

Kittens

a sixteen-month
2005 calendar

2005



JANUARY

NOV. (20) 152.38 (7.41)
DEC (20) 183.54 (9.16)
JAN (21) 172.73 (8.22)

86.98 / LAST 2 WEEK OF 2004 / 8 DAYS

43.15 WEEK AVE. (5 DAY)
8.22 DAY AVE

3 (61) 508.45 (8.33)
5X RACE 1ST 50.4X
169.48
WORTH AVE.
42.37 WEEK AVE

TUE

WED

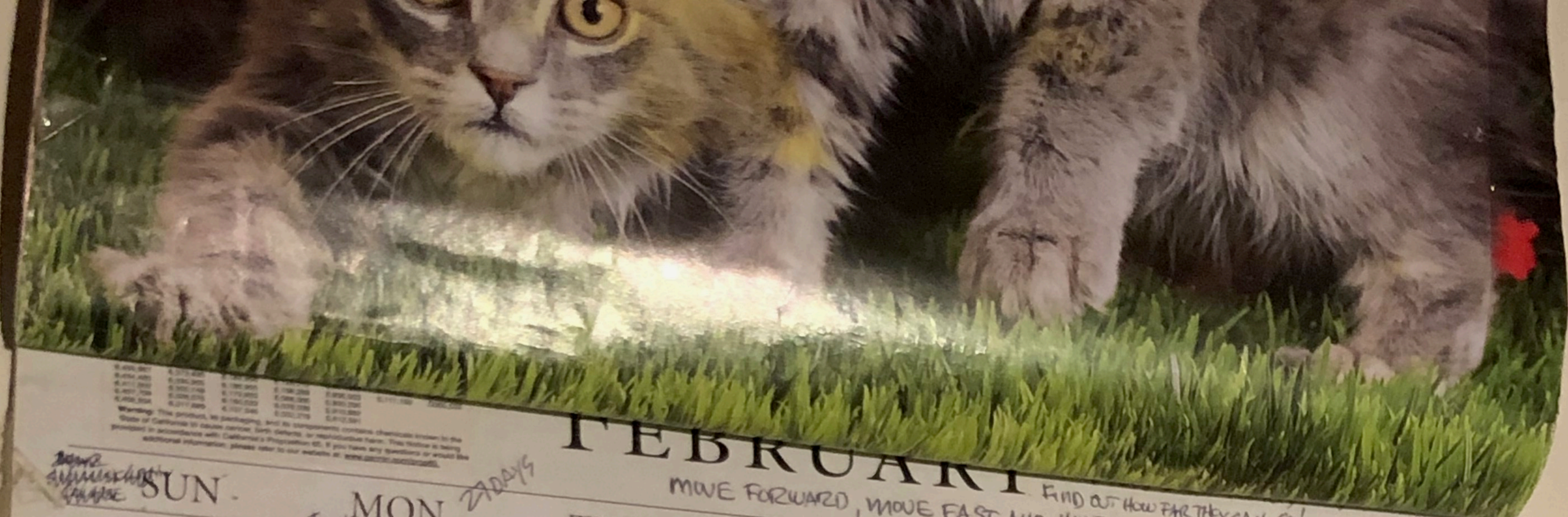
THU

FRI

SAT

NOV. DEC JAN	NOV. 1 - JAN 15	GOAL * 2005*	CARLSBAD MILE	1 1115
508.5	10 WEEKS 407.79 MILES 49 DAYS RUN 8.3 DAY AVE. 40.7 WEEK AVE. 5 RACES NOV. 152.38 JAN 15 DEC. 183.54 72.17	252 DAYS RUN @ 8.0 AVE. 2086 MILES 21 DAY/MONTH 168 MONTH (AVE)	1115 68 GUYS 50 WOMEN 24TH CIA 1ST 55-59 > 5:50 1ST 50-54 > 6:27 STEVE SCOTT > 4:49 80+ 10:52 12:01A 4:26	126 DEL MAR WOODS @ 7:59A
4	5	6	7	8
16 PEGASUS 111	1115 SANCHEZ 133	1115 SANCHEZ 140	1115 SANCHEZ 147	1115 SANCHEZ 155
DEL MAR WOODS @ 8:31 STEADY RAIN!	DEL MAR WOODS @ 8:03A	MAR WOODS @ 7:56A	DEL MAR WOODS 7:23 @ 7:59A	DEL MAR WOODS 36.86 @ 7:25
7.00 2 14	21.03 3 7.3	4 7.1	35.63 5 7.12	43.88 6 7.1
7.09 2 14	21.03 3 7.3	4 7.1	35.63 5 7.12	43.88 6 7.1
7.2 100 7.2 1:00	7.2 100 7.2 1:00	7.2 100 7.2 1:00	7.2 100 7.2 1:00	7.2 100 7.2 1:00
9	10	11	12	13
NO CARDIO!	NO CARDIO!	NO CARDIO!	NO CARDIO!	NO CARDIO!
DEL MAR BRIDGE @ 8:13 AVE	HAIRCUT RUN DEL MAR WOODS @ 8:10 AVE	NO CARDIO!	NO CARDIO!	NO CARDIO!
51.93 7 7.4	60.03 8 7.50	0 0 0	0 0 0	0 0 0
51.93 7 7.4	60.03 8 7.50	0 0 0	0 0 0	0 0 0
1:06 8:05 1:06 8:05	1:04 8:10 1:04 8:10	0 0 0	0 0 0	0 0 0
16	17	18	19	20
88	197	119	204	12
RIDGE @ 8:00A	NO CARDIO!	CREST CANYON BEACH/ROAD BACK! @ 9:07 AVE	LAGOON RUN @ 9:43A	DEL MAR WOODS @ 8:05A
8.03	15 LBS-5	89.53 11 8.13	97.75 12 8.14	104.84 13 8.06
8.03	15 LBS-5	89.53 11 8.13	97.75 12 8.14	104.84 13 8.06
9.21 2:30 17.46	9.21 2:30 17.46	1:20 8:35 3:40 25.71	1:04 8:10 1:04 8:10	1:06 8:05 1:06 8:05
23	24	25	26	27
NO CARDIO!	130	235	140	233
NO CARDIO!	TORREY BEACH WALK LADY TALK @ 3:00 17:00	TORREY FLAT ROCK and BACK @ 8:55	LAGOON/HELENA HILL LOOP BACK THRU LAGOON @ 9:25	DEL MAR BRIDGE @ 8:13 ROAD RUN @ EZ
15 LBS-5	12.4 11 16 7.19	16.34 17 18.03	146.45 18 8.13	154.58 19 8.13
15 LBS-5	12.4 11 16 7.19	16.34 17 18.03	146.45 18 8.13	154.58 19 8.13
2.8 1 40 3 140	2.8 1 40 3 140	1:41 1:43 14.4 2:24	1:35 10:11 24:13 3:59	1:06 8:13 15:05 32.4
30	31			
94.3 47.5	90.64 9:58			

94.3 47.5 90.64 9:58 14:12
100 mi / 24 HRS



FEBRUARY

MORE FORWARD, MOVE FAST AND HAVE FUN! FIND OUT HOW FAR THEY CAN GO! T.S. ERNOT

66 DAYS @ 21 AVE

***** 5-DIGIT 92014

SUN
 173.31 MILES
 21 DAYS
 8.2 DAY AVE
 43.32 WK AVE

***** 5-DIGIT 92014

JOHN MONTGOMERY
 PO BOX 145
 DEL MAR
 CA 92014-0145

MON
 JAN 15 - FEB 10
 21 DAYS

TUE

WED

THU

FRI

SAT

1	2	3	4	5
1115 SAUCONY 260 CARLSBAD @ 8:35 A (21) WOZZY? 137.5 LBS	1116 PEGASUS 148 SAN EUJO CAGION TRAILHEADS/CITY STREETS 4111	02103 SAUCONY 8 CARLSBAD @ 8:12 A	1116 PEGASUS 156 SAN EUJO LAGOON - EL CARIO HILL @ 8:50 A	02103 SAUCONY 16 DELMAR BRIDGE @ 7:33 711 AVE BACK
190.84 22 8.2 8.2 1 8.2	188.84 23 8.2 16.4 2 8.2	196.95 24 8.2 24.2 3 8.2	204.91 25 8.2 32.2 4 8.2	212.99 26 8.2 40.2 5 8.2
110 8.1 110 8.1	1:08 18.0 2818 16.1	1:06 18.1 3.24 24.2	1:10 7.16 4.34 32.15	1:01 18.05 5.35 40.26
8 1116 PEGASUS 164 CARLSBAD 101 TAMARACK @ BACK @ 8:56	9 02103 SAUCONY 22 RACETRACK VIEW @ BZ 6.22 MILES - 138.5 LBS -	10 1116 PEGASUS 168 EZ 101 @ 9:15 12 GEAR HEAD COLD??	11	12
221.52 27 8.15 48.22 6 8.02	227.27 28 8.1 54.54 7.12 7.12	233.34 29 8.04 60.6 8 7.21
112 8.00 112 8.00	:54 16.0 2166 14.2	:50 16.0 3.02 20.22
13	14 1116 PEGASUS 171 - 136 LBS - EZ HOOD @ 9:32 HEAD COLD! WEAK!	15 1116 PEGASUS 175 EZ HOOD @ 10:17 BEACH FEELING BETTER!!!	16 0463 SAUCONY 27 136 LBS POBRUN @ 8:09 A WORK 8 1/2 HRS / BETTER!	17 02103 SAUCONY 33 LITTLE ORPHAN ALLEY (ROAD) @ 8:03 A WORK 8 1/2 BETTER!
236.37 30 7.2 63.64 9 7.2	240.62 31 7.15 67.92 10 6.19	245.39 32 7.15 72.64 11 6.15	251.46 33 7.12 78.73 12 6.15	257.51 34 7.2 84.72 13 6.15
24 3.52 123 3.52	:44 4.2 113 7.21	:39 4.74 1:52 12.05	:49 6.1 2:41 18.12	:48 6.05 3:29 24.15
20 02103 SAUCONY 52 DELMAR @ 7:53 RAIN!	21	22	23 02105 SAUCONY 58 HAIR CUT AN RACETRACK VIEW @ 8:20	24 02105 SAUCONY 64 DELMAR WOODS + @ 8:00
269.2 36 7.48 96.2 15 6.45	275.11 37 7.45 103.05 16 6.45	283.1 38 7.45 110.40 17 6.45
47 6.0 :47 6.0	:52 6.26 1:39 12.26	:59 7.26 2:38 19.26
27 02105 SAUCONY 82 5mi MARK (FLYER) TORREY INSIDE @ 7:47 AM. (9)	28 02105 SAUCONY 92 TORREY GATE @ 8:01 (FLYER)
301.25 40 7.2 128.42 19 6.7	313.10 41 7.15 140.31 20 7.24	321.78 21 7.15 152.62 21 7.15	291.1 39 7.45 118.22 18 6.38
119 10.02 119 10.02	140 10.02 2.96 22.52	:52 6.26 1:39 12.26	8.05 11.05 3:43 27.15

JANUARY 2005							MARCH 2005						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1							1
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30	31		
30	31												

11.53 > 140.0 312.73

BPA
BEST PRACTICES
OF AMERICA, LLC

DEC 1 - MARCH 31
4 MONTHS

DEC. 183.34 (20) 173.67
JAN. 172.73 (21) 173.67
FEB 173.31 (20) 8.27
MARCH 165.30 (23) DAY AVE.
TOTAL MILES 694.68 (84) DAYS
619.280.9000

TUE

WED

THU

FRI

SAT

115 = 100
84 DAYS 21 DAY AVE

1 1116 PEGASUS 182 ROAD/BEACH @ JC: HE'S LOOKING AND FEELING GREAT! HEART PROBLEM 240'S 260 WOODS...	2 (3) RESTDAY!! DAY 1	3 1116 PEGASUS 99 DEL MAR WOODS @ 7:28 * FLYER	4 1116 PEGASUS 189 BEACHED @ 8:33	5 02105 SAVANNAH 1106 DEL MAR WOODS @ 7:21 * FLYER
6 1116 PEGASUS 199 LAGOON/SAH ELIJO HILLS @ 8:58A	7 1116 PEGASUS 210 BLACKS BEACH LJ FARMS HILL XZ MOON AVE. 1ST 2ND 9:40 W 3RD 1ST 2ND 9:48 @ 9:28	8 02105 SAVANNAH 116 CREST CANYON DOWN/BEACH BACK @ JC @ 10:07 EZ	9 1116 PEGASUS 7 LAGOON 2ND TRAILHEAD TO SAH ELIJO HILLS @ 9:40	10 02105 SAVANNAH 124 DEL MAR BRIDGE @ 8:09A HOW DOES HE DO IT?
11 RESTDAY!!	12 1116 PEGASUS 225 LAGOON CORINA TRAILHEAD @ 9:05 160.87 44.3 22 DAYS 7	13 RESTDAY!!	14 RESTDAY!!	15 1116 PEGASUS 230 TRACK WOODS/AM VCS D TRACK 2X MI @ 5:56A GOOD! * (1)
16 RESTDAY!!	17 1116 PEGASUS 129 LAGOON 2X CORINA PM BEACH @ EZ GPS RESET/BREK	18 02105 SAVANNAH 128 WANT NEIGHBORHOOD RUN 4X STAIRS SCINA BEACH NORTH	19 02105 SAVANNAH 140 GWY FLEMING TRAIL LOOP @ 7:59	20 1116 PEGASUS 243 BEACH @ EZ DELMAR SAFE FLIGHT CALF? @ 9:52
21 RESTDAY!!	22 02105 SAVANNAH 145 POB RUN @ EZ CALF BETTER - STILL TENDRITIS RIGHT SIDE... CALF	23 02105 SAVANNAH 150 EZ HOOD RAIN!	24 03124 PEGASUS 5 POB RUN @ 8:16A @ EZ CALF BETTER!	25 03124 PEGASUS 10 DELMAR @ 7:48 FLYING - 375 STEPS
26 RESTDAY!!	27 RESTDAY!!	28 03124 PEGASUS 22 ORPHAN ALLEY @ 8:09 EVERYTHING GOOD!	29 02105 SAVANNAH 156 ORPHAN ALLEY @ 7:58 BETTER YET!	30 02105 SAVANNAH 162 ORPHAN ALLEY @ 7:59

FEBRUARY 2005							APRIL 2005						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28						24	25	26	27	28	29	30

163 201
168
660 4.10
165 mi AVE

3.23 34.24 9.14
3.27 35.56 9.27

6 RESTDAY!!

13 RESTDAY!!

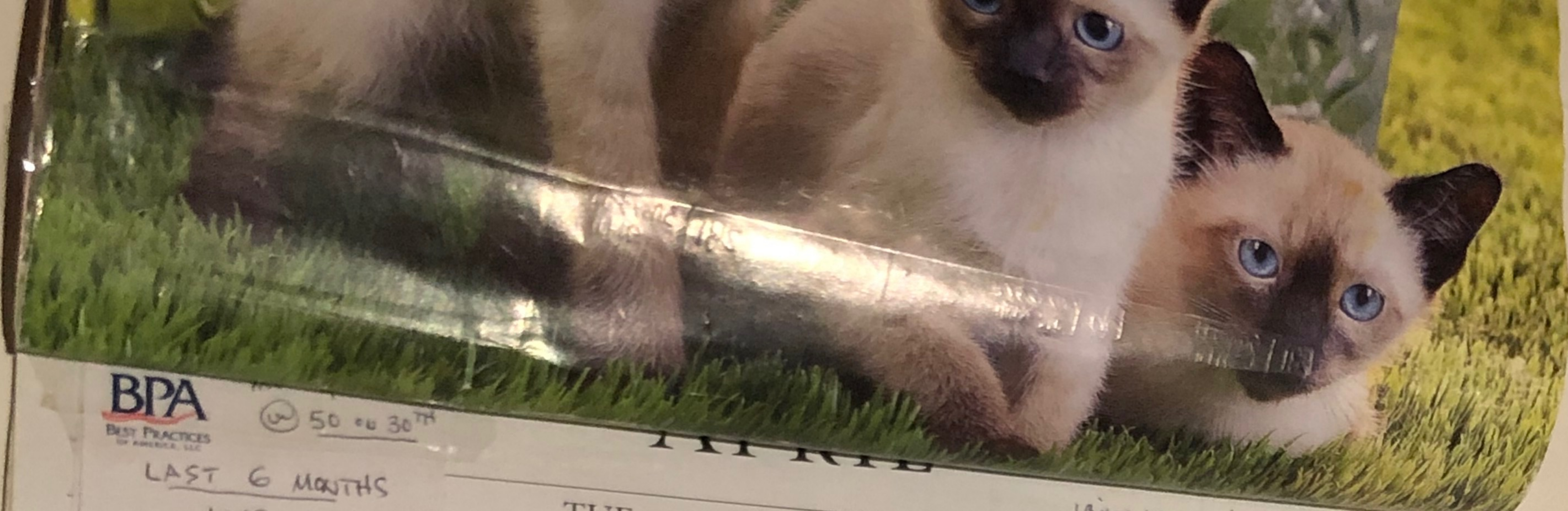
20 RESTDAY!!

27 RESTDAY!!

PALM SUNDAY
FIRST DAY OF SPRING

EASTER

EASTER MONDAY



BPA
BEST PRACTICES
OF AMERICA, LLC

50 to 30TH

LAST 6 MONTHS

1019 MILES
121 DAYS
42.10 WK,
8.42 DAY

169⁸³
MOUTH
AVE.

619.280.9000

1 Billion 100 million / CARNOLES

TUE	WED	THU	FRI	SAT
CARLSBAD 5K's			1 • 0	2 • 1 •
2002 - 18:24 4th / 126 3:55			RESTDAY!	RESTDAY!
2003 - 18:45 1st / 180 8:02				
2004 - 18:00 2nd / 162 8:09				
2005 - 18:58 8th / 144 6:06				

03124 PEG. 34 3 11/25 17	4 • 1 •	5 ⁰²¹⁰⁵ SAUCON'S 192 Guy FLEMING CREST CANYON @ 9:06	6 ⁰²¹⁰⁵ SAUCON'S 199 Bumps AHEAD!! COOL! @ 8:18	7 ⁰³¹²⁴ PEGS 38 HAIRCUT RUN @ 8:54	8 ⁰²¹⁰⁵ SAUCON'S 204 3:20p SUN ECLIPSE MISSED IT... POB @ 7:31 FLYER!!!	9 ⁰³¹²⁴ PEGS 1 53 RSF EC LOOP @ JC @ 8:48A wow!! (5)
5:52 12:08 CARLSBAD 5K 18:23 18:58 (6.06) 8th 55-59	RESTDAY!	30.8 2 15.0 509.2 66 7.71	36.8 3 12.2 516.2 67 7.72	40.9 4 10.2 520.2 68 7.63	45.9 5 9.9 525.2 69 7.61	61.9 6 10.2 540.2 70 7.62
17.0 1 17.0 496.37 65 7.63 17.0 2 17.0 17.0 2 17.0	10 • 1 •	1.58 13.0 3:14 30.0	1.57 6.0 4:11 36.0	1.36 4.0 4:47 40.0	1.38 5.0 5:25 45.0	2.13 15.0 7:28 61.0
RESTDAY!	11 • 1 •	12 ⁰³¹²⁴ PEGS 73 RSF C X2 2ND LOOP @ 8:51A TOTAL @ 9:09 AVE WOW! WOW! 20	13 ⁰⁴¹⁰⁵ SAUCON'S 209 POB RUN @ 7:58 -	14 ⁰⁴¹⁰⁵ SAUCON'S 214 POB RUN STEADY @ 7:56	15 ⁰⁴¹⁰⁵ SAUCON'S 219 POB @ 7:56	16 ⁰⁴¹⁰⁵ SAUCON'S 225 POB + @ 7:30 SMOOTH 40
		81.2 7 11.0 560.2 71 7.82	86.2 8 10.2 565.2 72 7.82	91.2 9 10.2 570.2 73 7.82	96.2 10 9.6 575.2 74 7.82	102.2 11 9.2 581.2 75 7.82
17 ⁰⁴¹⁰⁵ SAUCON'S 230 POB @ 7:52	18 • 1 •	3:06 20.2 3:06 20.2	40 5.0 3:46 25.0	40 5.0 4:26 30.0	40 5.0 5:06 35.0	41 5.0 5:47 41.0
	19 ⁰⁴¹⁰⁵ SAUCON'S 258 DM BRIDGE @ 7:49 AVE.	115.2 13 8.0 544.2 77 7.72	128.2 14 9.0 607.2 78 7.72	133.2 15 8.0 612.2 79 7.72	138.2 16 8.0 617.2 80 7.72	144.2 17 8.0 625.2 81 7.72
107.0 12 8.4 586.8 76 7.71 5.0 4.0 5.0 4.0	20 • 1 •	1:03 18.0 13.0 14.3	1.44 13.0 26.0 19.2	1.50 15.0 30.0 21.0	1.50 14.0 36.0 21.0	1.52 14.0 36.0 21.0
24 • 1 • GRAND CANYON: 4:25 - 5:04 RESTDAY	25 • 1 • RESTDAY!	26 ⁰⁴¹²⁴ SKYLINE 6 LITTLE ORPHAN ALLEY NEW SKYLINE! @ 8:00	27 ⁰⁴¹²⁴ SKYLINE 11 GRAND CANYON VILLAGE @ 8:31	28 ⁰⁴¹²⁴ SKYLINE 6 RAIL TRAIL @ 8:02	29 • 1 • RESTDAY!	30 ⁰⁴¹²⁴ SKYLINE 40 WALL CREEK BEAUTIFUL HOT SCARY GET VERY SICK WHAT A DAY
		150.2 18 8.0 629.2 82 7.67	154.2 19 8.0 635.2 83 7.67	160.2 20 8.0 641.2 84 7.67		193.2 21 9.2 674.2 85 7.67
		1.48 6.0 4.8 6.0	1.40 4.0 4.8 6.0	1.60 5.0 16.0 21.0		1.30 4.0 13.0 17.0

12 20 10

GRACES
12.74.21

12.20.10
SINCE APR. 11

STOCKS
074.100
202 519
601/85
1.49

		TUE		WED		THU		FRI		SAT	
1	SICK / RESTDAY!	3 ⁴¹²⁸ PEGS 50	4 ⁰⁴¹²⁶ SKYS 16	5	6	7 ⁰⁴¹²⁶ SKYS 21	GOOD TAPE 1800-400-1942				
	RESTDAY!	INDIAN GARDENS POWER HIKE (22.04) DOWN 1:40 BACK 1:38	GC VILLAGE/KENNELS ROWE/WILKINSON RUN W/NE @ 11:47	RESTDAY	URGENTCARE @ 11:00 EKG CAT SCAN	BLACKS @ EZ 11:56 AM					
	PASSOVER END EASTERN ORTHODOX EASTERN MAY DAY	3:35 9:76 3:35 9:76	15:06 87 7:53			20:15 3 6:11					
8	04/26 SKYS 8 • NEW 26	9 ^{04/26} SKYS 31	10 ^{04/26} SKYS 39	11 ⁴¹²⁸ PEGS 56	12 ^{04/26} SKYS 45	13 ⁴¹²⁸ PEG 64	14	RESTDAY!			
	EZ POB @ 8:06 BEST SINCE 4/30 (19)	FEELING BETTER... HOOD @ EZ @ 9:16	BEST YET... DEL MAR WOODS @ 7:58	LAGOON @ EZ TIRED BUT BETTER WORK 8:24	LITTLE O ALLEY @ 8:01 BEST DAY YET!	LAGOON @ EZ 9:25A					
	25.21 4 6.30 701.21 89 7.87	30.22 5 6.30 706.22 90 7.84	38.4 6 6.30 714.4 91 7.82	44.18 7 6.30 720.18 92 7.8	50.15 8 6.30 726.15 93 7.8	58.21 9 6.30 734.21 94 7.81					
15	04/26 SKYS 15 53	16	17 ⁴¹²⁸ PEGS 78	18 ^{04/26} SKYS 60	19 ^{04/26} SKYS 68	20 ^{4/26} PEGS 84	21 ^{04/26} SKYS 78				
	DEL MAR BRIDGE @ 7:49 BEST RUN SINCE 4/30 39.05 WK. AVE	20 WEEKS DENTIST @ ILLA (856) 242-8180 DE. WORKMAN @ 1:40P	RSE GC LOOP @ 9:16 GOOD!! WORKS TIRED	HAIRCUT RUN @ EZ BOVA	DM BRIDGE @ 7:57A STEADY/GUP! (140 LBS)	LAGOON @ EZ 9:09A 1ST HILL (INVEST ST) 140 PAIN MEDS	101 / TORREY 5MI MARK @ STEADY!				
	66.52 10 6.32 742.52 95 7.81 10318 1103 8.01		81.48 11 7.40 757.48 96 7.81 2419 114.96 22.97	88.10 12 7.34 764.10 97 7.82 100 6.32 24.29 9.21	96.65 13 7.43 772.65 98 7.82 108 6.32 5.29 38.1	102.82 14 7.34 778.82 99 7.82 56 6.32 44.31 6.26	111 (139.5 LBS)				
22	135 LBS RESTDAY!	23 ^{04/26} SKYS 86	24 ^{04/26} SKYS 92	25 ^{4/28} PEGS 96	26 ^{04/26} SKYS 97	27	28 ^{04/26} SKYS 105				
	RESTDAY!	SWAMI'S @ JC @ 8:54A NEGATIVE - BACK	DEL MAR @ 8:14 LBS HOT! DAY 3 ANTIBIOTICS STOP	LAGOON TENNIS COURTS H2O GOLF BACK @ 9:08	POB @ 7:55 AM	WORK YET! RESTDAY! RIGHT FOOT KNOWS	DM BRIDGE & FOOT PATER @ 7:40 AM				
	142 39.48 WK AVG 34	121.41 16 7.51 797.41 101 7.81 11718.61 8.61 11.17	127.44 17 7.44 803.44 102 7.81 49 15.92 2.06 14.58	140.01 18 7.38 816.01 103 7.92 155 12.53 4.01 27.21	145.14 19 7.63 821.14 104 7.82 40 5.21 32.22 4.44		153.14 20 7.65 829.14 105 7.82 102 18.53 15.43 40				
29	RESTDAY!	30	31 ^{04/26} SKYS 123	180.00 MONTH? 855 = YEAR. 163 MO. AVE AVE	SHINGELLA BOYDII	APRIL 2005 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 2005 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			
	RESTDAY!	RESTDAY!	8:56 16.01 AVE FOR 170 WOOD TOWER BAY LMI @ 6:22 150 / + 1 MILE	171.53 21 8.12 847.53 106 7.95 18.30 18.30 18.30 2.44	MAY 6 URGENTCARE MAY 19 CAT RECENT MAY 20 URGENTCARE MAY 22 - MAY 26 METRONIDAZOLE 3X1 500 MG 2X1 500 MG CIPROFLOXACIN						
	149	150	151	845.73	21 21 20 62						

53.34
561.15
51.02
754.34
370.12
619.280.9000

LAURA
(513) 258-6222

JUNE

61 DAYS
7.62 AVE. | 52 DAYS
8.50

SUN

MON

TUE

WED

THU

FRI

SAT

SANTA BARBARA
F RESTAURANT - 1234 STAFF
PRESIDIO MOTEL
PRADO INT

1125 SAUCS - 22

(1:54:13 / 8:38 AVE.)

04/26 SKYS 5 | 153

Rocky Rock MARATHON
LAST 1/2 @ 8:30 PACE
@ J.C. 3:40!

30.01	3	10.03	
877.67	109	8.55	
16.04	2.21	16.04	2.21

6 • • • New Moon

15 LBS 8!
DENTIST 1:00 PM
(858) 292-888
WARSHAWSKY 3:00 PM

04/26 SKYS | 1632

UCSD TRACIC
1 MI @ 5:53 88+36
1/2 MI @ 2:49
1/4 @ 84 6000!
1/4 @ 81

40.01	4	10.02	
887.61	110	8.55	
10.02	11.21	26.04	3.42

1 04/26 SKYS | 129

LITTLE O'ANNY ALLEY @ 8:17A
LEGS LITTLE SQUE!

6.04	1	6.04	
853.41	107	7.92	
50	16.04	1.50	6.04

04/26 SKYS | 100

HAIRCUT RUN @ EZ

43.98	5	8.38	
891.04	111	8.55	
5.97	84	30.01	4.16

2 • • •

RESTDAY!

15 LBS 8!

51.06	6	7.52	
898.11	112	8.55	
54	7.08	37.09	5.10

04/26 SKYS | 170

DEL MAR WOODS @ EZ?

BPO 6:33

3 04/26 SKYS | 137

DM BRIDGE

DH @ 5:24

14.06	2	7.93	
881.03	108	7.92	
108	8.02	1:58	14.06

10 • • •

RESTDAY!

15 LBS 8!

4 • • •

RESTDAY!

04/26 SKYS | 179

DM BRIDGE @ STEADY
CREAT... WEEK!
907.51 =

BPO 5:30

59.85	7	8.55	
907.51	113	8.55	
1:09	8.79	16.19	45.05

12 • • •

RESTDAY!

13 • • •

RESTDAY!

14 107

POB LOOP (RAILTRAIL) @ EZ

67.04	8	8.38	
914.20	114	8.55	
7.19	11.06	17.15	11.06

15 188

DEL MAR WOODS @ EZ

74.12	9	8.33					
921.11	115	8.55					
7.09	15.59	14.30	20.5	56.00	7.01	21.35	3.01

16 195

DEL MAR WOODS @ EZ

81.30	10	8.11
920.55	116	8.55

17 • • •

RESTDAY

18 • • •

RESTDAY!

19 | 25

1:18 2:41 3:03 5:30 (25)

SANTA BARBARA MILE 5:30 ???

91.20	11	8.39	
938.80	117	8.55	
1:30	10.02	11.30	10.02

20 208

POB RUN @ EZ

PM SWANN'S BEACH @ EZ

103.55	12	8.52	
951.25	118	8.55	
12.45	11.53	22.45	8.23

21 • • •

RESTDAY!

8

22 208

HAIRCUT RUN POB + @ EZ

89

109.22	13	8.39	
992.11	119	8.55	
51	16.04	28.01	14.14

23 216

DEL MAR BRIDGE H2O @ 7:55

88

118.18	14	8.38	
965.78	120	8.55	
1:07	18.33	5:21	8.65

24 231

NORTH/BEACH ROAD @ 8:48

88

133.16	15	8.21	
985.10	121	8.55	
2:12	14.02	5:11	7.33

25 236

POB RUN @ EZ

GOOD WEEK!

138.25	16	8.55	
985.80	122	8.55	
1:41	15.02	5:11	8.14

26 • • •

RESTDAY!

27 • • •

RESTDAY!

DR. WORMAN 3:20 P
WARSHAWSKY 11:30 AM

28 • • •

RESTDAY!

29 242

LITTLE O' ANNIE @ 7:50

LEGS GOOD!

144.36	17	8.42	
991.06	123	8.55	
1:48	14.08	6.10	6.10

30 250

DM BRIDGE @ 7:53

SMOOTH!

152.44	18	8.42	
1000.01	124	8.55	
1:04	18.01	4:23	11.52

MAY 2005							JULY 2005						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	31					24	25	26	27	28	29	30
							31						

181 DAYS / 123 DAYS RUN - 6 MO'S 2004
58 DAYS OFF

0621
 (760) 724-4000
 WHITNEY PORTAL HOTEL
 BEST WESTERN

JULY

#256 KING BED NEXT TO DOOR ULLA

SUN	MON	TUE	WED	THU	FRI	SAT
JUNE 2005 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	AUGUST 2005 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	TOO MUCH SNOW FOR RUNNING SHOES "GET 'EM IN SEPTEMBER" BROKE LEFT SUNG. FINGER?	I AM START... July 12 MT. WHITNEY FELL IN LONG PINE CREEK (NORTH FELL) BROKE HIKING POLE IN HALF. - LEFT SIDE SURE (CHIP) HIKED TO BOTTOM OF SCORCH BUCKS TO MUCH SLIPPER SLIDING SHOW COVERED NO CATCH SEVERAL ON TOP OF "ICE STREAM COBBLES!"	July 11 BAPWATER 120° SCOTT JUREK 24:35:08 COURSE RECORDED. AWESOME RUN! 875 MILE DRIVE	1 04/26 SKYS 256 8:05.43 LITTLE ORPHAN ALLEY @ 8:01A LEGS GOOD!! 5.88 1 5.93 1005.98 125 8.04 5:09:48 5:28:48	2 . . . RESTDAY!
3 . . . RESTDAY! (27)	4 126 SAUC 20 04/26/06 263 CORDHADO 5K 19.27 / 6:16 LAURA!! 15K GREAT DAY! 17.98 2 8.94 1017.98 126 8.01 12-1148 148	5 04/26 SKYS 270 LITTLE O'ALLEY @ 8:02	6 09/06 SKYS 16 LITTLE O'ALLEY @ 7:38 COOL! GOOD!!!	7 . . . MEETING @ 10A (JOKE) RESTDAY! SEE YA CJ!! DICKHEAD!	8 07/06 SKYS 14 DM BRIDGE @ 7:57A	9 07/06 SKYS 22 CALL KENNY! BOATS/ENCINITAS 46.28 @ 7:46A WICK/8:19 PAGE WEEK
10 . . . 470MI. TO (SALUD 26) LONG PINE VIA DART VALLEY CALL DOW ULLA B4 GROUP 9YWA RESTDAY!	11 . . . 8.7 MILES DAY AVG 45/DAY 370 MILES RUN SINCE GRAND CANYON/APRIL 30 RESTDAY!	12 07/12 PEG 15 BAD H2O SCOTT 24:32 08 JUREK MT. WHITNEY RUN 255986/256 BTM OF SWITCH BACKS FEEL BROKE PEE LONG PINE CREEK 61.28 7 8.75 1061.25 131 8.16 6:00 115.0 6:00 15.0	13 07/06 SKYS 28 WHITNEY/PORTAL ROAD/CAL AQUADUCT SERVICE ROAD BEAUTIFUL! 67.30 8 8.44 1067.26 132 8.09 1:00 6:00 21.0 7:00	14 07/06 SKYS 34 HAIR CUT @ 8AM HAIR CUT RUN POB @ 8:16A LEFT FINGER (SML) HAND BDN TENDON 73.44 9 8.16 1073.32 133 8.01 51 6:15 27.0 7:51	15 07/06 SKYS 40 SHERRIE LANE @ 7:45 X BEGAN USE OF SPLINT (CANKS) 79.49 10 7.94 1079.75 134 8.05 47 16:00 8:36 33.24	16 07/06 SKYS 47 DEL MAR WOODS @ 7:39A 86.14 11 7.80 1086.0 135 8.04 55 17.25 4:31 40.27
17 . . . RESTDAY! (29)	18 . . . 10:40A WORMAN RESTDAY!	19 07/06 SKYS 54 VCSO TRACK 3X 1MI @ 6:05AVE @ 6:10 @ 5:59 @ 6:06 STRONG! (3) 98.82 12 8.23 1098.76 136 8.01 1:38 12:06 1:38 12:06	20 07/06 SKYS 60 SHERRIE LANE @ 8:07 HOT, HOT, HOT! 104.84 13 8.06 1104.82 137 8.06 49 16:00 18.0 2:28	21 . . . FULL MOON RESTDAY! HOT!	22 07/06 SKYS 66 BEACH RUN @ E2 / 8:56A HOT! 110.88 14 7.92 1110.86 138 8.04 54 16:00 3:22 24.00	23 07/06 SKYS 74 DM BRIDGE @ 7:35A COOLER IN FEET STRONG! 118.92 15 7.93 1118.95 139 8.05 8.00 11:01 32.46 4:23
24 . . . RESTDAY (30)	25 . . . WORMAN? - 4:20 pm RESTDAY!	26 07/06 SKYS 91 ROUND HOUSE/BLACKS AND BACK DOWN 1:07:28 BACK 1:07:25 @ BECA (28 WKS 7:40:47) 136.04 16 8.50 1136.02 140 8.11 17.0 2:17 17.0 2:17	27 07/06 SKYS 97 SHERRIE LANE @ 7:59 LEGS GOOD! 142.18 17 8.33 1142.18 141 8.11 6:00 48 3:05 23.4	28 07/06 SKYS 104 BEACH NORTH @ 9:31 149.12 18 8.28 1149.12 142 8.11 11:07 17:00 4:12 30.15	29 07/06 SKYS 7 BEACH NORTH TOP OF STAIRS SWAMI'S @ 9:00A 156.43 19 8.23 1156.43 143 8.11 106 17:00 5:08 37.00	30 07/06 SKYS 15 BEACH NORTH SWAMI'S 116.21 164.05 20 8.24 1164.05 144 8.11 108 18:00 6:26 43.48
DAY 31 (31)	1:14 6:26 6:10	1:15 6:24 6:10				

AUGUST

145 DAYS (29 WEEKS)
1175.67 = 40.54 AVE

SUN

MON

TUE

WED

THU

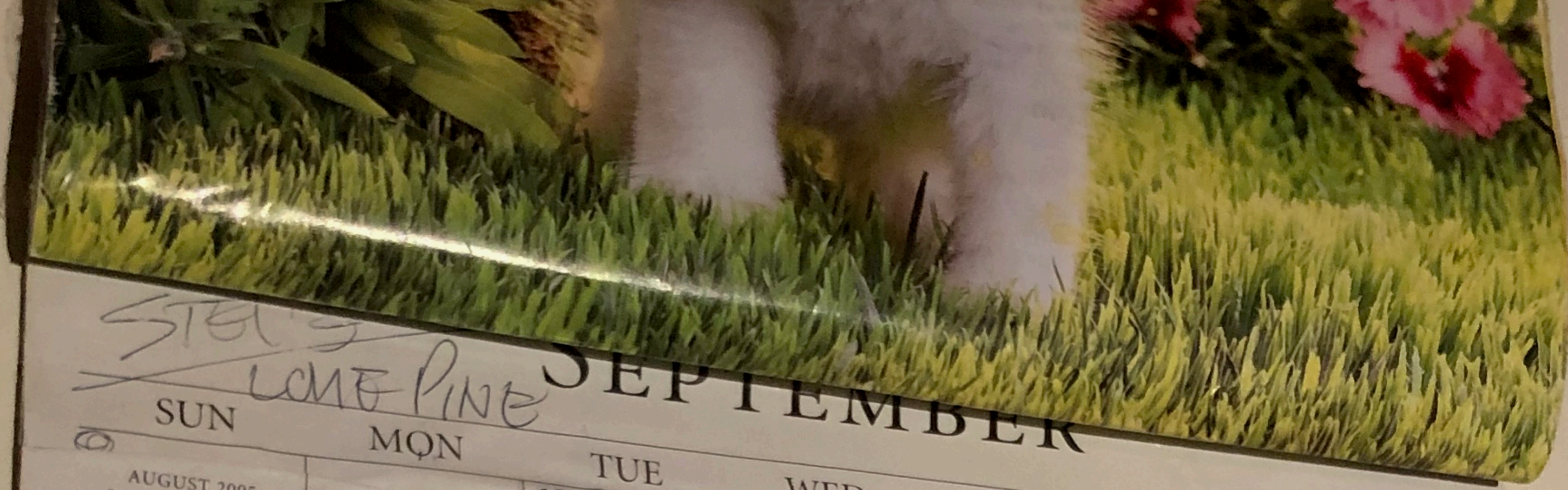
FRI

SAT

1	2	3	4	5	6
DR. MUIR / 145P RESTDAY!	UCSD TRACK: 8x1:30 SECS 3x1MI @ SUB G 8x1:30 SECS 1175.67 / GOOD!	SWAMI'S UP STAIRS @ 8:59. GOOD! 2x STAIRS	SWAMI'S TOWER 10 STAIRS @ 9:08 3x STAIRS	DEL MAR WOODS @ 8:00 SMOOTH!	BRIDGE TO BRIDGE BEACH @ 8:23 AVE GREAT!!
7	8	9	10	11	12
RESTDAY!	RESTDAY!	SAJACINTO HIKE HAIL JOHN FALCONE RAIN THUNDER AND LIGHTNING IN AVEAVE! 5:30-8:30 (56:33)	HARGOT RUN @ 8:16 AVE	SWAMI'S 2x STAIRS 1x BEACH HILL @ 8:52	SWAMI'S 5x STAIRS 1x BEACH HILL @ 8:53
14	15	16	17	18	19
RESTDAY!	RESTDAY!	UCSD TRACK 8x1:30 5:52 @ 5:54 @ 5:145 8x1:30 BEACH RUN @ 9:01	SWAMI'S STAIRS X1 300 @ 9:04	SWAMI'S STAIRS X2 300 PARK HILL 1/2 MI UP 4:01 ON 3:36	SWAMI'S 400 STAIRS @ 8:47 AVE
21	22	23	24	25	26
RESTDAY!	RESTDAY!	MT. BALDY BEAR CANYON TRAIL 7:09 / 35:09 AVE 4:09-20 / 18:14 DENVER BACKCOUNTRY	BEACH RUN @ 9:09 BLUSTERS! BOTH HEELS!	SWAMI'S 300x1 STAIRS 3x PARK HILL 56, 59, 54 BLUSTERS BETTER!	BEACH RUN @ 8:51 BLUSTERS BETTER!
28	29	30	31	<p>42.16 MILE WIG. AVE. 8.43 DAY AVE.</p> <p>32.17 105.10 1:37.27</p>	
241.4 LBS RESTDAY!	DR. MUIR 1:45P LACOSTA 11:00A RESTDAY!	AM HARGOT RUN @ 8:03A / 4:01 PM BEACH/ROAD @ JCC @ 8:07A	DEL MAR @ 8:03	<p>JULY 2005 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 1583.75</p> <p>SEPTEMBER 2005 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>	

1344.08
172.51

945



STAY
LONE PINE

SEPTEMBER

SUN

MON

TUE

WED

THU

FRI

SAT

AUGUST 2005

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 2005

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					

39:04 AT NOTCH
3^{PM} 50+
- COOL
- DUSTY
- WINDY AT TOP
- 12:54 AVE
40 MINUTES AT A QCD

MT WHITNEY 01/11
4:31 TO TOP
4:15 TO BOTTOM
WINDY 20-30 MPH
WIND CHILL 7 30'S
HANDS, FACE FEET
VERY COLD
3393 CALS
BP @ 12:01
AWESOME DAY

1	1	2	3
RESTDAY!	RESTDAY!	RESTDAY!	06:07 SKYS 177
		140.2 LBS	BEACH/ROAD NORTH FAN @ 7:03 (141.2 LBS)
			5.2 1 5.2
			1352.9 67 8.09
			:44 15.0 5.2 :44

4 • 10
RESTDAY!
140.0

5 MT. SKYS 1809
BALDY
RUN TO THE TOP
157 55-59 1:28:48
34TH CIA 12:54 AVE.
574' REAR VIEW 6.89 MILES
140.0 AWESOME!!

6 BEACH/ROAD @ 9:14 AVE
LEGS TIRED!

7 01:26 PEGS | 172
SWAMI'S BEACH/ROAD
BP @ 6:01

8 06:07 SKYS | 186
MOONLITE BEACH BEACH/ROAD

9 RESTDAY!

10 RESTDAY!

11 07:26 PEGASUS | 208
2420 PEGASUS AVE.
10, 11, 12, 13
MT. WHITNEY
DOW VILLA # 255533
50° WIND CHILL TEMP IN THE 30'S

12 06:07 SKYS | 195
INDIAN CEMETERY RD/MOULIE FLAT AND BACK TO TOWN
LONE PINE @ 10:02A

13 06:07 SKYS | 201
MOULIE FLAT RD and BACK
@ 9:42A

14 07:06 SKYS | 204
HAIRCUT RUN.
@ 8:36

15 *BLKS/SPLINT RESTDAY!

16 07:06 SKYS | 211
SWAMI'S ROAD @ 7:53

17 07:06 SKYS | 218
DEL MAR WOODS LOOP @ 7:42

18 FULL MOON
RESTDAY
139.0

19 RESTDAY

20 07:26 PEGS | 217
RAIL TRAIL @ 9:30A
PAC UCSD TRACK 3X1mi @ 5:55/5:53
141.3 5:53/16:15

21 07:06 SKYS | 224
50 X 2 STAIRS 150 X 1
BEACH @ 9:51A

22 09:22 SKYS | 16
DEL MAR @ 8:08
LBS HR 41.8 | 49 | 120.48

23 09:22 SKYS | 11
FoB @ 8:09
125.66

24 09:22 SKYS | 14
150 X 2 STAIRS 150 X 1
4X 50yd HILL SOLANA LOOP

25 RESTDAY
141.7

26 11:00 COPELAND 3:00 DENTAL
451

27 07:26 PEG | 220
UCSD TRACK 2X 1/2 MI @ 2:58/3:00
4X 1/4 @ 8:45

28 09:22 SKYS | 21
SWAMI'S E2 BEACH/ROAD @ 8:33

29 09:22 SKYS | 29
TERRY BRIDGE (NEW) H2O
5T1 @ 7:54

30 09:22 SKYS | 37
SHOINHAS ALL'S @ 7:56

← 2005 →
185 DAYS
37 WKS.
40.19 WK AVE
1508.97 MILES
167.66 MO AVE

137.83

22:02 = 160.0 @ 7:39 DAY AVE

OCT. 18 / 201
1501

13TH O/A 14TH O/A
 1ST GARY TOTTLE 32.42
 1ST GARY RUST 34.57
 35.28
 2297

SUN MON TUE WED THU FRI SAT

SEPTEMBER 2005
 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

NOVEMBER 2005
 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

HANDSUP
~~BRIDGE BACK~~
 ELBOWS BACIC
 CHEST FORWARD

27
 28 30 / 3mi
 37.03
 36.52

CAIS BURNED
 MILE 1 9:08 > 124C
 MILE 2 9:50 > 215C
 MILE 3 9:32 > 108C
 0.58 6:56 > 292C
 BILL CARLSON
 GARY RUST

MAC
 17TH O/A
 36:03
 FELT STRONG
 DIDNT FEEL FAST!

1
 RESTDAY

2 091221
 SKYS 45
 BRIDGE H2O
 DOWN 31.4 / 7.4
 BACK 29.30 / 7:10

3 • • New Moon

4 09122
 SKYS 53

5 09122
 SKYS 61
 D STREET
 ENCINITAS

6 • •

7 • •

8 1018
 SKYS 15
 2137 CALS
 SPLITS: 9:08 9:50 14TH O/A
 9:32 9:56 15TH O/A
 TRAM RUN 15:50+
 7AM 35:28
 9:30 AVE

8.20
 1517.25
 188
 8.15
 1:01 8.20 1:01 8.20

RESTDAY!

DEL MAR
 @ 8:03 AVE

50139
 @ 7:58
 24 46 3 18.15
 1533 43 188 8.15

RESTDAY!

RESTDAY!

9 01126
 PEG 237
 SKYLINE X-COUNTRY
 RIDGE TRAIL
 5:28:26 25:34
 TO PLAT ROCK 4:37:20
 10.15 27:17
 LAST 2MI @ 1:08:18

10 • •

11 09122
 SKYS 65

12 09122
 SKYS 69

13

14

15 09122
 SKYS 76

49.2
 1558.08
 190 8.20
 4:37 10.15 4:37 10.15

RESTDAY!

CARDIFF
 CAMP SITE
 @ 8:21

CARDIFF
 CAMP SITE
 @ 8:27

RESTDAY!
 1ST BIRTHDAY!

RESTDAY!

DEL MAR WOODS
 @ 8:01
 BACK BETTER?

16 09122
 SKYS 81

17 • • Full Moon

18 09122
 SKYS 89

19 09122
 SKYS 96

20 09122
 SKYS 110

21 09122
 SKYS 115

22 09122
 SKYS 124

HOOD RUN
 4X STAIRS 2X2
 2X1
 47 141
 49.95 9 17.11
 1578.55 194 8.15
 50 50 150 50

RESTDAY!

UCSD TRACK
 6:10 SUP
 6:100 STAIRS
 HILL
 AM HOOD RUN 4X STAIRS
 2X2
 140.71
 80.00 10 8.00
 1588.91 195 8.15

DEL MAR WOODS
 @ 8:00

SCRIPTS (VCLHE)
 D 100.50 / 7.16 / 8:29
 B 57.44 / 7.20 / 8:01

2X1 STAIRS
 HOOD RUN
 4 @ 10:00

DM BEIDGE
 @ 7:55 AVE
 180.96

50 50 150 50

RESTDAY!

1:43 10.05 2:33 15.05
 57 17.01 3:30 22.06

47 142
 87.01 11 7.11
 1595.12 196 8.15

47 140
 101.38 12 18.44
 1609.85 197 8.15

48 140
 106.22 13 18.20
 1615.19 198 8.15

140 147 180.96
 115.05 14 18.21
 1623.5 199 8.15

23 09122
 SKYS 130

24 • •

25 09122
 SKYS 149

26 09122
 SKYS 133

27 09122
 SKYS 140

28 09122
 SKYS 155

29 09122
 SKYS 150

STAIR STARE
 1X1 X3 TABLE TOPS
 2X2 X3 @ FROGS
 @ DEL MAR STAIRS

RESTDAY!

UCSD TRACK
 4X800 @ 6:06
 2X1600 @ 6:28
 FELT GREAT

HULLY GULLY
 BEACH BACK
 @ 9:22 AVE

HAIRCUT
 RUN / RACETRACK
 VIEW LABBY
 @ 8:52

STAIR STARE
 TABLE TOP X1
 FROGS X1
 DEL MAR STAIRS

TORREY INSIDE
 TO 5MI MARK (805)
 @ 8:14 / 8:14
 8:39 @ 1:00

121.08 15 6.01
 1629.55 200 8.15
 6:05 1:59 6:05 5:59

RESTDAY!

142 142
 133.51 16 8.15
 1641.78 201 8.15

142
 142.17 17 18.21
 1651.24 202 8.15

143 140
 143.97 18 18.21
 1657.20 203 8.15

143
 143.97 19 18.21
 1663.17 204 8.15

146 144 8:39 @ 1:00
 146.01 20 18.21
 1673.5 205 8.15

40.73
 VR. WK. AVE

31

1:44 12:40 12:23 18:28
 1:29 11:16 4:09 27.74

153 140
 153.6 15 5:23 33.14

156 160
 156.16 16 39.11

156 160
 156.16 17 39.11

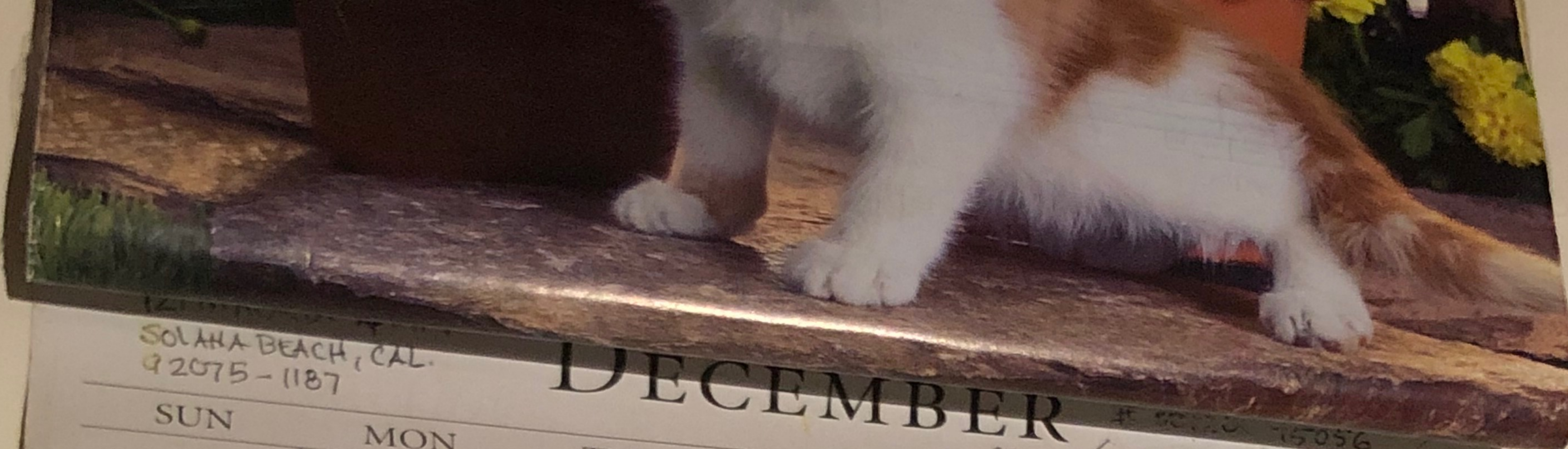
158 160
 158.16 18 39.11

167.01
 161.07

Age group winners
 Men: 17-24: Lyle Gamba (Thom)
 25-34: Mark Hubbard (SD)
 35-44: Jonathan Bevan (LJ) 39:19
 45-54: Todd Taira Rivera (Escalante)
 55-64: David Seifert (SD) 39:38
 65-74: Fred Krogholm (Culver City)
 75-84: James Maxwell (SD)
 85-94: John Montgomery (Del Mar)
 95-104: Malcolm McGinn (Frisco) 50:14, 60-69: Dale Sutton (SD)
 70-99: Jay Stacy 1:10:34
 Women: 18-24: Sarah Richardson (SD) 48:23, 25-29: Lindsey Harvey (SD) 51:39, 30-34: Lisa Thompson (La Jolla) 48:29, 35-39: Lisa Pechin (Lakeside) 42:10, 40-44: Colleen Gilbo (Carlsbad) 52:17, 45-49: Carol Nielsen (SD) 56:09, 50-54: Mary Lou Lackey (Descanso) 53:40, 55-59: Karen Jenkins (Fairbrook) 1:02:55, 60-64: Carolyn Medlin (Oceanside) 1:16:21.

MON TUE WED THU FRI SAT

<p>1 09122 SKYLONS 161</p> <p>RAIL TRAIL WARM UP - SWAMIS @ 8:00 ROAD! HEAVY RAIN! 43/44 RESTING</p> <p>11.02 1 11.02 1684.24 207 8.13 137 11.02 1:37 11.02</p>	<p>2 09122 SKYLONS 160</p> <p>POB @ 7:52AE BPO @ 6:48 RESTING HEAVY RAIN LBS 43/44 141/44</p> <p>16.04 2 8.02 1689.31 208 8.12 40 5.02 2:17 16.02</p>	<p>3 . . .</p> <p>RESTDAY</p> <p>45/46 140</p>	<p>4 . . .</p> <p>RESTDAY!</p> <p>43/44 -</p>	<p>5 108 SKYLONS 31</p> <p>1109 SKYLONS 7</p> <p>1ST 50+ 6TH / OA</p> <p>7 JULIAN IDK + 42:12/6:48 115</p> <p>- 141/48 FINISHES</p> <p>30.05 3 10.01 1703.32 209 8.14 14.01 203 30.05 4:20</p>		
<p>6 . . .</p> <p>RESTDAY! (LBS)</p>	<p>7 1109 SKYLONS 13</p> <p>BEACH RUN/WALK @ 12:14 LEGS, HIP STIFF! LEGS! 40.00 42 WKS RUN - 47/48</p> <p>35.29 4 8.02 1708.56 210 8.13 1.04 5.24 1.04 5.24</p>	<p>8 1104 SKYLONS 25</p> <p>RAIL TRAIL WARM UP / HOLLY GUILTY BEACH BACK @ 9:00</p> <p>- 44/45</p> <p>47.33 5 9.46 1720.60 211 8.15 2.00 12.04 2:04 17.28</p>	<p>9 1109 PEGASUS 6</p> <p>3X1 3X2 STAIRS @ 10:10A</p> <p>- -</p> <p>53.65 6 8.14 1726.92 212 8.14 1.04 6.32 4:08 23.00</p>	<p>10 . . .</p> <p>RESTDAY!</p> <p>- 1140 (LBS)</p>	<p>11 1104 SKYLONS 34</p> <p>DM BRIDGE H2O @ 8:00 BPO @ 6:42</p> <p>44/45 142</p> <p>62.00 7 18.85 1735.21 213 8.14 1.07 9.32 5:19 31.05</p>	<p>12 1109 PEGASUS 14</p> <p>LAGOON RUN @ 9:33 VERY TIRED!</p> <p>- -</p> <p>70.16 8 8.27 1743.43 214 8.14 1.10 9.16 6:30 40.11</p>
<p>13 . . .</p> <p>RESTDAY! (LBS)</p>	<p>14 . . .</p> <p>RESTDAY!</p> <p>140.2 -</p>	<p>15 1018 SWKS 38</p> <p>UCSD TRACK 10 8x150 @ 6:00 3x100 @ 6:10 8x150 @ 6:00 44/45 141.07 GOOD!</p> <p>82.23 9 9.13 1755.5 215 8.16 1.41 12.07 1.41 12.07</p>	<p>16 1104 SKYLONS 30</p> <p>HOOD RUN @ EZ</p> <p>- 43/44</p> <p>96.36 10 8.69 1759.63 216 8.15 3.0 4.13 16.20 2:17</p>	<p>17 1104 SKYLONS 46</p> <p>NEW BRIDGE DELMAR @ 8:02 BPO @ 6:32</p> <p>45/46 142.07</p> <p>94.62 11 8.60 1767.84 217 8.15 1.06 8.26 24.46 3:23</p>	<p>18 1109 PEGS. 25</p> <p>STAIR STARE 3X1 3X2 SUCANA BEACH STAIR CASES (LBS)</p> <p>42/43 -</p> <p>100.62 12 8.38 1773.89 218 8.13 1.59 6.00 30.46 4:22</p>	<p>19 1104 SKYLONS 36</p> <p>TORREY 5MI (GPS) D 41:08/8:13 B 36:41/7:43</p> <p>44/45 142.07</p> <p>110.64 13 8.21 1783.91 219 8.14 1:20 10.02 40.06 5:42</p>
<p>20 . . .</p> <p>RESTDAY! (LBS)</p>	<p>21 . . .</p> <p>DENTIST @ 11:15A RESTDAY!</p>	<p>22 1109 PEGS 35</p> <p>1018 SWKS 22</p> <p>AM RAIL TRAIL @ 9:52 5:46 PM UCSD TRACK 11 8x800 @ 2:54 4x400 @ :83</p> <p>123.76 14 8.84 1797.02 220 8.10 1:56 13.12 1:56 13.12</p>	<p>23 . . .</p> <p>RESTDAY!</p> <p>142.6 144/45</p>	<p>24 1104 SKYLONS 61</p> <p>HOOD RUN @ EZ 126 HEAVE 9:33AVE</p> <p>- 741.0</p> <p>128.79 15 8.58 1802.02 221 8.15 .48 5.03 2:47 18.05</p>	<p>25 . . .</p> <p>RESTDAY!</p> <p>47/48 145.0</p>	<p>26 1104 SKYLONS 67</p> <p>DELMAR LITTLE O'ALIEY @ 7:48</p> <p>134.74 16 8.12 1808.55 222 8.14 1:47 6.0 3:31 24.05</p>
<p>27 1109 PEGASUS 40</p> <p>HOOD RUN @ EZ 4-P/HAMSTRUNG TIGHT 10K?? 45/46 142.07</p> <p>139.90 17 8.22 1813.17 223 8.13 1:48 5.11 1:48 5.11</p>	<p>28 1104 SKYLONS 74</p> <p>DELMAR WOODS @ 8:22A</p> <p>146.91 18 8.16 1820.13 224 8.12 1:59 7.01 12.12 1:47 5:3 18.51 2:40 1:57 7.01 25.00 3:37</p>	<p>29 1104 SKYLONS 81</p> <p>SWAMIS @ 8:11</p> <p>153.36 19 8.07 1826.02 225 8.11 1833.04 226 8.11</p>	<p>30 1104 SKYLONS 88</p> <p>DELMAR WOODS @ 8:11 134</p> <p>160.31 20 8.01</p>	<p>OCTOBER 2005 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> <p>DECEMBER 2005 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>		



SOLANA BEACH, CAL.
92075-1187

DECEMBER

24 DAYS

166.36 = 2000 mi / yr / 6.93 DAY AVE

SUN

MON

TUE

WED

THU

FRI

SAT

NOVEMBER 2005

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 2006

5	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 JAN 15 CARLSBAD MILE RUN
- ② APRIL 3 CARLSBAD 5K
- ③ JUNE 19 SANTA BARBARA MILE RUN
- ④ JULY 4 CORONADO 5K
- ⑤ SEPT. 5 MT BALDY
- ⑥ OCT. 8 TRAM RUN
- ⑦ NOV. 5 JULIAN 10K
- ⑧ HOLIDAY DEC/29 BOX 5K

12 WEEKS 50+
13X UCSD TRACK
8X RACES

1 1100 PEGASUS 46	2 1104 SKYLONS 104	3 1109 PEGASUS 50
SNAIL TRAIL @ 10:09	GLIDER PORT 100 D 8:47/134 W 8:26/126 AVE 8:37/130	HOOD RUN @ EZ 928 AVE LEGS NOT BAD!
5:47 1 5:27 1839.71 227 8.12	160.29 (NON-STOP) 21.56 2 10.83 1855.30 228 8.13	144.70 5 8.13 1859.85 229 8.12
56 5:47 56 5:47	2:19 16:19 3:5 21.46	43 4:52 3:58 26.21
7 1109 PEGASUS 56	8 1104 SKYLONS 125	9 RESTDAY! (LBB)
HOOD @ 9:30	85 MILES / 110 DAYS DELMAR WOODS @ 7:48 AVE / 139	DM BRIDGE D-7:47 B-7:33 @ 7:35 AVE
126.07 46.46 6 7.14 1890.01 232 8.10	189.94 7 7.64 1807.09 233 8.09	140.00 8 7.68 1895.05 234 8.09
59 6:17 3:04 20:25	55 7:02 27:27 3:59	8:02 1:51 35:21 4:50
14 1104 SKYLONS 149	15 1100 PEGASUS 157	16 1104 SKYLONS 164
UCSD SOCCER FIELD (13:11) 13X 1 MIN GRASS GREAT!! @ 6:10 AVE 136 HR AVE	SWAMI'S @ 8:27	DEL MAR WOODS @ SUB 8
142.21 42:42 64:57 81.88 11 7.44 1915.43 237 8.08	142.21 12 7.43 89.26 12 7.43 1922.81 238 8.03	77.19 (1931.09) 96.27 113 7.00 1929.02 239 8.01
1:22 9:00 2:55 20:38	1:02 7:38 27:26 3:57	1:56 7:11 4:53 34:27
18 1109 SKYLONS 180	19 1109 SKYLONS 188	20 1109 SKYLONS 188
DM BRIDGE @ JC 8:00 DOWN 7:00 BACK 5:20 GREAT!!	SWAMI'S I STREET / ENCINAK 124.18 8:04 13:28 20 7.41	CATALINA ISLAND 142.21 8:04 13:28 20 7.41
111.92 15 7.46 1946.74 241 8.01	111.92 16 7.45 1954.09 242 8.01	45.91 17 7.02 1966.13 243 8.01
104 8:07 1:04 8:07	1:00 7:35 2:04 15:42	11:59 12:04 4:03 27.46
25 1109 SKYLONS 219	26 1109 SKYLONS 223	27 RESTDAY!
DEL MAR (52) 40 31:01 / 7:45	EZ HOOD @ 9:00	HOLIDAY BOUL 5K 19:07 / 6:40
150.79 20 7.53 1985.61 246 8.01	154.70 21 7.50 1989.52 247 8.01	10.48 51/175 6:13/170 6:17/171
1:40 5:39 5:01	3:11 9:42 3:35 11:14	168.35 22 7.69 2003.17 248 8.01
CHRISTMAS DAY	BOYING DAY @ 11:00	136.5 204 3:18 22:27
		5:47 1:47 4:05 20:16
		2:04 248 8.01 2008.00 249 8.01
		173.75 23 7.59 2014.52 250 8.01
		190 24 7.50 2014.52 250 8.01
		6:22 1:50 5:44 4:59 34:22