

Teddy Bears



2001

Photography by Susan Hoy



2001 Calendar

JAN.	<u>0</u>
FEB.	<u>0</u>
MARCH	<u>0</u>
APRIL	<u>0</u>
MAY	<u>6</u>
JUNE	<u>125</u>
JULY	<u>166</u>
AUGUST	<u>120</u>
SEPT.	<u>112</u>
OCT.	<u>27</u>
NOV.	<u>12</u>
DEC.	<u>1819 134</u>
702	
MILES	
TOTAL	

Susan Hoy began her business when her two sons were old enough to go to school. Finding herself with a little extra time on her hands, she started her store in the basement of her home selling antiques and toys. Soon her store moved from her basement to a building in San Anselmo, California. It was here that her whimsical window displays of antique teddy bears soon captured the hearts of everyone who strolled by.

When approached by a local calendar and greeting card company to photograph her window displays for use in their products, Susan agreed. Susan was so inspired by the idea of photographing her displays that she set about to do so herself. Purchasing a camera and the proper lighting equipment, Susan began taking the photographs that would be the foundation of her own greeting card company. Today Susan's Card Company is worldwide, with over 3,000 accounts.

Susan's latest project has been publishing a series of books of her travels with one of her most charismatic antique teddy bears, Reginald Oliver Smythe. Reggie, as he is known to his friends, has been to Africa (*Safari*) and Egypt (*Journey Up the Nile*). He says that if he had known that teddy bears flew for free, he'd have become a world traveler long ago.

We hope you enjoy the charming scenes of Reggie and the other bears from Susan's Storeroom contained in this calendar.



Photo © Susan Hoy



DECEMBER

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
31						

FEBRUARY

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		



January

2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New Year's Day 1	New Year's Holiday (N.Z. & Scotland) ● First Quarter Moon 2	3	4	5	6
7	8	○ Full Moon #1 5P DR. CHEN #106 EL CAMINO REAL ENCINITAS	● ● - 10 POOL RUN @ EZ	● ● - 11 Pool @ EZ	● ● - 12 REST! HAIRCUT @ 9A	● ● - 13 Pool @ VIGOROUS
14	Martin Luther King, Jr. Day 15	● Last Quarter Moon INFO ?? (888) 205-4789 #2 4P DR. CHEN BURNER (Phillips) REGATES INTO MAIL INFO ?? 1800 531-0039	:32 4 :32 4 ↓	:32 4 8 1:04 ↓	● ● 8 1:04 ↓	:32 12 1:36 ↓
21	Wellington Anniversary (N.Z.) 22 9:15A DENTIST * TEETH WHITENING? 20:00 LIFE CYCLE @ LEVELS 4-6 7.0 MILES	#3 DR CHEN 3:30p 7.0 miles 20:00 LIFE CYCLE @ LEVELS 4-6	● New Moon 24	25	Australia Day (Aust.) 26	27
28	Auckland Anniversary (N.Z.) Nelson Anniversary (N.Z.) 29 DR. WORMAN 10:40 A	30	#4 DR. CHEN @ 11:30 A	31		
		30:00 LIFE CYCLE 5 MIN LEVEL 3 LEVELS 4-7 x 4 @ 1 MIN HIGH L 8 @ 1 min				

Photo © Susan Hoy



JANUARY

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				

MARCH

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				



February

2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>FEB 13TH</p> <p>1ST MILE SWIM</p>			<p>First Quarter Moon</p> <p>10:30 @ 30:16</p> <p>LIFECYCLE:</p> <p>L2-5M @ 4M</p> <p>L3-7M @ 4M</p>	<p>2</p> <p>RESTDAY</p> <p>-LBS-</p> <p>2x25 (ABS)</p> <p>Sit-ups/push-ups</p>	<p>3</p> <p>10:30 @ 30:00</p> <p>LIFECYCLE:</p> <p>L2-7M @ 4M</p> <p>H @ 1:00</p> <p>WALK/RUN 2MI</p>
<p>4</p> <p>SAN DIEGUITO</p> <p>1/2 MARATHON</p> <p>ROAD RIDE @ EZ BIKE</p> <p>1:22:30 = 16TH PLACE</p>	<p>5</p> <p>-LBS-</p> <p>2x20+ (ABS)</p> <p>RESTDAY!</p>	<p>6</p> <p>Waitangi Day (N.Z.)</p> <p>10:30 @ 30:00</p> <p>LIFECYCLE:</p> <p>L2-6 HI L7</p> <p>ROW MACHINE</p>	<p>7</p> <p>[RESTDAY!]</p>	<p>8</p> <p>Full Moon</p> <p>10:30 @ 30:00</p> <p>LIFECYCLE</p> <p>L2-8 HI B</p> <p>ROW @ 15:00</p>	<p>9</p> <p>RESTDAY</p> <p>-LBS-</p> <p>30 push-ups</p> <p>20 sit-ups</p>	<p>10</p> <p>10:30 @ 30:00</p> <p>LIFECYCLE</p> <p>L3-7 HI B</p> <p>POWER 3x3 @ 500</p>
<p>11</p> <p>RESTDAY</p> <p>-LBS-</p> <p>30x PUSH</p> <p>20x SIT</p> <p>2 SETS</p>	<p>12</p> <p>Lincoln's Birthday</p> <p>[RESTDAY]</p> <p>M L @ PALM SPRINGS</p>	<p>13</p> <p>(SWIM)</p> <p>0:30:00</p> <p>HYATT POOL</p> <p>PALM SPRINGS</p>	<p>14</p> <p>St. Valentine's Day</p> <p>Last Quarter Moon</p> <p>RESTDAY!</p> <p>-LBS-</p> <p>40x PUSH-UPS</p> <p>20x SIT-UPS</p> <p>(2 SETS...)</p>	<p>15</p> <p>LIFECYCLE</p> <p>BIKE / 30:00</p> <p>L3-7 x 4 HI B</p> <p>ROW / 15:00</p> <p>3,000 METERS</p> <p>WALK / 10:00 10%</p>	<p>16</p> <p>RESTDAY</p> <p>-LBS-</p> <p>2x20x2</p>	<p>17</p> <p>BIKE - ROAD</p> <p>12</p> <p>SIDE</p> <p>13</p> <p>HARBOR</p> <p>37.2 / 1:30:33</p> <p>15-16 AVE MPH</p>
<p>18</p> <p>RESTDAY</p> <p>-LBS-</p> <p>2x20 SIT-UPS</p> <p>PUSH-UPS</p>	<p>19</p> <p>Presidents' Day</p> <p>BIKE - ROAD</p> <p>AVE. 14</p> <p>(WINDY)</p> <p>TAMARACK AND BACK / CARLSBAD</p>	<p>20</p> <p>YMCA</p> <p>MILE SWIM:</p> <p>35:29</p> <p>1750</p>	<p>21</p> <p>BIKE - ROAD</p> <p>CARLSBAD</p> <p>-LBS-</p> <p>2x20x2</p>	<p>22</p> <p>Washington's Birthday</p> <p>YMCA</p> <p>MILE SWIM</p> <p>35:33</p> <p>1750</p>	<p>23</p> <p>New Moon</p> <p>RESTDAY</p> <p>-LBS-</p> <p>1x20x2</p>	<p>24</p> <p>ROAD BIKE</p> <p>UP > 46.43</p> <p>BACK > 50:01</p> <p>HEADWIND</p> <p>BACK - 50:00</p> <p>WOW!!</p>
<p>25</p> <p>RESTDAY!</p> <p>-LBS-</p>	<p>26</p> <p>YMCA</p> <p>MILE SWIM</p> <p>34:59</p> <p>1750</p>	<p>27</p> <p>(RAIN!)</p> <p>LIFECYCLE</p> <p>LEVELS 6-11</p> <p>FOR 50:00</p> <p>60:00 RIDE @</p> <p>90RPM - 21:00</p>	<p>28</p> <p>ASK WEDNESDAY</p> <p>YMCA</p> <p>35:48</p> <p>MILE SWIM</p>	<p>SWIM: 5 MILES</p> <p>BIKE: 229 miles</p>	<p>8500 yds = 4.829</p>	

Photo © Susan Hoy

9 SWIMS $\frac{17,500 \text{ yds}}{8 \text{ MILES}}$ (1,722 yds AVE.)
 12 BIKES $\frac{285 \text{ MILES}}{23.75 \text{ AVE.}}$

17500 yds
 1944 yds
 AVE

FEBRUARY

5	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			

APRIL

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					



March

2001

8.8 Miles

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17500 yds 9.943	GOAL: 12 MILES SWIM 260 MILES BIKE 23.5 AVE. BIKE RIDE x 12 9 SWIMS @ 15,000 yds + 16,000 yds	9 SWIMS 12 BIKE 285 MILES 1 HIKE 3 MILES 284 mi BIKE/12 17,500 yds SWIM 8 REST DAYS	17,500 yds LACOSTA LOOP: 47:17	St. David's Day (U.K.) BIKE/ROAD 1:46 26 26 1:46 CARLSBAD INN LACOSTA UP 25:24 CBVW BACK 21:53	First Quarter Moon 35 LAPS / 1 MILE SWIM/POOL 1:34 34 34 1:35 WORKING ON STROKE!	RESTDAY
BIKE/ROAD TORREY UP 6:35 DM UP 5:24 1:47 10 10 1:47	JAN @ 3P DEEP TISSUE MASSAGE DR. WORMAN! 12:00 P. PRE-CANCER SPOTS REMOVED SWIM/POOL 1:34 0:31 1:59	2160 MILES 585 CALS LIFECYCLE 22 1:00 32 1:47 L3 7-12:25 @ 90 RPM L3 7-12:25 @ 100 RPM	SWIM/POOL :40 2000 1:15 3750 @ EZ	BIKE/ROAD 1:45 26 58 3:32 CARLSBAD INN LACOSTA AVE. LOOP 47:03	RESTDAY!	SWIM/POOL :40 2000 1:55 5750 @ EZ
TORREY REEL GETTING BETTER! BIKE/ROAD EZ DELMAR 1:52 10 :52 10 TUP 6:45 DMUP 6:01	Taranaki Anniversary (N.Z.) RESTDAY!	15.0 AVE. BIKE/ROAD 1:40 2:35 50 3:27	RESTDAY! (HEAD COLD)	REST! (HEAD COLD)	BIKE/ROAD 14.5 AVE. 25 45 75 5:12 CARLSBAD INN	REST!
RESTDAY!	St. Patrick's Day Observed (N. Ireland) SWIM/POOL 1:31 2000 :39 2000 @ EZ	Vernal Equinox 8:31 a.m. E.S.T. TORREY HIKE 1:30 3 1:30 3 PREMIER!	SWIM/POOL 1:40 1:2 1:19 2:4 2000 @ EZ	BIKE/ROAD 1:32 26 26 1:32 15.8 AVE. MPH 24.7 MI	HAIRCUT * SWIM/POOL 1:40 1:2 1:39 3:6 2000 @ EZ	SCRIPTS TORREY BIKE ROAD (1107100) 15 1:00 46 2:52 D 6:35 B 6:01 @ 6:45 @ 5:18
Mother's Day (U.K.) RESTDAY!	Orago Anniversary (N.Z.) RESTDAY! 4X10 (P/S)	14.7 MPH AVE 28.2 MAX MPH BIKE/ROAD 1:43 2:54 43 2:54 CAMP PENDLETON DELMAR BCH	SWIM/POOL 1:40 2000 1:40 2000 @ EZ	0:51:00 UP 0:51:00 BNY	SWIM/POOL 1:39 2000 1:19 4000 @ EZ	SCRIPTS TORREY 15 1:05 04 5:46 D 6:45 B 5:18

Photo © Susan Hoy

17500 yds
in MARCIL

29,000 yds
SWIM FOR MO.

16 MILES
477 yds.

★
GOALS FOR MONTH:

10x > 12 MI/SWIM
15x > 350 MI/BIKE

April

2001

150 yds

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	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				



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Daylight saving time begins in the U.S. & Canada (turn clocks ahead 1 hour)
☉ First Quarter Moon

ROAD BIKE
CARLSBAD

38	3:4	38	3:4
----	-----	----	-----

11.4 AVE 29.0 MAX

7 WEEK OF SWIMMING

RESTDAY!

34:08 MILE (14)
33:19 MILE (15)
LSD
SWIM/YMCA

1:07:27	1:07:27	3500
---------	---------	------

STEADY! STRONG!!
NEGATIVE SPLIT!!

ROAD BIKE
CARLSBAD

1:34	26	64	4:53
------	----	----	------

☉ EZ

TOTAL 18 MILES TO DATE
SWIM/YMCA

1:40	2000	1:47	5500
------	------	------	------

31,500 yds / 5 / 21000

ROAD BIKE
CARLSBAD

26	90	1:35	6:28
----	----	------	------

☉ EZ (WINDY)

Full Moon
BIKE

1:00	30	2:17	7:00
------	----	------	------

3x BIKE 90M
3x SWIM 700 yds / 4M
SWIM/YMCA

Passover (begins at sunset)
Palm Sunday

BIKE/ROAD

1:15	1:00	1:15	1:00
------	------	------	------

HILLS: TORREY INSIDE 6:17
DELMAR 5:13

*ASK ART ORTHOTICS??
RESTDAY!
2:20 P WORMAN
CANCER SPOTS OFF
ARM/FACE
8TH WEEK OF SWIM WORKOUTS

LSD (YMCA)
BIKE
LIFECYCLE

22	1:00	37	2:00
----	------	----	------

L 8-13 @ 40:00
10:00 WARM UP/IN 40'

SWIM/YMCA

1:37	37	2000
------	----	------

*37:20>

1:34:34
CARLSBAD INN

1:34	26	334	63
------	----	-----	----

OUT > 47:35
BACK 46:57 26

Good Friday
SWIM/YMCA
OCEAN PADDLE/BP

1:00	2000	4:00	1:37
------	------	------	------

1:34 1750 15750 2:11

SWIM 300 yds
:55 AEROBICS/DNEP

MATT
COVE SWIM

33	2:24	96	5:58
----	------	----	------

MT. SOLEDAD
VIA PAPER 11:36 to 11:20
LA COVE BACK

LJ COVE
EZ

25	1:30	25	1:30
----	------	----	------

LAJOLIA COVE
Swim club???

Easter Monday (Aust., N.Z., U.K. except Scotland)
RESTDAY!
DR. BAILEY
@ 2PM

LSD
SWIM/YMCA
(70 LAPS)

1:00	3500	1:10	3500
------	------	------	------

MILE 1 34:49
MILE 2 35:14

LAJOLIA COVE

25	1:46	50	3:16
----	------	----	------

DOWN 53:28
BACK 52:28

SWIM/YMCA

1:40	2000	1:50	5500
------	------	------	------

LAJOLIA COVE

1:45	25	75	5:01
------	----	----	------

MAC ATTACK!!

AVS 39,500 yds
1795 22,443 yds
MILES (18250)

1:33	1750	2:23	7:25
------	------	------	------

33:20 MILE

Earth Day
YMCA/POOL

32	1:50	32	1:50
----	------	----	------

*32:07 MILE

St. George's Day (U.K.)
• New Moon
RESTDAY!

LSD 45
YMCA/POOL

1:07	3500	1:39	5250
------	------	------	------

MILE 1 33:14
MILE 2 33:50

ANZAC Day (Aust. & N.Z.)
LAJOLIA COVE

1:45	25	1:45	25
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DOWN --- BK ---

YMCA/POOL

33	1750	2:12	7:00
----	------	------	------

33:08 MILE

National Arbor Day
LAJOLIA COVE

1:45	25	50	3:30
------	----	----	------

☉ EZ

33:01 MILE

LAJOLIA 29
1/2 MARATHON

25	2:00	25	2:00
----	------	----	------

MAR

☉ First Quarter Moon
RESTDAY!
HEAD COLD...

~~DOWN --- BK ---~~

~~DOWN --- BK ---~~

336 MILES/BIKE
13 RIDES
25.8 AVE.
27,000 yds/swim
12 SWIMS
2,250 AVE.
19.3 MILES TOTAL

Photo © Susan Hoy

APRIL

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

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					

SWIM = 12,000 / 7 MILES
 BIKE = 100 MILES
 HIKE = 43
 RUN = 6 MILES



May


2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(11) DEVILS SLIDE TO TOP 05:24 2.5 = 55:24 1.9 = 43:53 1.0 = 32:04 2.4 = 47:35 1.3 = 12:49 3:11:45	55:24 DEV SL UP 45:28 DEV SL DN	RESTDAY!	RESTDAY!	(BIKE) LAJOLLA COVE 3 1:25 1:44 TERRY INSIDE 5:51 DEL MAR 5:18	(BIKE) LAJOLLA COVE 4 25:48 50:32 2 MILE TERRY INSIDE 8:58 DEL MAR 5:01	(BIKE) LAJOLLA COVE 5 25:14 75:15 5:15 TERRY INSIDE 6:23 DEL MAR 5:02
(12) RESTDAY!	Early May Bank Holiday (U.K.) Full Moon DR. WORMAN @ 2:20 P	RESTDAY!	RESTDAY!	RESTDAY!	RESTDAY!	YMCA SWIM 174:33 175:53 @ EZ
(13) Mother's Day (U.S., Canada, Aust. & N.Z.) RESTDAY!	RESTDAY!	STE SAC 15 SAN JACINTO HIKE 170:11 170:11 T. H. QUIZZ PEAK @ 11	RESTDAY!	YMCA SWIM 17 150:33 170:33 GOOD!	(BIKE) LJC COVE 18 25:47 25:47 1:47 TI 6:42 DM 5:04	LJC COVE / YMCA SWIM 19 32:17 50:05 35:09 ✓
(14) RESTDAY!	SANTEE RUN @ EZ 1:30 3:30 3:30 3:30 WEST HILLS HS AND PARK	HIKE 22 SAN JACINTO 5:55 16:21 19:25 6:25 UP 3:11 DN 2:44	YMCA SWIM 23 30:10 30:10 30:10	RESTDAY!	YMCA SWIM 24 33:17 33:17 33:17 1:06 32:55	RESTDAY!
(15) Pool SWIM @ EZ 175:34 34:34 175:34	DEL MAR RUN @ 8:00 24:3 24:3	SAN JACINTO HIKE 16:14 16:14 16:14 3:10 UP (150) TOP 5:04 DN	RESTDAY!	Pool SWIM 31 34:17 34:17 1:08 35:00 STEADY!		

Photo © Susan Hoy

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

June 2001



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TOTALS RW 125/17/7.3 AVE SWIM 17,600/9/10.05 miles 1955 AVE yds			17100 yds		
RI 3	Queen's Birthday (NZ) 4	5	6	7	8	9
EZ POB DIRT/BEACH DON'T GO ON THE DIET!! 40 5 40 5	DR. KANE 1:40P BLOODTEST RESTDAY!! 0 0 40 5	YMCA/POOL SWIM (LSD) - 1:08:49 - 1:04 3500 1:09 3500	EZ POB @ 8:00 FM @ 7:28 TORREY BEACH HILL ML'S RUN ED GUIDER POST - GREAT!! 2:39 11 3:49 16	YMCA/POOL SWIM @ EZ - 34:49 + 3500 750 5250 1:40:00	EZ POB ROAD!! FM @ 7:15 38 5 3:57 21	YMCA/POOL SWIM - 32:44 - 33 1750 33 1750
RI 10	Queen's Birthday (Aust. except WA) 11	12	13	14	15	16
EZ POB FM @ 7:13 - 37:03 - 37 5 5 37	DR. WORMAN 2:00P RESTDAY! 0 0 5 37	YMCA/POOL SWIM PM/PAUMA VALLEY ML'S ROAD HIKE/RUN CHESTERFIELD AVE EZ POB Bumps AHEAD FM @ 7:28 29:22 1500 29:22 1500	AM/PAUMA VALLEY ML'S ROAD HIKE/RUN PM/DOORUN RD EZ POB Bumps AHEAD FM @ 7:28 1:36 6 18 3:11	YMCA/POOL SWIM RESTDAY! PM (HIKE) 2100 3125 3600 108:50	RESTDAY! PM (HIKE) 0 0 23 3:53	ML'S DOORUN ROAD 36:22 to 3mi mark 0:58 7 12 1:35
RI 17	18	19	20	21	22	23
ML'S DOORUN ROAD 36:22 to 3mi mark 1:07 6 6 1:07	ML'S RECORD DOORUN ROAD 42:50 to turn 36:05 to 3mi mark 1:16 7 13 2:23	SOLANA LOOP PLUS Hilly/Billy! LONGEST RUN IN 7 MONTHS 1:36 11 24 3:59	EZ DEL MAR TRACKS/DIRT @ EZ 5 46 29 4:45	RESTDAY! 0 0 29 4:45	HAIR CUT RUN @ EZ 38 5 34 5:18	YMCA Pool Swim - 35:05 - 33 1750 33 1750
24	25	26	27	28	29	30
LOWTIDE BEACH RUN @ EZ 1:59 7 59 7	RESTDAY! 0 0 7 7	MT. SAN JACINTO DEER SPRINGS TRAIL LOOP GREAT!!/FOOT NOT RPT!! 5:35 19 26 6:34	15 RUN DUE POOL 18 LAP POOL @ SEAV EZ POB/BEACH @ LOWTIDE 1:18 1000 1:18 1000	RESTDAY! 0 0 31 7:14	EZ BEACH LOWTIDE RUN 1:40 5 36 7:54	EZ POOL 1 1/2 miles 1:48 2500 3500 1:06

JULY

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				

SEPTEMBER

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					

6x POOL
30 MILES

149 MILES
19 WORKOUTS
7.8 MILE AVE



August

2 MILES SWIM
10 DAYS OFF

2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
120 30 2 0	13 RUNS WIND 6 RUNS POOL 2 SWIM 10 0.2/5 OFF 31	120 MILE RUN/13 9.2 MILE AVE 29 MILES POOL RUN 4.8 MILES AVE/6 2 MILES SWIM/2 10 DAYS OFF	401 MILES 12 WKS. 33.4 WK. AVE. JUNE 1 - AUG 25	1 R1 189	2 R1 193	3 Full Moon RESTDAY!
0 0 1 5	Summer Bank Holiday (Scotland) Civic Holiday (Canada) RESTDAY!	R5FGC LOOP NON-STOP 8:00 PACE	RESTDAY!	LAGOON RUN 1:02:17 7:47	SOLANA LOOP @EZ	RESTDAY!
40 5 40 5	RESTDAY!	2:10:00 16 2:10:00 16	Pool SWIM	8 R1 215 9	32 4 134 12	RESTDAY!
Last Quarter Moon	12	13	14	15	16	17
30	RESTDAY!	*HOT POLO FIELD 1:16:09 00:38:31 B0 37:38	POOL RUN 10x1:00 HARD	RI 245 16	40 5 40 32	Full Moon FULLY GUILTY 1:14:42
34 175 34 1750	RESTDAY!	1:16 10 1:16 10	40 5 15 1:56	50 6 340 22	40 5 40 32	RI 255 18
19	20	21	22	23	24	25
RESTDAY!	RESTDAY! START NUTRITION ADVICE / NO PT CALL WORKMAN APT BLOOD TEST NEXT MON START FASTING	21 POOL RUN 15x1 MIN HARD	20 1:14:48 POLO FIELD 0 = 37:44 B = 37:08	19 @MAC FM @EZ40 FULLY GUILTY 1:11:01 0:36: B34:45	18 *START/STOP DIRECTIONAL POOL RUN 10x1:00 HARD	17 1:14:39 POLO FIELD 0 37:59 (7:29 AVE) B 36:36
40 5 15 1:55	40 5 15 1:55	1:15 10 1:15 10	1:11 10 25 3:06	30 4 29 3:26	1:15 10 39 4:51	
26	27	28	29	30	31	
RESTDAY!	Summer Bank Holiday (UK except Scotland) RESTDAY!	14 LAGOON RUN 1:02:47	RESTDAY!	LAGOON RUN 28:30 B 27:28 0:40: B 6:52	RESTDAY!	
0 0 0 0	0 0 0 0	1:03 8 8 1:03	0 8 1:03	56 8 16 1:59		

AUGUST							OCTOBER						
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				

September

44

2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			112 MILE RUN 14 DAYS 8.0 DAY AVE. 15 DAYE OFF			
2 EZ SOLANA LOOP	3 704/29 (Canada) MT. BALDY 8 AM ICE HOUSE CANYON	4 RESTDAY DR. WABERNOWSKY	5 704/31 LAGOON RUN 0:30-1:30	6 704/40 EZ SOLANA 1000 1:13:15 HULLY WULLY O 37:23 / 7:24 B 35:52 / 7:10	7 704/50	8 RESTDAY
9 Grandparents' Day CALL DOW VILLA CONFIRM RESO. RESTDAY!	10 704/57 DOW VILLA #156145 #260 10th-11th DOW VILLA 16:00 ALABAMA HILLS LOOP	11 704/79 LEAVE @ 6A :22 AT BACK @ 7P TOP MT. WHITNEY DAY HIKE WINDY / COLD 40 GREAT DAY!!! 15-20 mph 7:45 STOP 5:46 BTM	12 704/87 ALABAMA HILLS 8:08:08	13 RESTDAY!	14 704/95 LAGOON RUN O 26:53 B 26:39 * 53:11	15 704/98 HAIRCUT RUN EZ
16 RESTDAY!	17 New Moon 11:45A DR. WABERNOWSKY RESTDAY!	18 704/103 EZ POB BEACH WALK @ BLACKS @ ML 40/5 40/5 2:30/5 3:10/10	19 RESTDAY	20 RESTDAY DAY 1	21 RESTDAY 2	22 RESTDAY 3
23 RESTDAY 4	24 704/112 First Quarter Moon SOCANA LOOP EZ	25 704/120 LAGOON 7:26 FOOT BETTER!!	26 RESTDAY!	27 704/128 EZ DEL MAR 1000 FM @ 7:11	28 * BOTH FEET HURT CONSTANT PAIN AT WORK!	29 RESTDAY!
30 RESTDAY!	31 :30/4 :30/4	1:59:20/8 1:29/12	1:12/12 1:29	1:02:14/8 2:0/2:31	1:20/2:31	

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



November

2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>With 2002 almost here, it's time to start planning with a new Cedco calendar. Write us for a complete catalog of our 2002 calendars.</p>		<p>MARK TWIN Roughing it</p>		<p>Full Moon POOL SWIM</p>		<p>POOL RUN 3 @EZ</p>
			<p>SINCE OCT 1st 29375 yds.</p>	<p>1750 31:53 *PR</p>	<p>RESTDAY!</p>	<p>3326 1750 1554 3500</p>
<p>4</p>	<p>Guy Fawkes Day (U.K.) SWIM 5</p>	<p>Election Day 6</p>		<p>Last Quarter Moon SWIM 8</p>	<p>Canterbury Anniversary (North & Central N.Z.) 9</p>	<p>10</p>
<p>RESTDAY!</p>	<p>14:26 875 POOL RUN :32 4 SWIM</p>	<p>POOL RUN</p>	<p>RESTDAY!</p>	<p>170 3103 5955 3500 RUN :52 16 2 10 10 10</p>	<p>POOL RUN</p>	<p>RESTDAY!</p>
<p>2</p>	<p>14:24 875 28:52 1750</p>	<p>104 8 1:36 12</p>	<p>3</p>	<p>SWIM</p>	<p>32 2:24 4 18</p>	<p>4</p>
<p>Veterans Day Remembrance Day (Aust., Canada, & U.K.) 11</p>	<p># 26 12</p>	<p>13</p>	<p>14</p>	<p>New Moon 15</p>	<p>16</p>	<p>17</p>
<p>RESTDAY!</p>	<p>POOL RUN</p>	<p>POOL RUN</p>	<p>RESTDAY!</p>	<p>POOL RUN</p>	<p>RESTDAY!</p>	<p>POOL RUN</p>
<p>5</p>	<p>:40 5</p>	<p>:40 5 1:20 10</p>	<p>6</p>	<p>:40 5 2:00 15</p>	<p>7</p>	<p>:40 5 2:40 20</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>Thanksgiving Day First Quarter Moon 22</p>	<p>23</p>	<p>ORIFLAMME CANYON 3000' CLIMB</p>
<p>RESTDAY!</p>	<p>POOL RUN</p>	<p>RESTDAY!</p>	<p>POOL RUN</p>	<p>RESTDAY!</p>	<p>POOL RUN</p>	<p>5:30 18</p>
<p>8</p>	<p>:45 6</p>	<p>9</p>	<p>:51 6 1:36 12</p>	<p>10</p>	<p>:48 6 2:24 18</p>	<p>11</p>
<p>25</p>	<p>26</p>	<p>(36 DAYS) 27</p>	<p>28</p>	<p>29</p>	<p>St. Andrew's Day (U.K.) Full Moon 30</p>	<p>SWIM 7875 / 4.5 ROAD RUN 72 ROAD RUN 12 TOTAL 84 DAYS OFF 12 BIKE 18</p>
<p>RESTDAY</p>	<p>POOL RUN</p>	<p>ROAD RUN LITTLE ORPHAN ALLEY / DEC MAR</p>	<p>POOL RUN</p>	<p>RESTDAY!</p>	<p>ROAD RUN LITTLE ORPHAN ALLEY / DEC MAR</p>	<p>4426 6 24 3:07</p>
<p>11</p>	<p>:48 6</p>	<p>44:54 6 12 1:33</p>	<p>50 6 18 2:23</p>	<p>12</p>		

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TOTAL FOR MO
134 | 19 | 17:09 (1029 MILE)

7.0 AVE
RESTDAYS 8



December

2001

NOVEMBER						
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	

DECEMBER						
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 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Cedco calendars make great holiday gifts. Write us for a free full-color catalog.

		<p>POOL 15 2:00 RUN 134 17:09 RESTDAYS 8 TOTAL RUNDAYS 19 RUNDAY AVE 7.0</p>	<p>17:09 UCSD TRACK WORKOUT 12.22.01 702 miles FOR YEAR</p>	<p>2 mi W 1/2 mile 1 mile 1/2 mile 1 mile 1 mile 2 mi W</p> <p>9:07/8:25 warm-up 6:40 STRIDES 6:16 MILE ① 5:19 EZ 1/2 MILE 1/2 2:55 1/2 3:10 = 6:05 ② 6:05 EZ 1/2 MILE 1/2 2:57 1/2 2:57 = 5:54 ③</p> <p>17:00 WARM DOWN</p>	<p>1 RESTDAY! 1</p>	
<p>2 LITTLE ORPHAN ALLEY ⑦ 7:14</p>	<p>Westland Anniversary (N.Z.) 3 POOL RUN</p>	<p>SKY 6 4:30 PR 4 LITTLE ORPHAN ALLEY ⑦ 7:11</p>	<p>#49 5 POOL RUN</p>	<p>SKY 12 6 LITTLE O'ALLEY ⑦ 7:10 ⑦ 7:05 ⑦ 7:07 ④ 6:32 ⑥ 7:08 ⑥ 6:51 ⑦ 6:59</p>	<p>⑦ Last Quarter Moon RESTDAY! 3</p>	<p>8 EZ HR ⑦ 7:28 DELMAR ⑦ 7:21 ⑧ 7:15 ⑨ 7:20 ⑤ 7:43 ⑥ 7:05 ⑦ 7:38 ⑧ 7:21</p>
<p>6 43:26 SKY 26 9 LITTLE ORPHAN ALLEY ⑦ EZ ⑦ 7:30 * NO TAPE</p>	<p>Hanukkah (begins at sunset) 10 900yds SWIM 15:54 POOL RUN</p>	<p>6 43:06 12 1:27 SKY 36 11 TORREY PINGS: 736, 725, 718, 717 729, 726, 754, 658 736, 730 ⑦ 7:14 * NO TAPE</p>	<p>32:07 4 1:04 8 #56 12 RESTDAY! 2</p>	<p>6 4:56 18 2:09 SKY 142 13 LITTLE ORPHAN ALLEY 716, 658, 704 632, 658, 638 4131 ⑦ 6:55</p>	<p>⑦ New Moon RESTDAY! 2</p>	<p>8 5:43 26 3:09 DELMAR 15 EZ HR ⑦ 7:30 ⑦ 7:10 ⑧ 7:22 ⑨ 7:24 ④ 7:08 ⑤ 7:16 ⑥ 1:357 ⑦ 6:37 5658/707 * PR</p>
<p>6 44:17 #60 16 RESTDAY! 3</p>	<p>#44 20 #203 17 RESTDAY! LONG BEACH CA 11:41 N/A BOAT LEAVE MARINA TRAMP POINT 10A WHL DRUNK 9AM TO BOAT</p>	<p>SKY 62 6 LOOPS CONFIRM 18 #11127561 \$160 PEBBLY BEACH CA, CALIFIA PEBBLY BEACH (MORNING) 731, 730, 735, 732, 727 733, 728, 730, 730, 730 731, 731 ⑦ 1:30 ⑦ 7:30</p>	<p>SKY 178 19 3 LOOPS 54:58 CATALINA 2 mi WARMUP @ 12:00 7:36, 752, 740, 746 LEGS HEAVY / FEET OK</p>	<p>6 42:22 242 SKY 174 20 84 PEBBLY BEACH RUN 3 LOOPS BOAT RETURN 11:30A # R379208 12:30 \$84</p>	<p>⑦ VINTAGE SQUARE 12:22 PM EST 2.5 MILES TO DATE EZ SOLANA BEACH</p>	<p>8 5:17 30 3:39 SKY 108 22 UCSD TRACK 2 1/2 MILE WARM-UP 8x100 STRIDES 3x1 MILE ① 6:16 ② 6:05 ③ 5:56 1/2 MILE EZ FROM 2 MILE</p>
<p>4 RESTDAY! 23</p>	<p>5 RESTDAY! 24</p>	<p>12 1:30 SKY 190 17 UCSD LSD: 738 ⑦ 7:27 ③ 7:28 ④ 7:23 ⑤ 7:28 ⑥ 7:18 ⑦ 7:21 ⑧ 7:13 ⑨ 7:14 ⑩ 7:13 ⑪ 7:00 ⑫ 7:31 (7:22 AVE)</p>	<p>6 5:55 18 2:25 SKY 140 26 EZ POB 39:57</p>	<p>145 6 24 3:20 SKY 102 HR 1 111 27 UCSD TRACK: 8x400 @ 1:28 AVE. 400 REST</p>	<p>3 27 24 354 SKY 114 28 HAIRCUT RUN ⑦ EZ</p>	<p>9 11:14 5:08 36 SKY 123 29 UCSD TRACK 3x1600/800R ① 6:07 ② 6:11 ③ 6:07</p>
<p>6 30 RESTDAY 8</p>	<p>31 SKY 128 7 5M ⑦ EZ NO TAPE! COPPAT...</p>	<p>12 1:28 30 40 5 17 2:08 8 103 25 2:11</p>	<p>24 3 28 235 9 11 37 4:38</p>			