.	11   2   1:00   30   3:46	
23	MTN. BIKE !!! TOP OF TORREY 6:37 CT MILES	23   1:47   20   3:46	
24	LBS		
25	MTN. BIKE !!! TOP OF TORREY 1.5 MILE @ 30	15   1:12   15   1:12	
26	REST DAY!		
27	MTN. BIKE !!! TOP OF SOLEDAD ADD BACK @ 1.9 MILE	27   2:07   42   3:52	
28	SAU 4/4 LBS FELT OK!! LMO 7:13	24   3   24	
29	FOOT SORE! MTN. BIKE SCRIPTS W 024	15   1:04   57   4:26	
30	LBS 11:30 Physical (11:25) DR. WORMAN SCRIPTS LMO 6:5	15   1:03   72   5:29	

5  
85 MILES  
FOR MONTH  
(6 RIDES)



# ared Shell Race

June 2000

S	M	T	W	T	F	S
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	

now 011A  
26th 28th  
29th 30th  
#139767  
200 JFE 300  
#139768

# July 2000

RUN  $\frac{47}{0X}$   
BIKE  $\frac{215}{12X}$

August 2000

S	M	T	W	T	F	S
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		

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



(JUNE BIKE) 95.5  
6

BLOOD TYPE? INTRA VENEUS 21X pool

CLIMATE OF MARCHES 10 1/2 LONG O/C

LBS 134

1 New Moon LBS

RESTDAY

15.2 AVE. * SA 29 2 MTN. BIKE... SCRIPTS LOOP LJ MILE 6:24	3 LBS RESTDAY	4 LEAVES 5:34 Independence Day MTN. BIKE... MT. SOLIDAD 1:02 to top (1:51-51)	5 LEAVE SAU 6:21 16 37.8 MAX CUYAMACA/ NOBIE LOOP... DEL MAR RUN @ EZ HEEL SNEAKY BETTER	6 HAIRCUT RIDE EZ POB... * HEEL IS SORE IN AM	7 RESTDAY	8 First Quarter SCRIPTS... BD = 5:14 * 5:28 LT MILE
59 15 59 15	15 59	52 27 251 42	235 38 5:26 80 106 8 106 8	26 6 86 5:52	86 5:52	103 17 103 6:57
9 RESTDAY	10 1PM DENTIST APPT. RESTDAY	11 4:43 * SAU 6:21 22 BD SCRIPTS... LJ MILE 4:55 DEL MAR RUN @ EZ NO MAJOR PAIN!	12 213.5 MILES TO TOTAL 17.75 229 13 LBS SCRIPTS... LJ MILE 5:08 * HEEL NOT SORE IN AM	13 SAU 6:21 24 EZ SOLANA LOOP 4:01:43	14 LBS SAU 6:21 26 SOLANA LOOP 4:01:44 4:01:38	15 RESTDAY SCRIPTS... * 4:42 LJ MILE BD @ 5:55
53 6 53 6 1:09 15.2 1:09 15.2	53 6 53 6 1:09 15.2 1:09 15.2	53 6 53 6 1:09 15.2 1:09 15.2	1:01 15.2 2:10 81	16 2 8 1:09	16 2 10 1:25	1:02 15.2 3:13 4:55
16 LBS SAU 6:21 28 Full Moon SOLANA LOOP 4:13:37 / 1:27	17 BSA 4:01 7:10 2PM MAX RESTDAY 8:30 JUP	18 BDO 4:41 PM 1:30 VE LJ MILE 5:05 AM 3 @ 22:16 FM @ 6:58 PM 3 @ 22:01 FM @ 7:05	19 RESTDAY	20 SCRIPTS... DM MILE = 4:30 LJ MILE = 4:59	21 LBS SOLANA CIRCLE 4:01:75 AVE WILL REPEATS...	22 302 MILES ON GIVE 306 TOTAL 306 TOTAL SCRIPTS... 3:04.5 LJ MILE 4:42 DM MILE 4:12
16 2 16 2	16 2 16 2	6 1:44 8 1:00 2:10 27 27 2:10	1:03 15.2 42.2 3:13 :33 5 47.5 3:16	1:03 15.2 42.2 3:13 :33 5 47.5 3:16	1:03 15.2 42.2 3:13 :33 5 47.5 3:16	1:03 15.2 42.2 3:13 :33 5 47.5 3:16
23 RESTDAY	24 RESTDAY Last Quarter Pool Run LBS	25 DR. WORMAN / 9:30A MAY CANCEL IF THINGS BETTER	26 YMCA POOL RUN 3 ON 1 OFF 5 WARM-UP 5 WARM DOWN	27 RESTDAY BAD 20 START 8A 10A, 10A STARTS	28 RESTDAY Pool Run	29 RESTDAY BAD 20 Finish 8A 9A, 10A Finishes
30 1:00 8 1:00 8	31 New Moon 1:00 8 1:00 8	1:40 5 1:40 5	1:40 5 1:40 5	1:40 5 1:40 5	1:40 5 1:40 5	1:40 5 1:40 5





July 2000

S	M	T	W	T	F	S
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

109  
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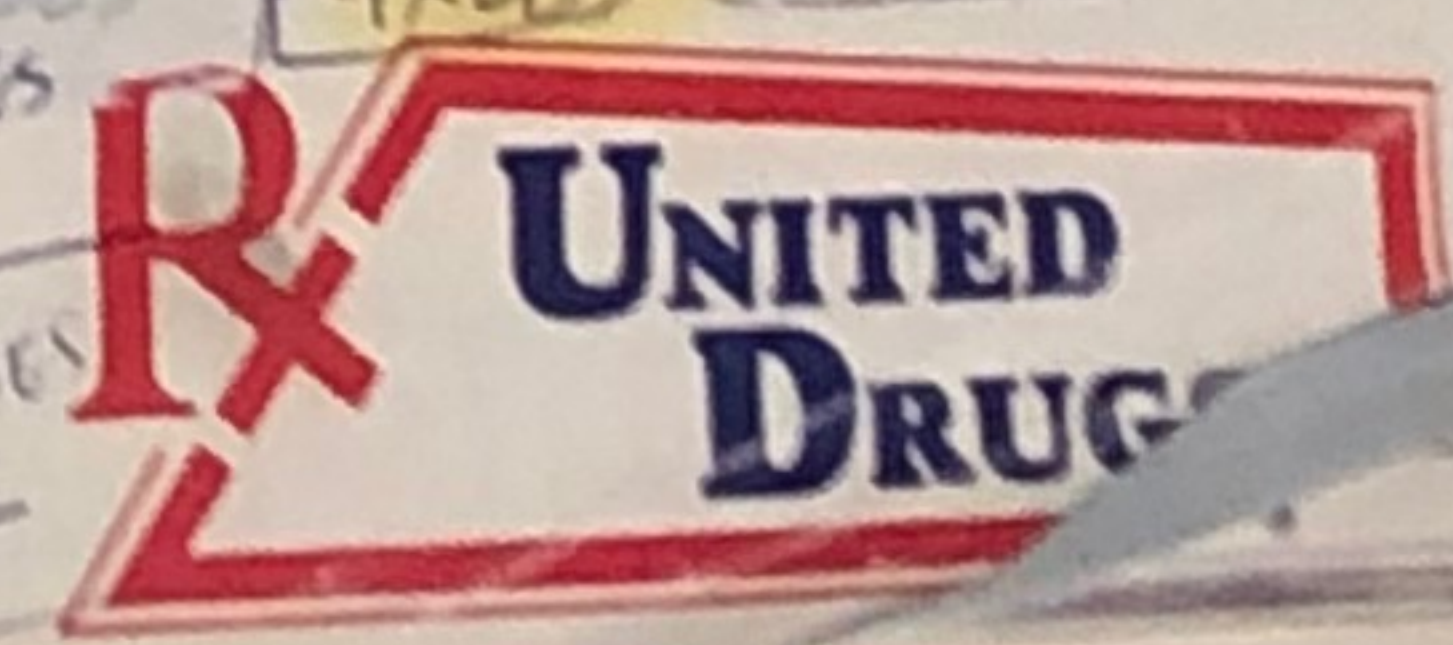
# August 2000

158  
260  
PULLS  
WALKS  
WALKS

September 2000

S	M	T	W	T	F	S
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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM START TOP @ 1:50P = 5:20 LEAVE TOP @ 2:20P BOTTOM @ 8:15P = 5:55 DOWN	(1115 HRS TOTAL) 1/2 HR BREAK	1 REST DR. W. ARSHAWSEX 4:30P POOL RUN YMCA 1:00 8 8 1:00	2 POOL RUN YMCA 1:00 8 16 2:00	3 REST DAY 16 2:00	4 LBS POOL RUN YMCA 1:49 6 22 2:49	5 REST DAY 22 2:49
6 REST DAY	7 First Quarter POOL RUN YMCA :40 5 5 :40	8 R/W POOL RUN YMCA :40 5 10 1:20	9 POOL RUN YMCA :40 5 15 2:00	10 REST DAY 15 2:00	11 POOL RUN YMCA :40 5 20 2:40	12 5:29 8:49 min 11 X 48 PACE POOL RUN YMCA :40 5 25 3:20
13 LBS REST DAY	14 (NITE) #100 (139767 RESS) REST DAY	15 Full Moon MT. WHITNEY FULL MOON W/KE 17:15 22 22 11:15	16 CANCEL POOL RUN @ DAWULLA 139768 BUNCH 50 20 MILE LANT :40 5 27 12:05	17 LBS REST DAY 27 12:05	18 POOL RUN YMCA WASHING MACHINE :40 5 32 12:45	19 POOL RUN YMCA SETUP AEROBICS 30 4 36 12:15
20 LBS REST DAY	21 Pool RUN YMCA ROAD RUN :30 4 4 :30 :31 4 4 :30	22 Last Quarter POOL RUN YMCA HEEL SOPE!! (FUCK IT) :30 4 12 :30	23 POOL RUN YMCA BEACH TAP LBS :30 4 16 2:00	24 8:00 ROAD RUN MIZUNO'S ??? :35 4 20 2:35	25 (ROAD) SOLANA LOOP 9:30 DR. WOLMAN (SKIN PROCEEDURE) CORTIZONE SHOT :32 4 24 3:07	26 (ROAD) SOLANA LOOP FM @ 7:47 :31 4 28 3:38
27 SOLANA LOOP (ROAD) FM @ 7:07	28 REST DAY LBS	29 New Moon SOLANA LOOP FM @ 7:30 :40 5 10 1:20	30 SOLANA LOOP FM @ 7:22 P 7:43 B :40 5 15 2:00	31 SAN JACINTO HIKE DEVIL'S SLIDE UP 2:41:18 DOWN 4P 2:36:36 5:07 16 31 7:07	73 MILES POOL 31 MILES RUN 38 MILES HIKE 142 / 22 DAYS IN 6.4 AVE. DAY 9 X LBS	











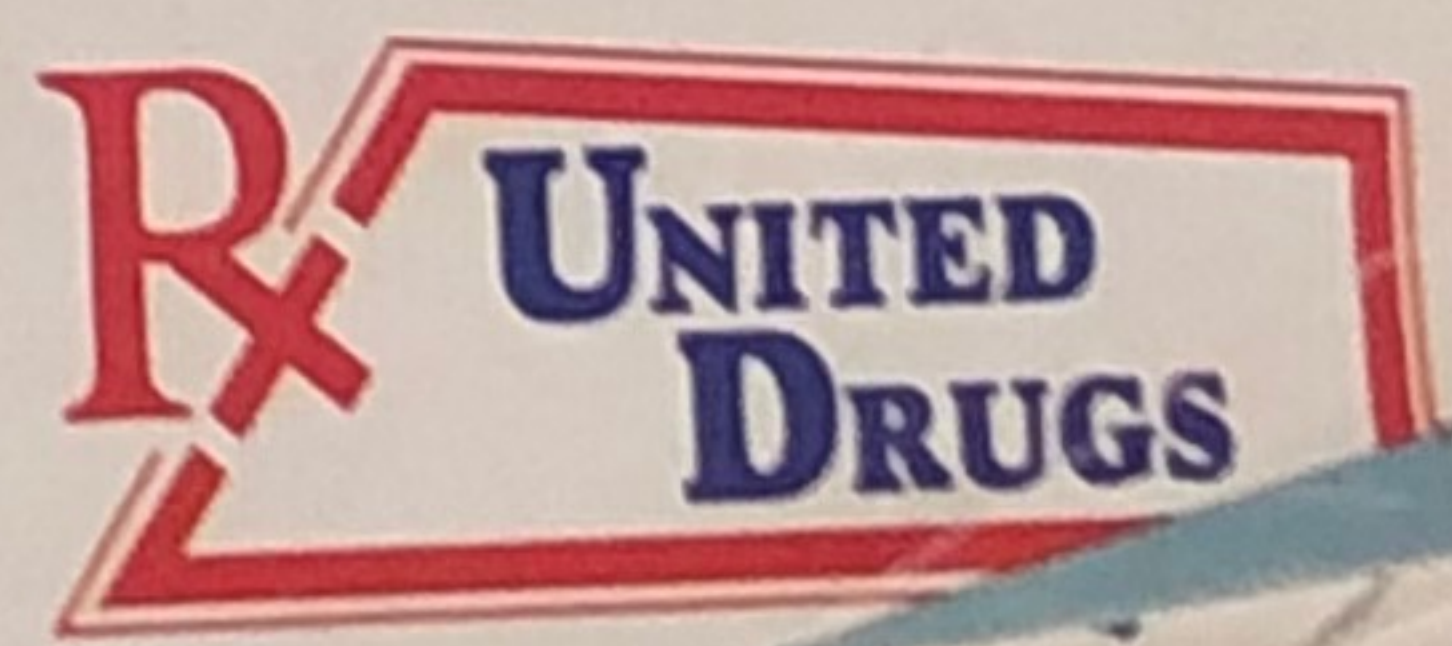
September 2000  
 S M T W T F S  
 3 4 5 6 7 8 9  
 10 11 12 13 14 15 16  
 17 18 19 20 21 22 23  
 24 25 26 27 28 29 30

# October 2000

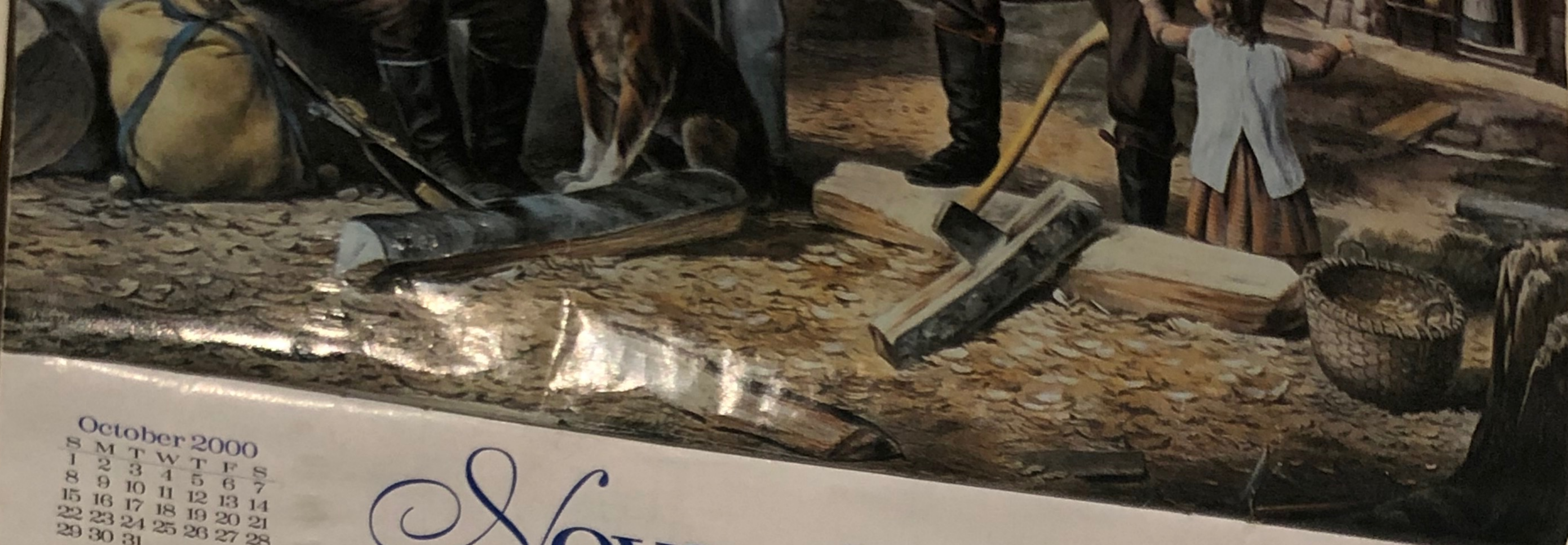
November 2000  
 S M T W T F S  
 1 2 3 4  
 5 6 7 8 9 10 11  
 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25  
 26 27 28 29 30

= RUN  
 = POOL  
 = REST DAY  
 = BIKE  
 = TRAILER  
 = UTE-BUY WEIGHTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 REST DAY	2 POOL WORKOUT (YMCA) 1:30 PM THERAPY	3 HULLY GULLY @ EZ 39:16 DOWN 38:49 BACK	4 POOL WORKOUT (YMCA)	5 HULLY GULLY @ MAC HEAL SORE!!	6 REST DAY	7 POOL WORKOUT (YMCA)
8 REST DAY	9 14TH STREET DEL MAR EZ RAD/FLAT	10 MANMOUTH/SNOW 4.6 STORM (PM) MANMOUTH TOWN RUN @ EZ	11 SNOW CREEK ATHLETIC CLUB TREADMILL RUN @ EZ	12 CANDLERVILLE GYM WORKOUT TREADMILL (M.L. GYM)	13 SS'S BD = 50 FISH SPRINGS ROAD LOOP (39:23)	14 FISH SPRINGS LOOP (38:43)
15 TAHOE RIM TRAIL @ KENT	16 KENT'S BIRTHDAY... TRAILER BORN.	17 ALABAMA HILLS @ EZ (DIRT) MOVIE ROAD.....	18 REST DAY	19 DEL MAR @ EZ CHATELAIN	20 DEL MAR @ EZ LST 2MI @ 7:34/7:24	21 BALDY PEAKS 50K DEL MAR LST 3MI @ 7:14/7:19/7:24
22 REST DAY	23 THERAPY @ 1:30P	24 SOLANA/DEL MAR LOOP @ BD @ 10:00 PACE FROGS TREADMILL @ 8:27 @ 7:30 @ 6:54	25 POOL WORKOUT (YMCA)	26 DEL MAR LOOP (101) LST 3MI @ 7:33/7:25/7:20	27 DEL MAR LOOP @ MAC @ LST 2MI @ 7:17/7:07	28 YMCA TREADMILL 7:15 AVE/4 MILES POOL WORKOUT (YMCA)
29 REST DAY	30 REST DAY	31 TORREY HILTON AND BACK ROAD RUN @ EZ 2 BORN MILES @ 7:10/7:12	RUN = 119 MILES BIKE = 25 MILES POOL = 270 MINUTES 5 WORKOUTS 154 WORKOUT AVE			







October 2000

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				

# November 2000

December 2000

S	M	T	W	T	F	S
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

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

			1 <sup>MIZ</sup> 9/2 249 POOL WORKOUT NON-STOP (YMCA) TREADMILL RUN: 1/2/1/2/1/2/1/2/1/2 45 6 45 6 5 37 5 37	2 <sup>9/2</sup> MIZ 259 101 RUN @ SUB 7 MAC (11:06:47) 7:13 6:48 6:50 6:37 6:51 6:16 6:32 6:43 10 6:20	3 . . .	4 <sup>1/2</sup> MIZ 269 TORREY INSIDE 5 MI MARIL MAC: 40:00 ON 7:22 6:36 35:00 BC 6:47 6:33 6:25
5 . . .	6 . . . * ALLEN/REAL ESTATE TEST * WORMHOLE 7:40	7 <sup>9/2</sup> MIZ 284 RSE/LSI GOLF COURSE LOOP COUNTER CLOCK WISE FEELING HEAL COMING BACK!	8 . . . POOL WORKOUT YMCA FEET POUNDED!! HEAL SORE!! DR. MILLER #1	9 . . . BOTH FEET HAWKED! RESTDAY! SHOES! GOHE!	10 . . . DR. MILLER @ 8:40 #2 RESTDAY! #2	11 . . . RESTDAY! #3
12 . . .	13 . . .	14 . . .	15 . . . DR. MILLER @ 8:40 #3 RESTDAY! #7	16 . . .	17 . . .	18 . . .
19 . . .	20 . . .	21 . . .	22 . . .	23 . . . THANKSGIVING #14 BUSY DAY @ WORK!!	24 . . .	25 . . .
26 . . .	27 . . .	28 . . .	29 . . .	30 . . .		





in the Sanskrit language of yoga) February 13 from 1:00pm until 4:15pm Towne Center.

Yoga Therapist, Karen Abbott

benefit HARP (Holistic Aids Response

Acupuncture and Massage Center

brings so much peace to source of peace for family.

November 2000

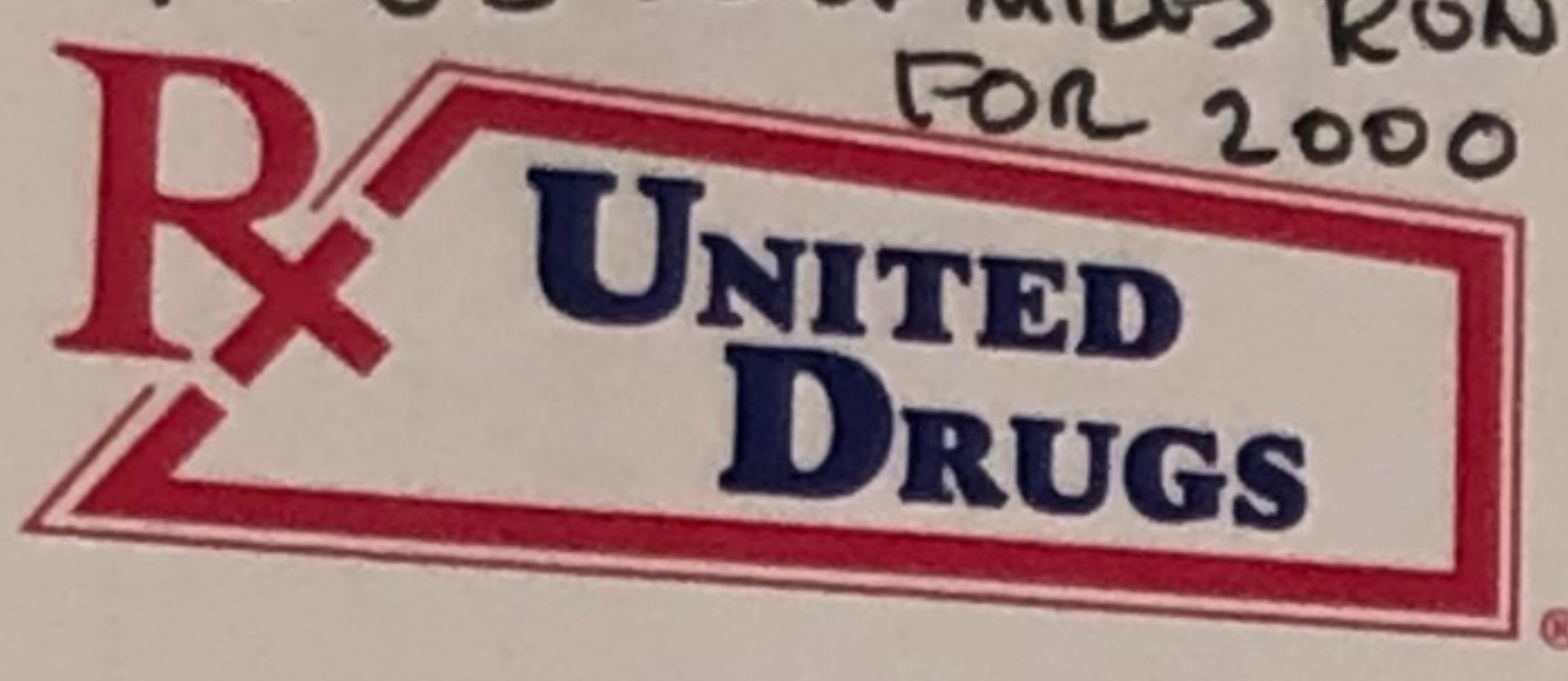
S	M	T	W	T	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# December 2000

January 2001

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			

**Sunday** 1386 MILES RUN FOR 2000  
**Monday**  
**Tuesday**  
**Wednesday**  
**Thursday** 10 MILES RUN WREC.  
**Friday**  
**Saturday**



XMAS BONUS:  
 1<sup>ST</sup> CUT 260.00  
 2<sup>ND</sup> CUT 70.00  
 #330-

3	4 First Quarter	5	6 (HAIRCUT)	7	8	9
REST #24	REST 5LBS 2X10 REPS #25	REST #26	REST 5LBS 2X10 REPS #27	REST #28	REST 5LBS 2X10 REPS #29	REST #30
10	11 Full Moon	12	13	14	15	16
REST (4 WEEKS NO CARDIO) START LAP SWIMS #31	REST 5LBS 2X10 REPS #32	REST #33	REST 5LBS 2X10 REPS #34	REST MRI/COMING? #35	REST 5LBS 2X10 REPS #36	REST #37
17	18	19	20	21	22	23
REST #38	EZ POB (TEST 1) FM @ 7:48 #HEEL SORE!	EZ POB (TEST 2) FM @ 7:54 #HEEL VERY SORE!	REST #39	REST #40	REST #41	REST #42

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DR. NORMAN > JAN 8<sup>TH</sup> 11A MONDAY  
 JAN 29<sup>TH</sup> 7:30A MONDAY