

15:27 SNOW DAY AT WHITE
 MARCH 2011 HERNIATED DISC
 VETIVE FOOT IMPINGEMENT

1 FEB ROTATOR SURGERY 2011
 2 AUG BACK SURGERY 2011
 3 APRIL PR DIAGNOSIS 2011
 4 DEC PLANTAR
 5 MET'S
 6 PAIN

232.38 8WKS
 x5 = 29.04
 207.12 8WKS x5 DAYS

ALAN WILLIAMS 1966
 1ST MARRIAGE L3
 L4
 L5
 234 MI 8WKS 29.24

JANUARY 2016

SEATTLE 1235
 103 MO.

| | | | |
|------|--------------------|------|-----------------------------------|
| 01 | 1225 CLIFTONS 3864 | 02 | 1225 CLIFTONS 4565 |
| | DELMAR @8:56AVG | | SWAMI'S @8:48AVG MILE #5 @8.24 |
| 524 | 01 524 | 1225 | 02 612 |
| 524 | 01 524 | 1225 | 02 612 |
| 4649 | 524 4649 | 524 | 102 701 37 2:49 1225 |

| | | | | | | | | | | | | | | |
|-------|--------------------|-------|--|-------|--|----------|---|-----------------|---|-------|--------------------------|--|---|------------------------|
| 03 | 1225 CLIFTONS 5176 | 04 | 1225 CLIFTONS 57.78 SWATHLOW EPISODE AM 77 FEVER/ SICKY CAUGHT IN THROAT CARDIFF @9:36AVG RUN/WALK LEGS TIRED!! | 05 | # # # | 06 | 1225 CLIFTONS 6305 CARDIFF 1 @8:19AVG | 07 | 1225 CLIFTONS 71.08 SWAMI'S @9:04AVG STEADY/GOOD!! | 08 | # # # | 09 | 1225 CLIFTONS 78.09 DELMAR WOODS @8:56AVG #5 @8:15 6:57 | TOTALS |
| 18.36 | 03 612 | 24.38 | 04 6.09 | # # # | 29.69 | 05 5.93 | 37.68 | 06 6.28 | # # # | 44.69 | 07 6.38 | 2350.22 | | |
| 18.36 | 03 612 | 24.38 | 04 6.09 | # # # | 29.65 | 05 5.93 | 37.68 | 06 6.28 | # # # | 44.69 | 07 6.38 | MILES SINCE DR. FLIPPIN DIAGNOSIS DEC. 2013 | | |
| 6.11 | 54.49 | 54.49 | 6.11 | 6.02 | 57.43 | 32 12.13 | # # # | 48 527 50 17.40 | 50 1:12 0.03 40 3:53 25.43 | # # # | 42 102 701 22 4:56 32.44 | | | |
| 10 | # # | 11 | # # | 12 | 1225 CLIFTONS 82.19 18th STREET @9:12AVG EZ!! COLD?? | 13 | # # | 14 | 1225 CLIFTONS 84.20 SEASIDE LOOP @9:36AVG | 15 | # # | 16 | # # | REST WEEK HEAD COLD |
| # # # | # # # | # # # | # # # | 48.19 | 08 6.09 | # # # | 50.80 | 09 5.64 | # # # | # # # | # # # | | | |
| # # # | # # # | # # # | # # # | 48.79 | 08 6.09 | # # # | 50.80 | 09 5.64 | # # # | # # # | # # # | | | |
| # # # | # # # | # # # | # # # | 37.44 | 4.10 | 37.44 | 4.10 | 2.01 | 19.17 | 57.01 | 6.11 | | | |

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

| | | | | | | |
|---|-----------|--|--|---|-----------|--|
| 17 1225 CLIFTONS 88.25 CARDIFF REEF @ 8:56 AVG. | 18 # # | 19 1225 CLIFTONS 94.26 HARWIT DEL MAR 16 TH ST. + @ 9:15 AVG. | 20 1225 CLIFTONS 99.34 CARDIFF 10 @ 9:43 WARM UP 4 @ 8:54 AVG. | 21 1225 CLIFTONS 104.61 SEASIDE/DAMAR BRIDGE LOOP! @ 8:48 AVG. FELT STRONG!! | 22 # # | 23 1225 CLIFTONS 110.66 GOOD ONE!! SWAMPS (1.0) @ 8:40 AVG. (1.0) @ 8:56 (1.0) @ 8:56 1) 8:58 2) 8:56 3) 8:56 4) 8:32 5) 8:25 6) 8:21 (1.0) (1.0) (1.0) |
| 5485 10 548 | # # # | 60.86 11 553 | 65.94 12 549 | 71.21 13 547 | # # # | 77.26 14 551 |
| 5485 10 548 | # # # | 60.86 11 553 | 65.94 12 549 | 71.21 13 547 | # # # | 77.26 14 551 |
| 36 ²⁰ 4 ⁰⁵ 36 ²⁰ 4 ⁰⁵ | # # # # | 55 ³³ 6 ⁰¹ 1:31 10 ⁰⁶ | 46 ⁰² 5 ⁰⁸ 2:17 15 ¹⁴ | 44 ³³ 5 ²⁷ 3:02 20 ⁴¹ | # # # # | 52 ²⁷ 6 ⁰⁵ 3:54 26 ⁴⁶ |

STRIDE LENGTH
8:57 AVG.
8:26 AVG
STRIDE LENGTH

| | | | | | | |
|-----------|--|---|--|-----------|--|-----------|
| 24 # # | 25 1225 CLIFTONS 115.79 E-MAIL DR. CHAN HOOD @ 8:58 AVG. | 26 1225 CLIFTONS 121.03 9:34 8:59 9:07 8:41 8:46 8:31 PACM SPRINGS @ 8:58 AVG. GOOD ONE! SIDEWACK 100% | 27 1225 CLIFTONS 127.89 PALM SPRINGS @ 8:58 AVG. (10:00) (9:24) (8:23) (8:53) (8:02) (8:54) | 28 # # | 29 1225 CLIFTONS 136.00 PLUS SCRIPT KAISER 9:40 9:27 9:04 8:47 8:47 8:44 8:28 8:03 MISSION BAY LONGWAY LOOP FROM DE ANZA @ 8:58 AVG. | 30 # # |
| # # # | 82.39 15 549 | 88.43 16 552 | 94.49 17 555 | # # # | 102.60 18 570 | # # # |
| # # # | 82.39 15 549 | 88.42 16 552 | 94.49 17 555 | # # # | 102.60 18 570 | # # # |
| # # # # | 51 ¹³ 45 ⁵⁹ 45 ⁵⁹ 51 ¹³ | 60 ⁴ 54 ⁰² 1:39 11 ¹⁷ | 60 ⁰⁶ 54 ¹⁶ 1:19 17 ²³ | # # # # | 112 ¹⁰ 18 ³¹ 3:33 25 ³⁴ | # # # # |

189 miles on n/19 CLIFTONS

| |
|---|
| 1/31 CLIFTONS 504 |
| 31 |
| DM BRIDGE LOOP/HOOD @ 9:44 AVG. 15:20 WUP LIGHT RAIN/WIND |
| 167 ⁶⁴ 19 566 |
| 107 ⁰⁴ 19 566 |
| 50 ⁴ 46 ³¹ 46 ³¹ 50 ⁴ |

CLIFTONS 1931 STEPS

15% OFF DISCOUNT ENDS!

4 MONTHS WITH BAD BACK BEFORE ME!

24 RUNS
164.56
6:00 107:00 / 19

165.56

1 1/2 YRS BIKE/SWIM

PROSTATE CANCER DIAGNOSIS
HERNIATED DISC / BONE SPINE DIAGNOSIS
ROBOTIC SURGERY PROSTATE
BACK SURGERY

DECEMBER 22, 2011
MARCH 7, 2011
APRIL 12, 2012
AUGUST 30, 2012

* FELL LAGOON STEPPED IN ICE / NOV 2010 ??

4 YRS + 5 MONTH (JAN 20/16)
2 YRS SWIM / ELLIPTICAL (NO RUNNING)

AUGUST 30, 2012 BACK SURGERY
16 MONTHS SURGERY - JAN. 2014

| YE. | MILES |
|------|-------|
| 2010 | 1470 |
| 2011 | 306 |
| 2012 | 308 |
| 2013 | 392 |
| 2014 | 949 |
| 2015 | 1092 |

HOKAS - DECEMBER APRIL, 2013

AUGUST 30 2012 1ST HOKA SHOE RUN

WANNING
#728665083

14,739

XMAS
FUND

187
00
\$247

FEB

2016

| | | | | | | | | | | | | | | | | | | | | | |
|---------|---|---|---|-------|-------|---------|---|---|--|------|-------|---|-------|------|--|------|-------|-----|-------|------|-------|
| 1 | | | 2 | | | 3 | | | 4 | | | 5 | | | 6 | | | | | | |
| # | # | # | 1/31 CLIFTONS 10.01 | | | # | # | # | 1/31 CLIFTONS 15.02 | | | 1/31 CLIFTONS 20.29 | | | 1/31 CLIFTONS 25.30 | | | | | | |
| RESTDAY | | | CARDIFF @ 8:59 AVG. MI # 3 @ 8:11... GOOD LUCK!! CAD 182 SPM / SLENG 1.09 | | | RESTDAY | | | HOOD @ 9:01 AVG. MILE # 3 @ 8:01 183 SPM / 1.11 SWIDE LENGTH | | | DELMAR 19TH STREET @ 9:02 (BRIE) MILE # 3 @ 7:35 184 / 1.16 | | | (GATE) CARDIFF STATE PARK (3 MI INACT) 1) 9:26 2) 9:07 3) 7:56 4) 8:17 5) 7:53 182 SPM - 183 / 1.12 - SLENG 1.12 | | | | | | |
| # | # | # | 5.06 | 1 | 5.06 | # | # | # | 10.07 | 2 | 5.03 | 19.34 | 3 | 5.11 | 20.35 | 4 | 5.08 | | | | |
| # | # | # | 112.70 | 20 | 563 | # | # | # | 117.71 | 21 | 560 | 122.98 | 22 | 559 | 127.99 | 22 | 556 | | | | |
| # | # | # | 5.06 | 45.28 | 45.28 | 5.06 | # | # | # | 5.01 | 45.12 | 1:31 | 10.07 | 5.27 | 47.35 | 3:18 | 15.34 | 5.1 | 42.43 | 3:01 | 20.35 |

7:00
MILE
8 STOPS
EQUALS 35%
3 MILE
32' ASCENT
26' DESCENT
5 MILE
42' ASCENT
0 DESCENT

| | | | | | | | | | | | | | | | | | | | | | | | |
|---------|---|---|---------|---|---|--|----|------|--|-------|-------|---|-------|---|---------------------------|----|------|---|----|-------|-------|------|-------|
| 7 | | | 8 | | | 9 | | | 10 | | | 11 | | | 12 | | | 13 | | | | | |
| # | # | # | # | # | # | 1/31 CLIFTONS 32.43 | | | 1/31 CLIFTONS 42.44 | | | # | # | # | 1/31 CLIFTONS 48.45 | | | 1/31 CLIFTONS 53.51 | | | | | |
| RESTDAY | | | RESTDAY | | | HOOD / CARDIFF @ 8:54 AVG. 1/2 MI @ 7:52 | | | PALM SPRINGS MOTEL 6 LUI @ PSHS 7:52 182 / 1.12 NICE TRACK!! | | | SLEPT 10 HRS. SORT OF NII RESTDAY TIPPED 300 MI DRIVE RUN 2/10 - rec much!! | | | CARDIFF @ 8:59 176 / 1.02 | | | HOOD @ 9:26 AVG. 1/2 MI. 3:35 / 7:10 PACE OLYMPIC TRIALS MEB 2ND. | | | | | |
| # | # | # | # | # | # | 27.48 | 5 | 5.49 | 37.49 | 6 | 6.24 | # | # | # | 43.50 | 7 | 6.21 | 48.56 | 8 | 6.07 | | | |
| # | # | # | # | # | # | 35.12 | 24 | 563 | 149.13 | 25 | 580 | # | # | # | 151.14 | 26 | 581 | 156.20 | 27 | 578 | | | |
| # | # | # | # | # | # | 7.13 | 32 | 1:03 | 7.13 | 10.01 | 12.28 | 2:33 | 17.14 | # | # | # | 6.1 | 38 | 48 | 23.15 | 47.49 | 5.46 | 12.28 |

1:25
47
1:40
1:03
1:29
53
47
3:12
47.15
1:03
1:29
53
1:29
1:26
53

| | | | | | | | | | | | | | | | | | | | | | |
|---------|---|---|--|-------|------|--------------------------------|------|------|------------------------------|-------|---|--|---|------|--|------|-------|---------------------------------|-------|------|-------|
| 14 | | | 15 | | | 16 | | | 17 | | | 18 | | | 19 | | | 20 | | | |
| # | # | # | 1/31 CLIFTONS 59.54 | | | 1/31 CLIFTONS 65.54 | | | # | # | # | # | # | # | 12/25 CLIFTONS 142.92 | | | 12/25 CLIFTONS 142.04 | | | |
| RESTDAY | | | PRESIDENTS DAY CARDIFF @ 9:15 AVG. MI # 3 @ 7:44 | | | HAIRCUT RUN @ 9:09 AVG. EZ.!!! | | | CLIFTONS?? RESTDAY STOMACH?? | | | DAIRY PRODUCTS? SODAS? RESTDAY STOMACH?? | | | CARDIFF SPEEDWORK 1) 9:44 2) 7:37 3) 9:47 4) 7:26 5) 9:15 6) 7:34 7) 9:22 18:49 AVG. GOOD CLIFF. | | | HOOD @ EZ TIRED!! REASON!! 5:05 | | | |
| # | # | # | 54.59 | 9 | 6.06 | 60.54 | 10 | 6.05 | # | # | # | # | # | # | 67.51 | 11 | 6.13 | 70.65 | 12 | 5.88 | |
| # | # | # | 162.23 | 28 | 579 | 168.23 | 29 | 5.80 | # | # | # | # | # | # | 175.14 | 30 | 5.83 | 178.27 | 31 | 5.79 | |
| # | # | # | 5.45 | 16.07 | 5.45 | 6.03 | 6.01 | 49 | 1:50 | 12.07 | # | # | # | 6.42 | 40 | 2:50 | 18.95 | 3.12 | 28.05 | 3.12 | 22.07 |

146⁰⁴

MILE #8 1.19 / 184

706³ / 12
178²⁷ / 31

| | | | | | | |
|--|---|---|--|---|---|------------------|
| 21 12/25 CLIFTONS 151.09 9:04 8:55 9:00 8:25 8:57 CARDIFF: @ 8:53 AVG 1/2 mi @ 7:29 AVG | 22 # # RESTDAY CPK CLACOSTA | 23 12/25 CLIFTONS 161.11 MOONLIGHT BCH @ 8:51 AVG 176 / 1.03 1) 9:52 2) 8:53 3) 9:07 4) 8:47 5) 9:10 6) 8:46 7) 8:30 8) 7:24 9) 8:58 10) 9:10 | 24 12/31 CLIFTONS 70.55 CARDIFF RUN ONE / WALK ONE !!! HEAVY !!! LEGS !!! 1) 9:48 2) 7:00 3) 8:30 4) 15:59 5) 8:51 RUN WALK AVG | 25 # # RESTDAY CPK CHECKOUT | 26 1/31 CLIFTONS 75.67 CARDIFF SPEEDWORK (1) 9:33 (2) 8:24 (3) 8:12 (4) 7:48 NON STOP 8:00 AVG (5) 9:30 | 27 # # |
| 7568 13 502 | # # # | 8570 14 612 | 90.71 15 604 | # # # | 95.83 16 598 | # # # |
| 183.32 32 573 | # # # | 193.34 33 585 | 198.35 34 583 | # # # | 203.46 35 581 | # # # |
| 505 44 ⁵² 44 ⁵² 505 | # # # # | 45 128 100 ² 31 8:18 15 ⁰⁷ | 13 1:00 5 ⁰¹ 57 3:13 20 ⁰⁸ | # # # # | 5 ¹² 44 ³⁵ 35 3:58 25 ²⁰ | # # # # |

| | |
|---|-----------------------------|
| 28 1/31 CLIFTONS 81.68 SEASIDE LAS OLAS @ 8:26 AVG 1/2 mi @ 7:28 / 344 | 29 # # RESTDAY |
| 101.24 47 509 | # # # |
| 209.47 36 581 | # # # |
| 6 ⁰¹ 56 ⁰¹ 56 ⁰¹ 6 ⁰¹ | # # # # |

(4)

1
198
15

90 3

5,813
5,818

oct - FEB
560 total
5 months

111 AVG MONTH

RECYCLE 2016

[Handwritten scribbles]

ELEVATION CHANGE
MAMMOTH 5K
MILE #1 7,900'
MILE #2 7,700'
MILE #3 7,800'

MARCH 2016

| | | | | |
|--|--|--|------------------------------------|---|
| 01 CLIFTONS 90.69 CARDIFF SPEEDWORK: 9:14 AVG O/A PACE MILE #3 7:29 MILE #5 7:22 MILE #7 7:17 2 MI WARM-UP 2 MI WARM-DN | 02 # # * ENTER MAMMOTH 5K RESTDAY | 03 CLIFTONS 95.70 CARDIFF OEZ 9:28 TIRED! NOG. VERY!!! WOW!! | 04 # # RESTDAY | 05 CLIFTONS 101.71 EZ HODD CARDIFF @ 9:09 AVG BETTER!!! HAD ANOTHER GEAR! |
| 9:01 1 9:01 # # # | # # # | 14:02 2 7:01 # # # | # # # | 20:03 3 6:67 |
| 218.48 37 5:90 # # # | # # # | 223.49 38 5:88 # # # | # # # | 229:20 39 5:88 |
| 9:01 08 08 9:01 # # # # | # # # # | 5:01 47:26 34 2:10 14:02 # # # # | # # # # | 6:01 55 34 3:05 20:03 |

* SPEED WORK WEEK

| | | | | | | |
|---|---|---|---|---|--|--|
| 06 # # RESTDAY STOMACH?? | 07 # # ZANTEC RESTDAY STOMACH LITTLE BETTER | 08 CLIFTONS 111.89 2-9 @ 8:55 AVG. ENCINITAS LSD @ 9:04 AVG. 1) 9:43 warm-up 2) 9:03 3) 9:06 4) 8:54 5) 9:22 6) 9:08 7) 9:06 8) 8:50 9) 8:34 10) 8:54 11) 8:28 | 09 # # 2016 DAYS RW 40 68 DAYS YEAR RESTDAY DAY 69 | 10 CLIFTONS 4.89 HAIRWT RUN @ 9:14 AVG. EZ RECOVERY MODE | 11 CLIFTONS 9.86 HODD @ 9:15 AVG. EZ MODE... | 12 CLIFTONS 15.87 CARDIFF @ 9:15 AVG. EZ MODE 000 1) 9:43 2) 9:11 3) 9:45 4) 8:29 5) 9:16 6) 9:25 |
| # # # | # # # | 30:21 4 7:58 # # # | # # # | 35:06 5 7:01 40:07 6 6:67 | 46:08 7 6:58 | # LSD WEEK |
| # # # | # # # | 239.68 40 5:99 # # # | # # # | 244.53 41 5:96 249.54 42 5:94 | 255.55 43 5:94 | |
| # # # # | # # # # | 10:18 22 1:32 10:18 # # # # | # # # # | 4:05 41 03 2:17 15:03 5:01 46 25 3:03 20:04 6:01 55:36 3:59 26:05 | # # # # | |

| | | | | | | |
|------------------------------------|------------------------------------|---|--|---|------------------------------------|---|
| 13 # # RESTDAY | 14 # # RESTDAY | 15 LUNAR PACKS CARDIFF 2 MI WARM-UP 1 MI STRIDES MI (4) @ 7:22 MI (6) 7:20 | 16 CLIFTONS 21.27 PALM SPRINGS @ 9:01 AVG STOMACH BAD!! | 17 # # UPSET STOMACH RESTDAY | 18 # # RESTDAY | 19 CLIFTONS 27.57 CARDIFF @ 9:02 AVG MIKE!! 5:60 |
| # # # | # # # | 54:10 8 6:76 59:50 9 6:61 # # # | # # # | # # # | # # # | 65:60 10 6:56 |
| # # # | # # # | 263.57 44 5:99 268.97 45 5:97 # # # | # # # | # # # | # # # | 275.07 46 5:97 |
| # # # # | # # # # | 8:03 1:14 1:14 8:03 5:40 42 2:03 13 6:10 05 06 19:52 | # # # # | # # # # | # # # # | # # # # |

* SPEED WORK WEEK

E-MAIL
DR. CHAN

540
27
567

-77 8:45

PACE → 7:52 8:27 8:03
STRIDE LENGTH → 1:13 1:07 1:16
DU. -62 -26 -39
SCRIPT +0 +16 +16

* LSD WEEK

| | | | | | | | |
|---|--------------------------|--|-------------------------|---|-------------------------|---|----|
| 3/10 CLIFTONS 32.41 | 21 | 3/10 CLIFTONS 42.41 | 22 | 3/10 CLIFTONS 47.42 | 24 | 3/10 CLIFTONS 54.45 | 26 |
| CARDIFF @ 8:59 AVG. | RESTDAY 1 CLBS 10x107 | SPEEDWORK: SOUTH 3mi NORTH 7 (1) 9:33 (2) 9:18 (3) 9:30 (4) 9:31 (5) 9:23 (6) 9:27 AVG (6) 9:10 (7) 8:43 (8) 8:21 (9) 8:43 (10) 8:19 (11) 8:40 AVG + 9:02 AVG + 10 | RESTDAY 2 LBS 10x107 | DEL MAR @ 9:10 AVG 9:55, 9:10, 9:08, 8:55 | RESTDAY 3 LBS 10x207 | E2/HARD SPEEDWORK: (1) 9:57 (2) 8:27 (3) 9:57 (4) 7:52 (5) 9:59 (6) 8:03 (7) 9:52 (8) 8:07 AVG 9:09 AVG 9:04 | |
| 70 ⁶⁴ 11 6 ⁴² | # # # | 80 ⁶⁴ 12 6 ⁷² | # # # | 85 ⁶⁹ 13 6 ⁵⁸ | # # # | 92 ⁶⁸ 14 6 ⁶² | |
| 280.1 47 5 ⁹⁵ | # # # | 290.1 48 6 ⁰⁴ | # # # | 295.12 49 6 ⁰² | # # # | 302.15 50 6 ⁰⁴ | |
| 45:15 5 ⁰⁴ 45:15 5 ⁰⁴ | # # # # | 10 ⁰⁰ 30 45 15 ⁰⁴ | # # # # | 5 ⁰¹ 45 3 ⁰¹ 20 ⁰⁵ | # # # # | 7 ⁰³ 21 4 ⁰⁶ 27 ⁰⁸ | |

MARCH 2016

PRIVS V HEADLIGHTS
LED HEADLIGHTS
FER CARL

106. MC AVG
320.12 / 6.04 = 53 RUNS / 3 MONTHS

EASTER

TRACK?

DR. CHAN @ 11:30A

* SPEED WEEK
REST WEEK

| | | | | |
|-----------|-------------------------|---------------------------------------|--|-----------|
| 27 | 28 | 29 | 30 | 31 |
| RESTDAY 5 | RESTDAY 5 LBS 10x200 | HOOD/CARDIFF @ E2 10:00 AVG (4) | DEL MAR @ 9:25 AVG. 10x20 LBS | RESTDAY 5 |
| # # # | # # # | 98.76 15 6 ⁵⁸ | 102.84 16 6 ⁴² | # # # |
| # # # | # # # | 308.23 51 6 ⁰⁴ | 312.31 52 6 ⁰⁰ | # # # |
| # # # # | # # # # | 6 ⁰⁸ 49 49 6 ⁰⁸ | 38 ²³ 4 ⁰⁸ 12 10 ¹⁶ | # # # # |

17.6 RUNS PER MO. 2016
→ 6.02 DAY AVG.

THE MAN WHO GONES TO MAMMOTH MARCH 2016

\$127.95 VALORS...

Stout & Sonney

APRIL

2016

17-20th MAMMOTH
107 Feb - SAT
276MS 43154 (AAA)

NOTE 6 MAMMOTH JUNE 17 18 19 20

(RUN RATING OUT OF 10)

HOKAS 10.50 WORK
HOKAS 11:30 DR. CHAN

(6461)

DOWNVILLA

10, 11, 12

31231

| | | | |
|--|---------------------------|---|---|
| 1 | | 2 | |
| 3/10 CLIFTONS 70.74 | # | # | # |
| CARDIFF @ 8:58 AM. FAT STRONG! BUSY @ WORK | RESTDAY 15-20 min (6) LBS | | |
| 6 ¹³ 1 6 ¹³ | # | # | # |
| 318.44 53 6.00 | # | # | # |
| 6 ¹³ 52 6 ¹³ 54.52 | # | # | # |

| | |
|--|--------------------|
| 3 | |
| 3/10 CLIFTONS 76.78 | # # |
| HEAVY LEGS LBS SQUATS? CARDIFF (5) @ 9:30 AM. STOMACH TIGHT! | RESTDAY! 1 LBS (7) |
| 1217 2 6.00 | # # # |
| 324.40 54 6.00 | # # # |
| 6 ⁰⁴ 19 57.19 6 ⁰⁴ | # # # # |

| | |
|----------|-------|
| 4 | |
| # # | # # |
| RESTDAY! | |
| # # # | # # # |
| # # # | # # # |
| # # # | # # # |

| | |
|---|--------------------|
| 5 | |
| 3/10 CLIFTONS 87.00 | # # |
| LSD @ 9:26 AM. EZ!!! (5) STOMACH TIGHT! | RESTDAY! 1 LBS (8) |
| 22.47 3 7.49 | # # # |
| 334.78 55 6.00 | # # # |
| 07 26 127 16 30 2:44 16 34 | # # # # |

| | |
|----------|-------|
| 6 | |
| # # | # # |
| RESTDAY! | |
| # # # | # # # |
| # # # | # # # |
| # # # | # # # |

| | |
|--|---------|
| 7 | |
| 3/10 CLIFTONS 91.64 | # # |
| HAIRCUT RUN @ 9:36 AM (5) | RESTDAY |
| 27.03 4 6.75 | # # # |
| 339.34 56 6.05 | # # # |
| 43 ⁴⁴ 4 ⁵⁶ 3:28 20 ⁹⁰ | # # # # |

| | |
|---------|-------|
| 8 | |
| # # | # # |
| RESTDAY | |
| # # # | # # # |
| # # # | # # # |
| # # # | # # # |

| | |
|---|---------|
| 9 | |
| 3/10 CLIFTONS 99.74 | # # |
| SPEEDWORK! NORTH 1) 10:12 2) 7:42 3) 10:10 4) 10:08 (6) | RESTDAY |
| 31.13 5 6.22 | # # # |
| 343.44 57 6.02 | # # # |
| 39 ¹⁰ 4 ¹⁰ 4:07 25 ⁰⁰ | # # # # |

| | |
|---|----------|
| 10 | |
| 3/10 CLIFTONS 102.19 | # # |
| SPEEDWORK: 1) 9:57 2) 9:15 (STRIDES) 3) 7:29 4) 10:02 5) 7:27 6) 10:05 45 @ 9:06 GOOD!! (8) 5 | RESTDAY! |
| 37.58 6 6.26 | # # # |
| 349.89 58 6.03 | # # # |
| 58 ²⁰ 6 ⁴⁵ 58 ²⁰ 6 ⁴⁵ | # # # # |

| | |
|----------|-------|
| 11 | |
| # # | # # |
| RESTDAY! | |
| # # # | # # # |
| # # # | # # # |
| # # # | # # # |

| | |
|---|--|
| 12 | |
| 3/10 CLIFTONS 114.25 | # # |
| LSD 15th STREET SWAMI'S @ 9:14 AM. NON-STOP!! (9) | RESTDAY! 1:00 2x10 DBS (9) (MCS WORKOUT) LBS |
| 49.64 7 7.09 | # # # |
| 361.95 59 6.13 | # # # |
| 17 37 1:51 12 2:49 18 51 | # # # # |

| | |
|----------|-------|
| 13 | |
| # # | # # |
| RESTDAY! | |
| # # # | # # # |
| # # # | # # # |
| # # # | # # # |

| | |
|--|--|
| 14 | |
| TRACERS 6.00 | # # |
| TEMPO: 2 @ 7:44 4 @ 7:44 9:15 @ 9:15 AM. 5 | RESTDAY :50 DB 15 (10) MEB WORKOUT LBS |
| 55.64 8 6.95 | # # # |
| 367.95 60 6.13 | # # # |
| 55 ³¹ 6 ⁰⁰ 3:45 24 ⁵¹ | # # # # |

| | |
|---------|-------|
| 15 | |
| # # | # # |
| RESTDAY | |
| # # # | # # # |
| # # # | # # # |
| # # # | # # # |

| | |
|---|---------|
| 16 | |
| HOKAS 19 DAYS 4/11 TRACERS 11:51 | # # |
| SPEED MILE 1) 9:56 2) 9:56 STRIDES (7) 3) 9:47 4) 7:16 11:04 (1.21) 5) 9:59 TRACERS 5 | RESTDAY |
| 61.16 9 6.79 | # # # |
| 373.46 61 6.12 | # # # |
| 51 ³² 51 ¹¹ 4:36 30 ⁰² | # # # # |

114.25

67,000

APRIL

17:43

8:50 8:50 = 1740

7:00

| | | | | | | |
|--|--|---|--|--|--|--|
| 20 17 70 3/10 CLAYTONS 119.28 VREEZ @ 9:59 AVG. DELMAR POWERHOUSE (5) Lb 19 10 6.61 378.49 62 6.10 50 ¹⁵ 5 ⁰³ 50 ¹⁵ 5 ⁰³ | 18 - RESTDAY 1 LBS (11) 1:00 + MFB LBS DBS (8) | 21 19 71 RESTDAY | 20 - 3/10 CLAYTONS 127.37 LSD @ 8:53 AVG (9) STRONG! 1) 9:10 2) 8:48 3) 8:49 4) 8:39 5) 9:15 6) 8:28 7) 8:50 8) 9:03 LSD 10 | 22 21 72 RESTDAY LBS (12) CLAYTONS 5 | 23 22 73 E-MAIL DR. CHAN RESTDAY | 24 23 74 3/10 CLAYTONS 125.46 LSD @ 8:59 AVG. CARDIFF (8) |
| 25 24 75 1/24 CLAYTONS 4.01 EZ III RUN/WALK BEACH! CLAYTONS ??? CALVES SORE! | 25 RESTDAY | 26 LSD @ 8:56 AVG. CLAYTONS GOOD! (8) | 27 RESTDAY LBS (13) | 28 EZ @ 9:20 AVG. RECOVERY RUN (6) | 29 RESTDAY LBS (14) | |
| 26 25 76 86 38 13 6.64 349 68 65 6.14 43 ⁰³ 4 ⁰¹ 43 ⁰³ 4 ⁰¹ | # # # # | 26 25 76 97 40 14 6.95 410 70 60 6.22 138 11 ⁰² 21 15 ⁰³ | # # # # | 28 27 78 103.41 15 6.89 416.71 67 6.21 6 ⁰¹ 5556 3:18 21 ⁰⁴ | # # # # | |
| 27 26 77 450.22 72 6.25 6 ⁰⁹ 55:57 55:57 6 ⁰⁹ | # # # # | 27 26 77 51 5 6.49 454 31 73 6.22 4 38 15 12 10 ¹³ | # # # # | 28 27 78 36.51 6 6.07 459.39 74 6.20 5 ⁰⁸ 45 34 229 15 ²¹ | # # # # | |

(6)

SHUT DOWN AFTER 1/2 MI.

4032

120 STRIDE LENGTH
184 SPM
5) 7:24 14
118 STRIDE LENGTH
184 SPM

DR. CHAN

| | |
|-------------------|---------------|
| JAN. 107 64 (19) | 68 total |
| FEB. 101 84 (17) | 17 MO |
| MARCH 102 84 (16) | 6:20 DAY AVG. |
| APRIL 108 88 (16) | |
| TOTAL 420.69 | 105.17 AVG. |
| 422.10 | 105.52 AVG. |

68 DAYS
17 MO
AVG. DAYS RUN
6:20 DAY AVG.

MARCH 21
BEGIN LBS WORKOUTS

26.38 MILES
WK AVG. YR
151 4 MONTHS

3.94

9:50 AM 9:30 DR. CHAN

INTIMAL STRENGTH

INTIMAL SURGERY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|--|---|---|---|------------------------|--|------------|
| HOLKS 15 35 # # RESTDAY 1-LBS 16 | # 16 # 9:50 DR. CHAN RESTDAY | # 17 # 5/17 CLEFTONS 12:01 1318 CALS 1775 PM 1:02 STRIDE L DEL MAR CARDIFF @ 8:56 AVG. + 488 - 469 | # 18 # RESTDAY 1-LBS 17 | HOLKS 19 36 5/17 CLEFTONS 17:16 EZ HOOD @ 9:12 AVG. 5/10 | HOLKS 20 37 RESTDAY | HOLKS 21 38 4/24 CLAYTONS 167.65 SPEEDWORK: 1) 10:15 2) 9:11 (8 STRIDES) 3) 7:00 4) 10:04 5) 6:53 (187/1.25) (3) 186/1.23 | |
| # # # | # # # | 55.33 8 691 | # # # | 6050 9 672 | # # # | 67.51 10 675 | |
| # # # | # # # | 478.41 75 637 | # # # | 483.58 76 636 | # # # | 490.59 77 637 | |
| # # # # | # # # # | 12 ⁰¹ 16 16 12 ⁰¹ | # # # # | 5 ¹⁷ 47.33 234 17 ¹⁸ | # # # # | 7 ⁰¹ 19 08 24 ¹⁹ 1:03 3:25 | |
| HOLKS 22 39 RESTDAY | # 23 # RESTDAY 1-LBS 18 | # 24 # ML PALM SPRINGS 1149 @ 4:21 PM DELMAR TO MOONLIGHT BCH @ 8:43 AVG. | # 25 # 16 DAYS SINCE ENDS RESTDAY 1-LBS 19 | HOLKS 26 40 EZ HOOD @ 9:46 AVG. 5 | HOLKS 27 41 RESTDAY | # 28 # SPEEDWORK CARDIFF: # 4 @ 6:49 AVG. | |
| # # | # # | 5/17 CLEFTONS 32.36 | # # | 5/17 CLEFTONS 37.38 | # # | 4/24 CLAYTONS 7475 | |
| # # # | # # # | 82.69 11 751 | # # # | 87.71 12 730 | # # # | 94.81 13 729 | |
| # # # | # # # | 505.77 78 648 | # # # | 510.79 79 646 | # # # | 517.89 80 647 | |
| # # # # | # # # # | 15 ¹⁸ 31 31 15 ¹⁸ 2:12 2:12 | # # # # | 5 ⁰² 48.59 301 20 ²⁰ | # # # # | 7 ¹⁰ 49 19 30 1:06 4:08 27 | |
| HOLKS 29 42 RESTDAY | HOLKS 30 43 MEMORIAL DAY RESTDAY | # 31 # HAIRCUT RUN @ 8:43 AVG. LITTLE TO HARD!! 5 ¹⁹ | 2:12 49 1:07 104/14/17:42 526/6MD 6:49/81 JUNE 2 @ 10 ML DEPARTS | <h1>MAY</h1> <p>2016</p> <p>04 * JUNE 06/28 VACATION 23 DAYS!</p> | | | 0020731164 |
| # # | # # | 5/17 CLEFTONS 42.77 | # # # # | # # # # | # # # # | # # # # | |
| # # # | # # # | 100.20 14 715 | # # # # | # # # # | # # # # | # # # # | |
| # # # | # # # | 523.28 81 646 | # # # # | # # # # | # # # # | # # # # | |
| # # # # | # # # # | 5 ³⁹ 47 ⁰¹ 47 ⁰¹ 5 ³⁹ | # # # # | # # # # | # # # # | # # # # | |

(858) 616-5100
 0915-919(858)
 1170

SPLITS
 1) 9:07
 2) 9:05
 3) 8:29
 4) 8:43
 5) 9:26
 6) 9:44
 7) 9:01
 8) 9:32

JUNE 2016

2:37
 57:00
 54:37

1.56
 3.22
 1.95
 6.83
 CONDO SQUAW VALLEY

JUNE 19, 2016
 0.50-5:32
 0.56-6:15
 0.62-6:58
 3.10-25:16
 1.55-15:36

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|---|--|
| 19° 4/24 CLAYTONS 20.54 MAMMOTH 5K 29:12 / 8:07 AVG. 1) 7:27 2) 8:04 → 15:36 / 7:46 3) 9:04 UP ALL COULDN'T BREATHE! PLASTIC BAG OVER HEAD | 20° # # MOTEL 6 MAMMOTH CHECK OUT (760) 984-6991 TALHOE / JAY REST DAY MOTEL 6 STAY | 21° 5/17 CLIFTONS 21.08 MARLEEVILLE HOT SPRINGS TO TOWN AND BACK 8:51 DOWN 9:15 BACK | 22° 5/17 CLIFTONS 74.21 MATT / SQUAW VALLEY FALEN LEAF LAKE STANFORD CAMP 9:13-9 AUG - 15 | 23° 4/24 CLAYTONS 125.55 BIKE TRAIL SO. LAKE TAKE MOTEL 6 TO CAMP RICHARDSON 9:14 AUG - 16 | 24° 5/17 CLIFTONS 88.04 6K UPHILL SQUAW SUNRISE HIKE TO TOP WITH MATT 6K UPHILL 125' CHALLENGE 1:55 PM 49:19 / 3:09 15:15 AUG - 17 | 25° # # SANTA FE STATE 100 REST DAY SORT OF !!! |
| 59:34 9 6:59 | # # # | 67:39 10 6:73 | 77:52 11 7:04 | 82:53 12 6:87 | 96:41 13 7:41 | # # # |
| 58:26 90 6:47 | # # # | 59:07 91 6:49 | 60:08 92 6:53 | 60:59 93 6:50 | 68:97 94 6:58 | # # # |
| 68:31 59 59:37 68:3 | # # # # | 8:05 113:25 2:13 14:88 | 10:13 11:37 3:50 25:01 | 5:01 10:31 3:06 11:46 13:02 | 13:88 15 3:1 43:90 | # # # # |

| 26° | 27° | 28° | 29° | 30° |
|--|--|--|--|---|
| 4/24 CLAYTONS 132.44 WESTERN STATES PACE FROM Hwy 49 TO FINISH ALI P. AWESOME!! FINISH 17:01 NG / WOW!! 102 UP 109 DOWN 19 | # # DR. CHAN E-MAIL SCRIPT / NORCO REST DAY | # # MARK SCHEDULE REQUEST REST DAY | 5/17 CLIFTONS 91.11 2:00 / 1:45 (LAB) BUILDING 3 DR. STERN'S 2 / 19 SAN MARCOS HAIRCUT RUN | 5/17 CLIFTONS 95.14 1ST DAY BACK TO WORK!!! SEASIDE 9:12 AUG. |
| 103:30 14 7:37 | # # # | # # # | 106:32 15 7:08 | 110:35 16 6:89 |
| 625:88 95 6:58 | # # # | # # # | 628:88 96 6:55 | 632:91 97 6:52 |
| 689 67 67 689 | # # # # | # # # # | 3:02 29:39 2:28 9:1 | 4:03 33 19 3:06 13:94 |

ALL 951 440 2016 46
 1 0859 JUNE 14 15:20 47
 7:45 04-29 47 48
 7:45 26 DAYS OFF 47 36
 15:15 30TH 1ST DAY BACK 7:48
 15:31 8:16 7:50
 869.16 7:50
 27:29 # 875 - 46
 25:12 46
 2.13 RENT DUE!
 - JUNE -
 20, 21, 22
 MOTEL 6 SOUTH LAKE
 TAHOE
 # 258MS56573
 2375 SO. LAKE TAHOE BLVD
 \$42 MICR/REFE
 (530) 542-1900
 # 137.19 / 45

STANFORD SIERRA CAMP
 ALUMNI FAMILIES
 13 WEEKS

+12 31
 17 48
 12 36

105.48
 6 MO. AVG.

\$69.93

SEPT 09-04

JULY

2016

RECYCLEABLES:

\$34.14

\$35.79

\$69.93 TOTAL YEAR.

FASTEST 9:17 1ST
SLOWEST 8:35 16TH

July

ZODIAC SIGN

FRIDAY

SATURDAY

101

102

| | | | | | |
|---------|---|---|---|---|---|
| # | # | # | # | # | # |
| RESTDAY | | | | | |
| # | # | # | # | # | # |
| # | # | # | # | # | # |
| # | # | # | # | # | # |

CLAYTONS 138.51
SPEEDWORK:
1) 9:54 2) 9:04 8x60
3) 7:03 4) 10:02
5) 11:05 6) 10:32
6) 9:10 12:10:32

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY

03

104

105

106

107

108

109

| | | | | | | | |
|---------|---|---|---|---|---|---|---|
| # | # | # | # | # | # | # | # |
| RESTDAY | | | | | | | |
| # | # | # | # | # | # | # | # |
| # | # | # | # | # | # | # | # |
| # | # | # | # | # | # | # | # |
| # | # | # | # | # | # | # | # |

CLAYTONS 100.22
HOOD/CARDIFF @ 8:59 AVG.
LSD DEL MAR WOODS/ MOONLIGHT BH @ 8:59
8AM CODY/CAR 225 @ 7:20 TIP
CLAYTONS 120.29
SEASIDE @ 9:04 AVG.
BUSY WORK @ 11:54
BUSY WORK @ 117

110

111

112

113

114

115

116

| | | | | | | | |
|---------|---|---|---|---|---|---|---|
| # | # | # | # | # | # | # | # |
| RESTDAY | | | | | | | |
| # | # | # | # | # | # | # | # |
| # | # | # | # | # | # | # | # |
| # | # | # | # | # | # | # | # |
| # | # | # | # | # | # | # | # |

CLAYTONS 125.30
HOOD BUSY WORK @ 9:07 AVG.
CLAYTONS 12.03
SEASIDE @ 8:59 AVG.
FELL OFF LADDER
LBS
SEASIDE @ 8:59 AVG.
HEEL SOFT

128.25 AVG Wk work

2015 / 7 HRS UP - 7 HRS DOWN

| | | | | | | |
|------------------|---|-----------|---|-----------|-----------|--|
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| # # | # # | # # | # # | # # | # # | # # |
| 1-LBS-1 '30 2 | BADWATER 8, 9:30, 11 PM STARTS 48 HR CUT-OFF RESTDAY | RESTDAY | MT. WHITNEY FULL MOON HIKE 7:52 UP (42-3546) 5:18 DOWN (13:10) COLD/WINDY > BEAUTIFUL | RESTDAY | RESTDAY | SEASIDE @ 8:35 AM STRONG!!! |
| # # # | # # # | # # # | 74 ²⁰ 9 ²⁰ | # # # | # # # | 77 ²⁹ 9 8 ⁵⁰ |
| # # # | # # # | # # # | 707.19 105 673 | # # # | # # # | 710.20 106 6.70 |
| # # # # | # # # # | # # # # | 22 ⁰⁰ 13 ¹⁰ 13 ¹⁶ 22 ⁰⁰ | # # # # | # # # # | 3 ⁰¹ 25 ⁴⁶ 33 ⁵⁴ 25 ⁰¹ |

| | | | | | | |
|---|---|--|---------------|---|-------------------------------------|---|
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| # # | # # | # # | # # | # # | # # | # # |
| 7/23 CLIFTONS 8.38 | * STOPPED ADULT NAPERSON // RESTDAY | HOOD LEGS STILL HEAVY... TIRED! 1/2 MI @ 3:45 | 1-LBS-1 22 | HAIRCUT RUN @ 8:58 STRONG BACK 4:25 | 1-LBS-1 STRONG BACK ROLLER 23 | CARDIFF @ 8:40 AM Good! Hot/Boaty work! 4:25 |
| 82.66 10 8.26 | # # # | 87.39 11 7.94 | # # # | 92.47 12 7.70 | # # # | 97.55 13 7.80 |
| 715.57 107 6.68 | # # # | 720.30 108 6.66 | # # # | 725.38 109 6.65 | # # # | 730.46 110 6.64 |
| 5 ³⁷ 23 5 ³⁷ 46 ²³ | # # # # | 4:73 36 44: 59 1:30 10 ⁰⁰ | # # # # | 5 ⁰⁸ 45 ³² 31 2:16 15 ⁰⁸ | # # # # | 5 ⁰⁸ 48 ⁵⁸ 29 33 ⁰⁰ 20 ¹⁶ |

21
7/23 CLIFTONS 31.95
CARDIFF @ 8:28
* STRONG!! 4:28

GORETEX TIGHTS
GLASSES
READING GLASSES
WILHNEY IN PAUL (JULY 12)
SPEEDWORK:
(1) 1:33.88
(2) 1:39.76
(3) 1:42.74
(4) 1:43.62
(5) 1:37.15 1:36⁸³ AVG.
(6) 1:34.90 6.28 MILE
(7) 1:35.88
(8) 1:34.40 (442)
(9) 1:39.10
(10) 1:37.88
(11) 1:39.91
(12) 1:34.58

20076 STEPS
300 7:52
69 5:18
971.69 15

(1) 6:17
(2) 6:39
(3) 6:52
(4) 6:55
(5) 6:29
(6) 6:20
(7) 6:23
(8) 6:20
(9) 6:37
(10) 6:17
(11) 6:44
(12) 6:18

381 33
51 44
7 6:21 34

304 6
109 1826 13.75

(#32135531)
JULY 18
760 11:316
446-2570
1888 635-0211
360 21 7:52
42 UP 12:20
34 DOWN 7:05 108

CHINA LAKE BLVD 400-
ECONOMY 201
INVOICEN 22
\$258.00
CANCEL 7/16/2PM
7:20 32
813

AUGUST

HOOPER VALLEY VIA CAMP

20
16

20
16

6905-63-5000-77

April 15, 2017

| | | | | | | | | | | | | | |
|------------------------------------|---|--|---|------------------------------------|-------------------------|---------------------|---|---------------------------|------------------|--|---|---|---|
| 01 | | 02 | | 03 | | 04 | | 05 | | 06 | | | |
| # | # | # | # | # | # | # | # | # | # | # | # | | |
| #875 PENE | | 7/23 CLIFTONS 45.96 | | DR BROMBERG APT @ 3:30P/SUN MARLOS | | 7/23 CLIFTONS 50.97 | | AL BACK! HOOD @ 8:35 AVG. | | 1/12 CLAYTONS 22.77 | | | |
| I-LBS-I LEG WEIGHTS! 1/2 HR LBS | | DEL MAR WOODS CARDIFF LOOP @ 8:40 AVG. HOT > 129.6 LBS | | I-LBS-I 1 HR LBS | | HOOD @ 8:35 AVG. | | I-LBS-I 1/2 HR LBS | | SPEEDWORK: 8X100 STRIDES 2X 800 @ 6:54 AVG. 2X 400 @ 6:52 AVG 9:04 AVG OYA | | | |
| # | # | # | # | 14 ⁰¹ | 1 14 ⁰¹ | # | # | # | 1902 | 2 9.51 | # | # | # |
| # | # | # | # | 749.50 | 112 6 ⁶⁹ | # | # | # | 754.51 | 113 6.67 ⁰ | # | # | # |
| # | # | # | # | LB 201 14 ⁰¹ | LB 201 14 ⁰¹ | # | # | # | 42 ⁵⁸ | 5 ⁰¹ 4 ¹ 2:43 19 ⁰² | # | # | # |

BEAR FLAT 2.0
H
E
E
S
2:55
9:30
50 MUG
6.50

9:00 > 5x1:30 5x2:30 = 50 mi.

| | | | | | | | | | | | | | | |
|---------|---|---------|---|--|---|--------------|---|--|---|---|---|---|---|---|
| 07 | | 08 | | 09 | | 10 | | 11 | | 12 | | 13 | | |
| # | # | # | # | # | # | # | # | # | # | # | # | # | # | |
| RESTDAY | | RESTDAY | | 7/23 CLIFTONS 71.98 LSD LAJOLLA COVE @ 9:30 AVG. WOW!! | | I-LBS-I 1 HR | | 7/23 CLIFTONS 77.06 CARDIFF @ 8:58 AVG. | | #28 I-LBS-I 1/2 HR 7X MONTH / 4 MONTHS | | 7/12 CLAYTONS 27.07 SPEEDWORK: 1 MI @ EZ... 1 MI 8X100 STRIDES 1/2 MI @ 3:22 / 6:45 PA 1/2 MI @ EZ 1/2 MI @ 3:21 / 6:42 | | |
| # | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| # | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| # | # | # | # | # | # | # | # | # | # | # | # | # | # | # |

OCT 30
BEAR FLAT
SERVIC
PA
48
22

| | | | | | | | | | | | | | | |
|---------|---|---------|---|--|---|---|---|------------|---|---|---|--|---|---|
| 14 | | 15 | | 16 | | 17 | | 18 | | 19 | | 20 | | |
| # | # | # | # | # | # | # | # | # | # | # | # | # | # | |
| RESTDAY | | RESTDAY | | 8/16 APRR'S 12.79 LSD MT. BALDY HIKE/RICK MARION MTN @ RICK! LONG DAY 1 + 3645 - 3681 | | 7/23 CLIFTONS 87.20 6:05AM 5K OLYMPICS 1-LSD-1 MOONLIGHT BEACH LOOP @ 8:56 AVG | | I-LBS-I 29 | | 7/23 CLIFTONS 90.29 HAIRCUT RUN @ 9:07 AVG LBS | | 7/12 CLAYTONS 91.06 SPEEDWORK: 1 MI EZ 1 MI 8X100 STRIDES 1 MI @ 7:02 1 MI @ EZ | | |
| # | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| # | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| # | # | # | # | # | # | # | # | # | # | # | # | # | # | # |

3331 DUNN WAY
30011-2000
Q

I'VE HAD IT!!

KATY!
BLOW-UP!

ELLIPTIGO

MASTICATING JUICER

OMEGA
J8006 NUTRITION
JUICER

| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|---|--------------------|---|--------------------|---|--------------------|---|
| # # | # # | # # | # # | # # | # # | # # |
| 5:30-8:30 olympic 26.2 RESTDAY Tough Day at work | (30) LBS :30 | ELLIPTIGO RIDE ① 11.90 MPH AVG. 1:50 ³⁸ 1 1:50 ³⁸ | (31) LBS :33 | THURSDAY 1/23 CLIFTONS 92.29 HOOD: 1 @ 9:10 2 @ 9:50 WALK CALF PULLING | (32) LBS :41 | SATURDAY ELLIPTIGO RIDE ② STONE STEPS 13.52 AVG SPEED / 24.7 MAX |
| # # # | # # # | 1:50 ³⁸ 1 1:50 ³⁸ | # # # | 87.57 11 7.96 | # # # | 37.13 2 18.56 |
| # # # | # # # | 22.09 1 22.09 | # # # | 823.96 122 6.74 | # # # | 37.13 2 18.56 |
| # # # # | # # # # | 1:50 ³⁸ 22.09 1:50 ³⁸ 22.09 | # # # # | 2.00 1.99 1.97 2.16 | # # # # | 15.04 58 36 25.6 37.13 |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|--------------------------------------|---------|---|---|
| 28 | 29 | 30 | 31 |
| # # | # # | # # | # # |
| (32) LBS :36 NO LEGS/CALF?? | RESTDAY | ELLIPTIGO RIDE ③ 10.3 MPH AVG. 32.5 MPH MAX 1495 CALS + 2214 - 2165 | (33) LBS :?? CALF / CAN'T GET UP ON MY TOES!! |
| # # # | # # # | 67.23 3 22.42 | # # # |
| # # # | # # # | 67.23 3 22.42 | # # # |
| # # # # | # # # # | 30.15 52 52 30.15 | # # # # |

SEPTEMBER 11
MOONRISE/SUNSET

①
CATEYE
TIME 2:51:02
DISTANCE 30.97
AVE MPH 10.80
MAX 31.20 MPH

SEPT. 11 SUNRISE 6:32 AM
DAWN 5:04 AM
SEPT 11 SUNSET 7:04 AM
DARKNESS 8:31 PM

MOONRISE @ 3:37 PM
MOONSET @ 1:14 AM
DAWN 5:03 AM

SEPT 10 SUNRISE 6:31 AM
SEPT 10 SUNSET 7:05 PM
DARKNESS 8:53 PM
MOONRISE @ 2:48 PM
MOON SET @ 12:24 AM

| | | |
|----------|---------|---------|
| | SEPT 07 | |
| | GARMIN | CATEYE |
| DISTANCE | 35.56 | 36.65 |
| MPH AVE. | 11.20 | 12.30 |
| MPH MAX | 27.0 | 28.00 |
| TIME | 3:09:50 | 2:57:13 |

SEPTEMBER

2016

*
NO LBS THIS WEEK!

SUN

MON.

THURSDAY

FRI

SAT

| | | | | | | | | | | | |
|---------------|---|---|---|---|---|-------|---|---------------|---|---|---|
| 01 | | | | 02 | | | | 03 | | | |
| # | # | # | # | # | # | # | # | # | # | # | # |
| RESTDAY | | | | ELLIPTIGO CARLSBAD @ 13.30 MPH AVG. MAX 24.28 MPH LBS | | | | 1-LB9 (34) | | | |
| E-RIDE = 4/10 | | | | | | | | E-RIDE = 2/10 | | | |
| # | # | # | # | 16:07 | 1 | 16:07 | # | # | # | # | # |
| # | # | # | # | 83.35 | 4 | 20:03 | # | # | # | # | # |
| # | # | # | # | 16:07 | 4 | 1:12 | 4 | 16:07 | # | # | # |
| | | | | WED. | | | | THUR. | | | |

J8006/OMEGA

09 5 1/2 PAELING

61% 1 COOLGR BLACK
NEVADA FAHC 1 BAB MATT
OAKLEY FLAK 2.0 FRAMES
SUB DOME XL POLARIZED SUNGLASSES
MISTRAL STOP OMEGA J8006 BRONZE
9800' HALF DOWN 8 MILES UP 4,500' GAIN ITRIDIUM
POLARIZED LENS
CR2032 BATTERIES FOR LED SHOE COFFER

104

05

06

07

08

09

10

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|------------------------|---|---|---|---------|---|---|---|---|---|---|---|--|---|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
| 104 | | | | 05 | | | | 06 | | | | 07 | | | | 08 | | | | 09 | | | | 10 | | | | | | | |
| # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| CARLSBAD CANNON DR. 13.20 AVE MPH 26.10 MAX MPH | | | | + LABOR DAY RESTDAY | | | | RESTDAY | | | | PACK FOR WHITNEY? HAIRCUT! ELLIPTIGO O'SIDE PIER! CARLSBAD HIT B.A. CAR! | | | | CANCEL ROOM IN LONE PINE/DEAD LINE. 5pm RESTDAY | | | | HAIRCUT RUN NO PULLING! LAST 2MI 8:55/8:44 TODAYS NO RUNNING | | | | VACATION 6AM START TO LONE PINE 10PM START TO TOP OF MT WHITNEY RESTDAY | | | | | | | |
| 37:08 2 18:54 | | | | # # # | | | | # # # | | | | 73.73 3 24:57 | | | | # # # | | | | 5:01 1 5:01 | | | | # # # | | | | | | | |
| 104.36 5 20:07 | | | | # # # | | | | # # # | | | | 141.01 6 23:50 | | | | # # # | | | | 8:28:07 123 6:23 | | | | # # # | | | | | | | |
| 21:01 07 07 01 | | | | # # # # | | | | # # # # | | | | 36:05 13 26 57:06 | | | | # # # # | | | | 45:50 56 45:50 | | | | # # # # | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

HACE DOME
8 miles
8:00'
MIST TRAIL
NEVADA FALLS
VERTICAL FMS

SIDE WALK

11

OLD! GOT SCARED!
AT RS

MT. WHITNEY
TRAIL SIDE MEADOW
COULDN'T GO ANY FARTHER! DIDN'T FEEL SAFE-TIRED! ARM BLEEDING-

| | | |
|---------|------|-------|
| 15:01 | 2 | 7:50 |
| 8:28:07 | 124 | 6:25 |
| 10:00 | 7:00 | 7:00 |
| 10:00 | 7:00 | 10:00 |

12

7/23 CLIFTONS 206.40

ALABAMA HILLS
RUN/WALK
@ 10:18 AVG.

| | | |
|--------|-------|-------|
| 27:11 | 3 | 04:03 |
| 850.17 | 125 | 6:00 |
| 12:10 | 34 | 19:34 |
| 204 | 19:34 | 22 |

13

RESTDAY

14

7/23 CLIFTONS 113.41

SORANA Bch.
@ 7:44
9:17 AVG.
4TH MILE @ 8:04

| | | |
|--------|-----|------|
| 31:12 | 4 | 7:20 |
| 854.18 | 126 | 6:11 |
| 4:01 | 37 | 45 |
| 20:11 | 26 | 11 |

15

SIDE ACHE... NO WORK!
RESTDAY

| | | | |
|---|---|---|---|
| # | # | # | # |
| # | # | # | # |
| # | # | # | # |

16

WRONTS X-RAY AT ER
RESTDAY
BROKEN RIBS!

| | | | |
|---|---|---|---|
| # | # | # | # |
| # | # | # | # |
| # | # | # | # |

17

7/23 CLIFTONS 124.61

MOONLIGHT Bch
@ 8:49 AVG.
9:09 2:05 45 3:09 08
4:04 4:50 9:17 6:11 1:53
7:47 8:25 17:53

| | | |
|--------|----|------|
| 39:52 | 5 | 7:06 |
| 862.38 | 27 | 6:19 |
| 8:20 | 21 | 05 |
| 1:12 | 20 | 34 |

THURS FRI SAT

SCRIPTS EAST SIDE

a

DISTANCE 15.05
TIME 2:31:46
PACE 10:05
CALORIES 1633
CADENCE 170 SPN
STRIDE LEN. 0.94
+ 754
- 734

20 SEPTEMBER 16

| | | | | | | |
|---|--|---|---|---|---|--|
| <p>18</p> <p># #</p> <p>(35)</p> <p>I-LBS-I</p> <p>:26</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>19</p> <p>7/23 CLIFTON 128.63</p> <p>5:00 AM WALK</p> <p>1) 9:13 2) 9:00</p> <p>3) 9:00 4) 8:56 5) 8:54</p> <p>6) 8:55 7) 9:33</p> <p>5@ 8:58 AVG.</p> <p>J STREET INC.</p> <p>46.34 67.72</p> <p>889.40 1286.79</p> <p>7:02 1:04 1:04 7:02</p> | <p>20</p> <p># #</p> <p>RESTDAY</p> <p>6 HRS CLEANING!</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>21</p> <p>4/24 CLAYTON 146.52</p> <p>ENCINITAS</p> <p>1@ 9:59</p> <p>6@ 8:26 AVG!</p> <p>1@ 9:58</p> <p>30.43 30.09</p> <p>WALK</p> <p>WADLESWORTH</p> <p>54.35 77.76</p> <p>877.41 1296.80</p> <p>8:01 40 44 15:03</p> <p>1:10 2:14</p> | <p>22</p> <p># #</p> <p>(36)</p> <p>I-LBS-I</p> <p>:34</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>23</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>24</p> <p>7/23 CLIFTON 143.68</p> <p>— RSF —</p> <p>GOLF COURSE LOOP</p> <p>@ 10:05 AVG.</p> <p>69.40 88.67</p> <p>892.46 1306.86</p> <p>15:57 40 24 30:08</p> <p>2:31 4:46</p> |
| <p>25</p> <p># #</p> <p>(31)</p> <p>I-LBS-I</p> <p>:30</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>26</p> <p># #</p> <p>RESTDAY</p> <p>RISE @ 8:30</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>27</p> <p># #</p> <p>RESTDAY</p> <p>10.3 LSD</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>28</p> <p>7/23 CLIFTON 155.71</p> <p>RSFLACON</p> <p>1mi WALK @ 15:44</p> <p>10:03 @ 8:59 AVG</p> <p>1mi WALK @ 15:56</p> <p>RISE @ 8:30</p> <p>81.43 99.04</p> <p>904.49 1316.90</p> <p>12:03 47 47 12:03</p> <p>2:01 2:01</p> | <p>29</p> <p># #</p> <p>(32)</p> <p>I-LBS-I</p> <p>:30</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>30</p> <p>7/23 CLIFTON 164.96</p> <p>RISE @ 8:30</p> <p>THRUT RUN/WALK</p> <p>RISE @ 9:00 AM 10:3</p> <p>RISE @ 8:00 10</p> <p>90.60 109.06</p> <p>913.74 1326.92</p> <p>9:29 32 19 28</p> <p>2:18 4:20 21</p> | |

8929
UNIVERSITY
CENTER
VANT

132 / 900
SUTELC
SD
92122

8:56 -4
8:54 -6
9:01 +4
9:01 +4
-12
(360) 659-0909
FOR PERSON (GUY)
AT SITE OF CRASH (VIDEO)

!!! @ # * !!
! @ # \$ % & * !!
@ & % * !
! # % ! @ ? !
9:13:09
8.57 / 90.00
10.05 10:05

WHEN THERE NO CEILINGS,
THERE ARE NO LIMITS.

15:56 1:30:07
15:44 1:20:00
30:00
1:47
2:01:47

30.97
25.34

30.97

OCTOBER 2016

✳️
152.04
MILES SINCE
ACCIDENT
SUN 30.40 WK
AVG

*AVG
7.00 mi
DAY/YEAR!

RISE
NAVID (PT OWNER)
RACHAEL (PT)

| | | |
|----------|---|---|
| # | # | |
| RESTDAY | | |
| ← RENT → | | |
| # | # | # |
| # | # | # |
| # | # | # |

15 8 69.93
40 30.97
55
7
385
4pm -
#100.90
RECYCLE 9:
1300 mi Projected FOR YEAR!

KATHY GREEN
RISE (760) 583-3931
BRYAN BRUCE
2:31 04
1:40 02
1:14 22
5:25.28

| | | | | | | |
|--|---|--|--|---|--|--|
| <p>10/23 CLAYTONS 180.02</p> <p>RSP GC LOOP @ 9.16 AVG. 9.18 @ END OF GC.</p> <p>15.06 1 15.06</p> <p>928.00 133 6.98</p> <p>15.06 04 04 15.06 2:31 2:31</p> | <p>10/23 MON #3 RISE</p> <p># #</p> <p>LBS</p> <p>RISE @ 8:00 AM</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>10/24 TUE</p> <p># #</p> <p>RESTDAY</p> <p>TEST MARK... DR. LAURINE 1:00 PM</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>10/25 WED</p> <p>10/5 CLAYTONS 10.02</p> <p>RSP LAGOON SOCKER FIELD @ 9.59 AVG. TIRED / LEGS HEAVY</p> <p>25.08 2 12.54</p> <p>938.82 134 7.00</p> <p>10.02 02 06 15.06 1:40 1:11</p> | <p>10/26 THU</p> <p># #</p> <p>GOOD ONE WAZE REPT / LIFE LBS</p> <p>RESTDAY</p> <p>10 LBS 2x20</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>10/27 FRI</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>10/28 SAT</p> <p>10/08 CLAYTONS 8.03</p> <p>SPEEDWORK: 3) 9:04 STRIDES X7 4) 7:21.5 7:16</p> <p>HAWAII IRON MAN 15</p> <p>33.11 3 11.03</p> <p>946.85 137 7.01</p> <p>0.03 22 28 33.11 1:14 5:25</p> |
| <p>10/29 SUN</p> <p># #</p> <p>LBS</p> <p>2x20 x 10 LBS</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>10/30 MON</p> <p>10/08 CLAYTONS 12.12</p> <p>PT RUN #5 RISE @ EZ 10:08 AVG. RISE @ 8:00 AM</p> <p>37.20 4 9.30</p> <p>950.94 136 6.99</p> <p>4.09 4:25 4:25 4.09</p> | <p>10/31 TUE</p> <p>10/5 CLAYTONS 27.06</p> <p>RSP TRAILS EZ @ 10:00 AVG. STEADY ABLE TO HOLD PACE THRU-OUT !!</p> <p>54.24 5 10.84</p> <p>967.98 137 7.06</p> <p>17.04 26 51 13 2:50 3:32 4</p> | <p>11/01 WED</p> <p>10/08 CLAYTONS 34.36</p> <p>D/T RUN / P/B RISE @ 8:00 AM</p> <p>61.54 6 12.30</p> <p>975.28 138 7.06</p> <p>7.30 48 39 28.43 1:12 4:45</p> | <p>11/02 THU</p> <p># #</p> <p>BACK TO WORK!</p> <p>LBS (36)</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>11/03 FRI</p> <p># #</p> <p>AL. Bлек!</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p> | <p>11/04 SAT</p> <p>10/08 CLAYTONS 44.41</p> <p>SPEEDWORK: 8x STRIDES (3) 8:40 (7:15 Avg) (4) 7:18 (7:10) (6) 7:19 (7:10) GOOD ONE!</p> <p>71.59 8 11.93</p> <p>985.33 139 7.08</p> <p>0.09 3 11 38.48 1:24 5:15</p> |

(4) 11 CALS
185 CAD.
1:18 SL
-62"
(6) 107 CALS
186 CAD
1:20 SL
-52"

WORK
EYES
#80

20min walk
2,310

10,000 steps
= 5 miles

2000 steps
= 1 mile

36861 steps
10148 20.12 miles

10000 KITTEN - WIN BUDGET - 135.01 33.25

| | | | | | | |
|-----------------------------------|---|---|-------------------------|---|---------------|--|
| 16 RESTDAY LEGS TIGHT/CAVES | 17 PT RUN @ 9:50 AVG. #7 RISE PT LBS | 18 RSFLSD @ 10:26 AVG GOOD ONE! 1532 ELEVATION | 19 RESTDAY PT LBS | 20 TEMPO RACE PACE! 3 @ 7:58 AVG. 7:47/8:16/7:53 | 21 RESTDAY | 22 TRAM RUN 96' HIGH SPEEDWORK 4) 6:57 5) 6:50 8:56 AVG/TOTAL 7 |
| # # # | 79.34 7 1133 | 99.36 8 1242 | # # # | 106.37 9 1181 | # # # | 113.73 10 1137 |
| # # # | 993.08 140 7.09 | 1013.10 141 7.10 | # # # | 1020.11 142 7.10 | # # # | 1027.47 143 7.10 |
| # # # | 7:25 21 21 7:25 | 20:02 51 22 27 | # # # | 7:01 34 54 34 | # # # | 7:36 45 31 42 |
| 23 LBS | 24 PT LBS PT RUN @ 9:50 AVG. #10 | 25 RACE PACE! 6 @ 48:06 / BIX AVG 4) 8:08 5) 8:32 (6) 7:57 7) 8:08 8) 7:51 9) 7:29 | 26 PT LBS RESTDAY | 27 HAROUT RUN @ 7:30 AM @ 8:51 AVG. 3) 8:14 4) 8:13 | 28 RESTDAY | 29 TEMPO: 1mi @ 7:26 AVG. 2mi @ 7:29 AVG. 8:29 |
| # # # | 121.73 11 1106 | 132.78 12 1106 | # # # | 140.44 13 1080 | # # # | 149.76 14 1069 |
| # # # | 1035.47 144 7.19 | 1046.52 145 7.21 | # # # | 1054.18 146 7.22 | # # # | 1063.50 147 7.23 |
| # # # | 8:00 52 52 8:00 | 11:05 21 13 19:05 | # # # | 7:06 45 50 26 | # # # | 8:22 59 51 36 |
| 30 RESTDAY SHOULDER? | 31 PT RUN @ 9:50 AVG. PT @ 8:00 AM | 32 108 1304 305 DAYS YEAR 10/21 38 DAYS 6 RUNS 15 AVG 130 mi 15 10:00 1078 | 20 1412.64 | October 16 | | 148.73 7:31 7:27 14.58 |
| # # # | 154.04 15 1026 | 130 mi / 15 / 10:00 = 1078 | 305 / 148 | NOV. 14 @ 11:00 AM DR. LAVINE | | Doing what you like is FREEDOM liking what you do is HAPPINESS |
| # # # | 1067.78 148 7.21 | 130 mi / 12 / 13:00 = 1300 | 130 | | | |
| # # # | 4.28 4233 4233 4:28 | 130 mi / 10 / 10:00 = 1300 | 1300 | | | |

1024 KB = 1 MB (MEGABYTE)
 11 MB = 1 GB (GIGABYTE)

8:36 AVG. UP 000
 8:08 AVG. BACK 000

20 mi
 18th
 +1532
 (75.84' per mi)

9:30 REGISTRATION
 (101.5 PER MILE)
 +1624 MILES - OLDSIDE

TRX STRAP TRAINER
 77 MISSION AVE
 11:45 70/74 MILE!

PAM'S
 POSITIVE ALLOSTERIC MODULATORS
 PACLITAXEL
 CHEMO DRUG

100
 TREN
 DRUGS

| | | | | | | |
|---|-----------------------------|--|-----------------------------|--|-----------------------------|---|
| 20 11/01 CLAYTONS 37.01 * 8:06 LAST 3 MILES SEALFIT @ 8:22 AVG. 1) 8:56 2) 8:28 3) 8:39 4) 8:22 5) 8:13 6) 7:56 7) 8:09 8) 8:14 8 | 21 # # RESTDAY | 22 10/05 CLAYTONS 63.20 RSE/SAN BUJO LABOON SAN DIEGO TO PARK LOOP @ 10:57 AVG 2X 15 HELL RSE/LSO 16 | 23 # # RESTDAY | 24 11/01 CLAYTONS 45.03 THANKSGIVING: DELMAR/CARMEZ @ 2:30 @ 8:25/8:55 @ 6:07 7:32/1:05 SOUTH 8 | 25 # # RESTDAY | 26 11/01 CLAYTONS 53.09 SPEEDWORKS 1) 9:52 2) 9:33 3) STRIDES - 8:38 4) 6:58 5) 9:39 6) 6:58 7) 9:49 8) 9:48 NORTH 8 |
| 75.74 12 6.32 | # # # | 91.86 13 7.00 | # # # | 99.88 14 7.13 | # # # | 107.94 15 7.19 |
| 1143.52 159 7.19 | # # # | 1159.64 160 7.24 | # # # | 1167.66 161 7.25 | # # # | 1175.72 162 7.25 |
| 8:01 05 1:07 05 8:01 | # # # # | 16.12 22 2:56 27 4:03 24 13 | # # # # | 8:02 54 1:09 21 5:13 32 15 | # # # # | 8:06 52 1:11 13 6:25 10 21 |

| | | | |
|--|--------------------------------------|---|-----------------------------|
| 27 11/01 CLAYTONS 61.13 EZ SWAKMIS RAN!! @ 8:56 AVG 5 | 28 # # RESTDAY 14.02 | 29 10/05 CLAYTONS 81.16 RSE/SAN BUJO (HILLS)/LSD 000 2111 CALORIES + 2355 16.24 - 2404 20 | 30 # # RESTDAY |
| 115.98 16 7.24 | # # # | 136.01 17 8.00 | # # # |
| 1183.76 163 7.26 | # # # | 1203.79 164 7.34 | # # # |
| 8:04 43 1:11 64 8:04 | # # # # | 20.03 11 3:31 54 4:42 28 17 | # # # # |

231 TRX STRAP
 161 14 19:00 782
 1183.76 16.24 1200
 764/17
 45.21
 40.21
 85.42 38.72
 30.25
 116.17
 MS-LIKE DRUGS MAY OFFER PAIN RELIEF - PROCTIN-FREE
 1400/2016?
 180 DAYS DAILY 7.71

1200

NOVEMBER 2016

14.12

1:43
40
2:23

14.12
7.53
6:12

100 STRIDES
179
CHOICE

10/08 CLAYTONS > 12121

| | | | | |
|---|---|--------------------------------|--|--------------------------------|
| 101 11/01 CLAYTONS 9.99 SPEEDWORK: MILES: 4) 6:57 6) 6:55 6:56 8) 6:57 AVG. 9.99 1 9.99 1077.77 149 7.23 9.99 44 44 9.99 1:29 1:29 | 102 10/08 CLAYTONS 116.70 PT RUN @ 9:55 AVG + RISE LBS 7 #12 15.76 2 7.88 1083.54 150 7.22 5.72 15 5.9 2:26 15.76 | 103 # # RESTDAY | 104 10/08 CLAYTONS 110.85 EZ HOOP @ 9:59 AVG 19.71 3 6.59 1087.55 151 7.20 4.01 40 5.7 3:06 19.71 | 105 # # RESTDAY |
|---|---|--------------------------------|--|--------------------------------|

| | | | | | | |
|---|--------------------------------|--|--------------------------------|--|--|---|
| 106 10/08 CLAYTONS 118.21 NYC MARATHON SEASIDE LOOP @ 9:36 50914 UP 5 24.78 4 6.19 1092.56 152 7.18 48.04 5.01 48.04 5.01 | 107 # # RESTDAY | 108 10/08 CLAYTONS 126.24 (MICH) DECKER/DELMAR DELMAR @ 8:56 AVG. SMOOTH/POWER FELT GREAT!!! 5 29.91 5 5.96 1097.59 153 7.17 5.03 44.57 01 1:33 10.04 | 109 # # RESTDAY | 110 10/08 CLAYTONS 131.39 SEASIDE @ 9:30 AVG. EZ! LEGS GREAT - 50914 5 34.96 6 5.82 1102.74 154 7.16 5.15 48.50 5.1 2:21 15.19 | 111 # # VACATION PIG BIB HALF RESTDAY ROADRUNNER | 112 11/01 CLAYTONS 12.00 HOOD. 6X STRIDES USE RUN THAT CAN REMEMBER BEEB A RACE 36.97 7 5.28 1104.75 155 7.12 10.26 20.1 2.44 17.29 |
|---|--------------------------------|--|--------------------------------|--|--|---|

2ND
1:57:34
3RD
1:49:17

| | | | | | | |
|---|--|---|--------------------------------|---|--|---|
| 113 11/01 CLAYTONS 29.00 SILVER STRAND HALF MARATHON 1:43:17 / 7:53 AVG. 1st 70-74 COURSE RECORD A GOOD DAY TO MAKE THINGS RIGHT 53.97 8 6.74 1121.75 156 7.19 7.00 17 2:23 17.00 | 114 # # VACATION CALL SUSAN RESTDAY SUPER MOON | 115 LAST LAVINE! RISE @ 8 AM DR. LAVINE @ 10:30 ELLIPTIGO (LOAD WHEELS) RESTDAY LAST RISE?? # # # # # # # # # | 116 # # RESTDAY | 117 10/08 CLAYTONS 136.64 SEASIDE LOOP @ 9:23 AVG. 59.22 9 6.58 1127 157 7.17 5.25 49.20 3.7 2:22 2.25 | 118 10/08 CLAYTONS 140.39 HAIRCUT RUN @ 9:12 AVG. 62.97 10 6.29 1130.75 158 7.19 3.79 34.30 0.7 3:47 26.99 | 119 10/08 CLAYTONS 145.10 HOOD @ 9:06 AVG. 67.72 11 6.15 1135.50 159 7.14 4.74 37.4 4.24 30.75 |
|---|--|---|--------------------------------|---|--|---|

MICROPERFORATED, TRUE SIZE SHEET • FEUILLES MICROPERFORÉES, FORMAT RÉEL • MICROPERFORADO, HOJA DE TAMAÑO ACTUAL

CANSON[®]
Papiers d'inspiration depuis 1557

MIX MEDIA
MIX MEDIA / MULTI-MEDIAS / MEZCLA DE MEDIOS

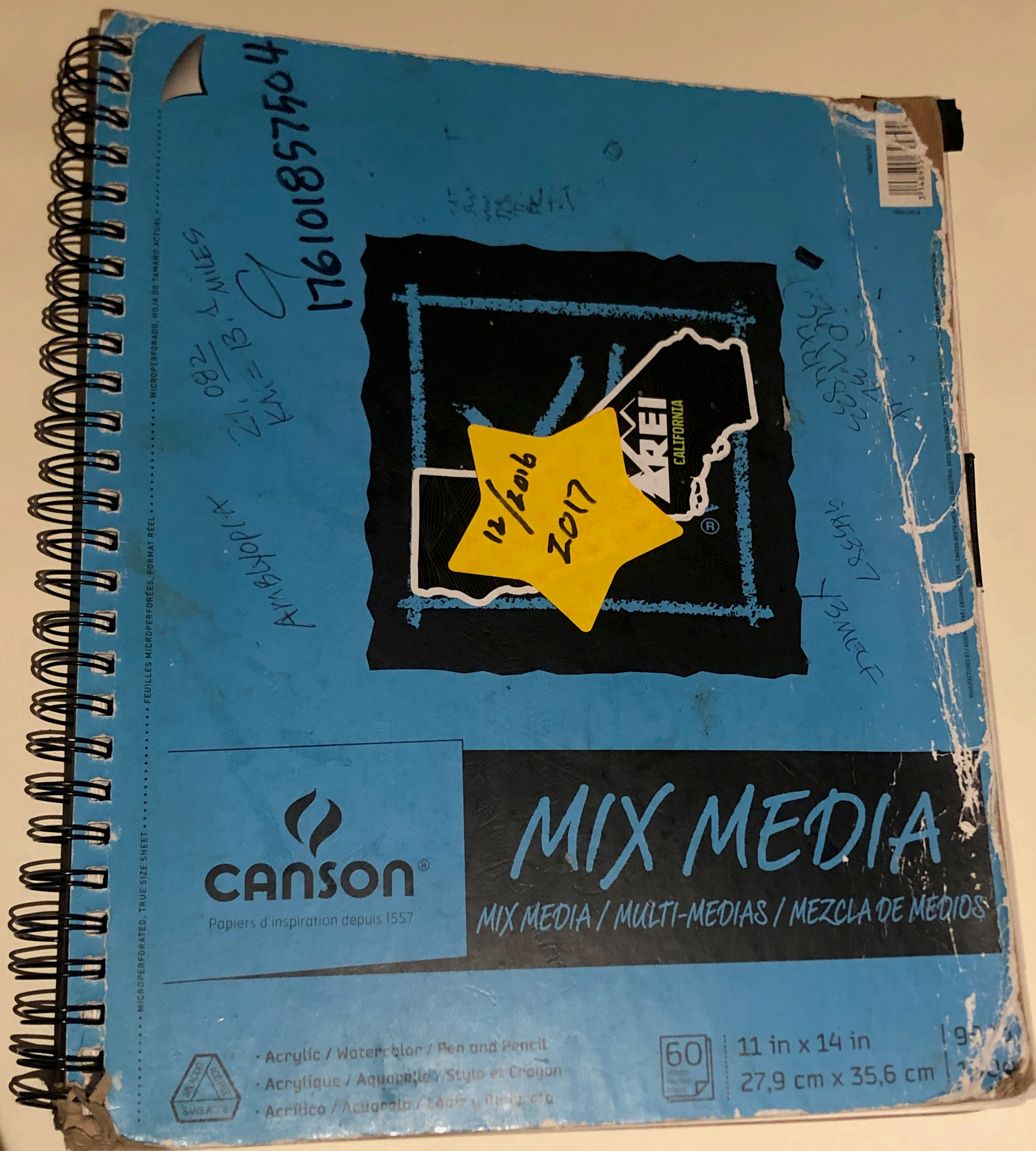


- Acrylic / Watercolor / Pen and Pencil
- Acrylique / Aquarelle / Stylo et Crayon
- Acrílico / Acuarela / Lápiz y Rotulador

60 Sheets / Feuilles / Hojas

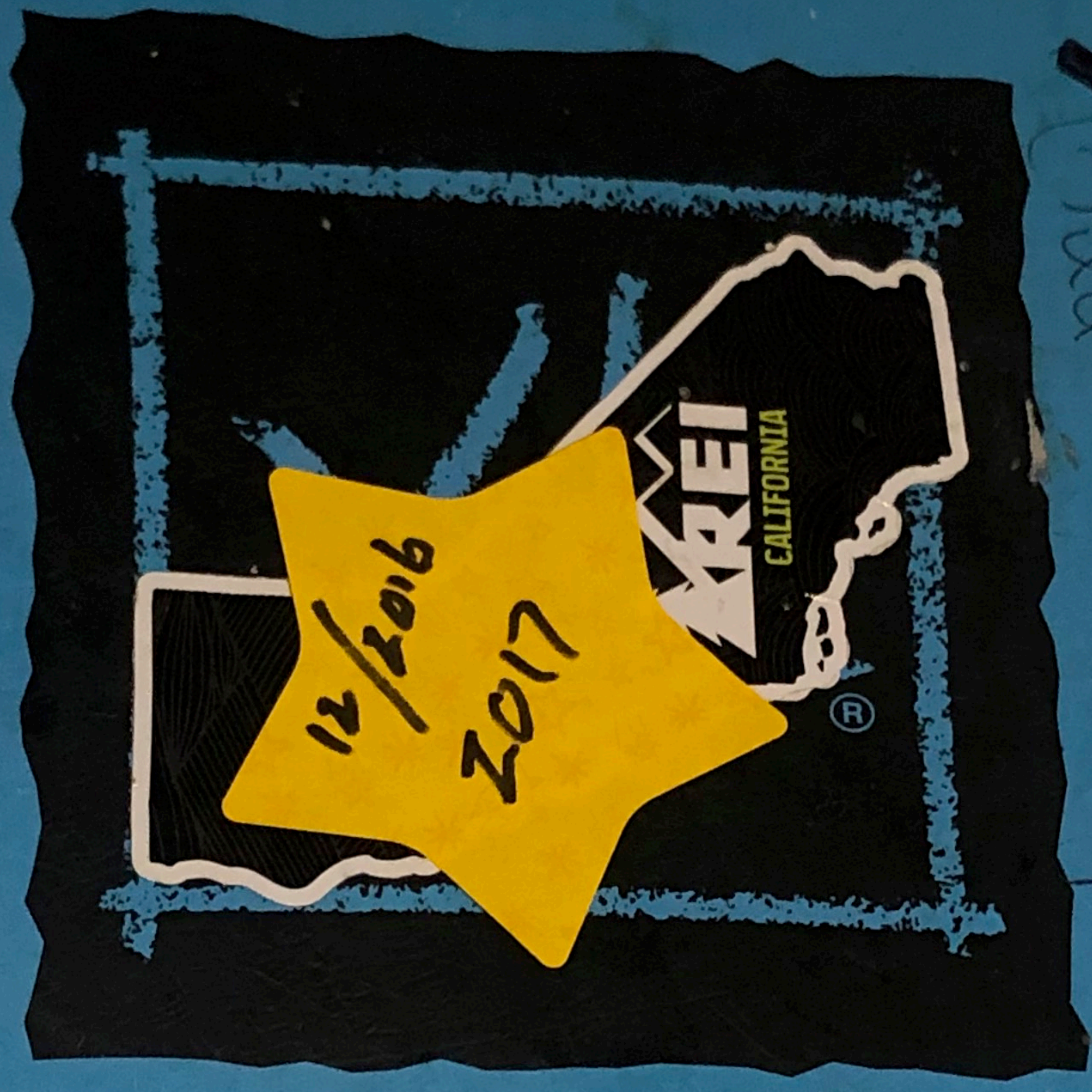
11 in x 14 in
27,9 cm x 35,6 cm

95
100

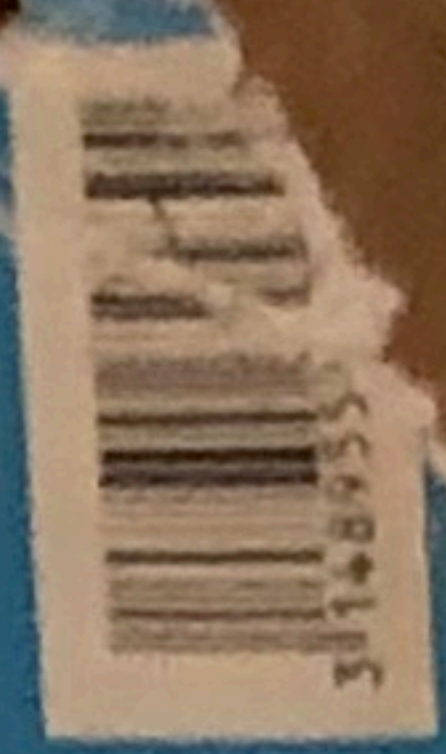


176101857504

1082/1 MILES
21.1 = B
Amp Bk 10/14



11/5/37
BMECF



DECEMBER 2016

RAUL 11
 MIKE 11 1/2
 CHUCK 11 1/2
~~BEAU~~
 DANIEL 9
~~DAVE 5~~
 CHUY 11 1/2

COMFORT INN
 106
 750 AMERSON ST.
 92101
 98661

8116
 *
 182SPM →
 1.11 STONE LEA.
 1105 CANS
 +272
 -229

Q
 AVALON 50K VACATION
 SAN06-11

11 RUNS / 99.17
 910 AVG. * GOOD ONE!

45.21
 40.21
 30.75
 116.172 / 38.72
 4700 People
 Homeless in LA

| | | | | | | |
|--|----------------------|---|----------------------|---|---|--|
| 01 11/01 CLAYTONS 71 ¹³ BELLS/ENCINITAS @ 8:00 AVG. GOOD ONE!! 10 ⁰⁰ 1 10 ⁰⁰ 1243 ⁷⁹ 167 7 ³⁵ | 02 # # RESTDAY | 03 11/01 CLAYTONS 78 ¹⁷ DEL MAR WOODS 1) 9:07 4) 8:58 5) 8:53 6) 7:54 7) 17:32/8) 9:22 17 ⁰⁴ 2 8 ⁵² 1220 ⁸³ 166 7 ³⁵ 7 ⁰⁴ 51 53 17 ⁰⁴ 180 2:20 | | | | |
| 04 # # RESTDAY | 05 # # RESTDAY | 06 12/06 CLAYTONS 15 ⁰¹ SPEEDWORK/LSD * COMBO: * 1) 9:48 2) 9:44 3) 9:38 4) 6:58 5) 10:25 6) 6:56 7) 10:46 8) 6:57 9) 9:41 10) 9:17 11) 8:58 12) 8:57 13) 8:53 14) 8:57 15) 8:29 32,05 3 10 ⁸⁸ 1235.84 167 7 ⁴⁰ 15 ⁰¹ 15 15 15 ⁰¹ 2:14 2:14 | 07 # # RESTDAY | 08 12/06 CLAYTONS 25 ⁰⁵ ENCINITAS LOOP @ 8:59 AVG. 42,09 4 10 ⁵² 1230 ⁸⁸ 168 7 ⁴¹ 10 ⁰⁴ 13 28 05 11:30 3:44 25 | 09 # # RESTDAY | 10 1206 CLAYTONS 30 ⁰⁵ SPEEDWORK @ 1) 9:36 2) 9:18 3) 6:55 4) 9:39 188 SPM 1:24 SL 5) 9:20 47 ⁰⁹ 5 4 ⁴¹ 1250.88 169 7 ⁴⁰ 5 ⁰⁰ 44:47 4:34 30 ⁰⁵ |
| 11 1206 CLAYTONS 40 ⁸⁵ CARDIFF > DELMAR WOODS @ 8:49 AVG. 57 ¹⁷ 6 9 ⁵² 1260 ⁹⁶ 170 7 ⁴¹ 10 ⁰⁰ 52 52 10 ⁰⁰ 1:29 1:29 | 12 # # RESTDAY | 13 1005 CLIFTONS 101 ⁵³ SAN ELI 50 LAGOON SAN DIEGO COUNTY PARK LOOP @ 10:29 AVG. 1856' 177.54 7 12 ⁹² 1281.33 171 7 ⁴⁹ 31 56 40 45 20 3:33 5:03 30 | 14 # # RESTDAY | 15 # # RESTDAY | 16 1206 CLAYTONS 147 ⁸⁸ RAIN RUN @ 9:28 AVG. 84.57 8 12 ⁰⁰ 1288.36 172 7 ⁴⁹ 7 ⁰³ 33 01 37 ⁴⁸ 1:00 6:10 | 17 # # RESTDAY |



BANK NUMBER