

2017 JANUARY

1560
156

1206 CLAYTONS
07.25

1608 1207 CLIFTONS

1. 1206 CLAYTONS 84.18 DEL MAR Woods @ 8:25 AVG.	2. 1206 CLAYTONS 92.25 SWAMI'S @ 8:28 AVG.	3. # # VACATION RESTDAY	4. 0104 TRACERS 704 SIGN-UP FOR 5K! HAIRCUT RUN @ 8:58 AVG.	5. # # RESTDAY	6. # # VACATION 3-8 PIV# READ LUNGE SPORTS #26 KENNY RESTDAY	7. 0104 TRACERS 12.17 RESOLUTION EIK/BAM 22:38/7:15 AVG. LAGOON RUN @ 10:08/10mi.
7:01 1 7:01	8:07 15:00 2 7:54	# # #	22:13 3 7:31	# # #	# # #	43:00 4 10:19
7:01 1 7:01	15:00 2 7:54	# # #	22:13 3 7:31	# # #	# # #	43:00 4 10:19
7:01 59:00 59:00 7:01	8:07 1:08 27 2:07 15:00	# # # #	7:04 04 31 1:03 3:10 22:13	# # # #	# # # #	20:05 3:17 24 6:36 43:00
8. # # RESTDAY	9. # # RESTDAY	10. 1800' + 1207 CLIFTONS 18.95 VACATION BORRERO SP HELLHOLE CANYON HIKING & RIDING TRAILS MAT. All	11. # # RESTDAY	12. # # RESTDAY	13. 1206 CLAYTONS 105.27 DEL MAR WOODS @ 8:54 AVG.	14. 1206 CLAYTONS 113.39 SWAMI'S @ 8:27 AVG. SICK CALL #1
# # #	# # #	51:87 5 10:37	# # #	# # #	59:89 6 9:00	68:01 7 9:21
# # #	# # #	51:87 5 10:37	# # #	# # #	59:89 6 9:00	68:01 7 9:21
# # # #	# # # #	8:07 35 35 2:52 2:52 8:07	# # # #	# # # #	8:02 19 54 1:11 4:03 16:00	8:12 41 35 1:08 5:12 25:00

SAN 7TH DOUBLE

WARM-UP
42:00 / 10:05
3:17:05
20:00
6:36:24
43:00

STRIDES
1.07 mi
9:36
8:59 AVG

3:10:31
3:17:05
6:27:36
3.13 LAPS
1:21 SL | 186SPM | 1) 7:05 | 187SPM
1:18 SL | 187SPM | 2) 7:16 | 1:19 SL
1:17 SL | 187SPM | 3) 7:24
1:34 SL | 191SPM | 13) 6:46
7:15 AVG.

RACE
3.13 mi
22:38
7:14 AVG

WARM DN
4.22 mi
42:16
10:00 AVG
RUSH 49
PASSWORD
MONTY 123
1:14
1:24
3:05

3
9:36
20:00
22:38
42:10
1:41:41
3:17:05
LAGOON RUN
10:04 mi
1:41:41
10:08 AVG.

SUN

MON

TUE *TRAIL CLOSED FOR 2 WKS. 5/27-31 WED

OPPODS

TREATIBLES

15

#1 #

#1

16LBS X 2 SETS

:42/:42

LBS

#	#	#
#	#	#
#	#	#

16

#

RESTDAY

REST

#	#	#
#	#	#
#	#	#

17

1207 CLIFTONS

SAN ELIJO LAGOON

SAN DIEGO VITO CO. PARK

@10:40 AVE.

2500

15 LSD

87	19	8	10:59
87	19	8	10:59
19	54	54	19:18
324	3:24		

18

#2

16LBS X 2 SETS

:45/:1:27

LBS

#	#	#
#	#	#
#	#	#

19

1206 CLAYTONS

118.39

HOOD

12X4HILLS

380'

8:45 AVG. 17:50 X 9 EFFORT 4:15

RAIN

92	19	9	10:24
92	19	9	10:24
5	48	34	24:18
43	9:08		

20

#

RESTDAY

REST

#	#	#
#	#	#
#	#	#

21

1206 CLAYTONS

124.40

SWAMI'S

1) 9:31 2) 9:41

3) STRIDES 9:06

4) 7:06 187/1:21 8:02

5) 7:03 186/1:22 8:11

6) 9:52 31 MI SPEED

98	20	10	9:02
98	20	10	9:02
6	52	56	30:19
5:00			

22

#3

16LBS X 1 SET

:30/:30

LBS

#	#	#
#	#	#
#	#	#

23

CALL IN SCRIPT

RESTDAY!

REST

#	#	#
#	#	#
#	#	#

24

1207 CLIFTONS

59.54

LAGOON/SAN DIEGO VITO PARK

@10:42

2011+ 10 LSD

116	37	11	10:57
116	37	11	10:57
18	17	3:19	18:17
3:19			

25

#4

16LBS X 2 SETS

:45/:1:15/:2:42

LBS

#	#	#
#	#	#
#	#	#

26

#

RESTDAY

#	#	#
#	#	#
#	#	#

27

#

RESTDAY

#	#	#
#	#	#
#	#	#

28

8:04 TRAKERS

19.24

3 SWAMI'S

1) 9:22 2) 9:12 3) 9:34

4) 9:07 STRIDES

5) 7:05 6) 7:03 107/1:22

7) 9:34

123	44	12	10:25
123	44	12	10:25
7	33	52	25:24
101	4:20		

29

#

RESTDAY

#	#	#
#	#	#
#	#	#

30

1206 CLAYTONS

132.54

SEASIDE DEL MAR LOOP

@8:49 AVG 6:50

7

131	58	13	10:12
131	58	13	10:12
53	1:11	53	8:14
1:11			

31

#

RESTDAY

#	#	#
#	#	#
#	#	#

16LBS 2:42 +:30

3:12 SATURDAY

FEB 4 2017

SUPER RUN 5K

7:30 A 7:46 A

5K 70+ 24:13

10K 70+ 50:56

REN ENOS 7:13 / 44:48

JANUARY 2017

2006 81PI

THURS JAN 22 2017

25:00

67.10

56

10.

46 33 / 1546

6:31+

20 501 171X7

19

160

12 3:24:54

150 43:40

4:08:36

SINCE FEB RUN

4 LSD RUNS

67:10

16.77 AVG.

6800'

1700 AC

BACK TO FRONT

FEBRUARY 2017

SPROUTS
ACBERTSONS
???

72-21 6182
3/83
6/23
BARBIA PARK TRACK MEET
8:00 AM MILE
9:20 AM 2 MILE

1. 1207 CLAYTONS 140.56 SWAMI'S (13) @ 8:48 AVG. 8:02 1 8:02 139.60 14 9.97 8:02 38 38 0:02 110 1:10	2. # # RESTDAY	3. # # VACATION RESTDAY	4. 1207 C 196.56 OICAT 26.74 SUPERZ RUN WRONG TURN! 47:23 1st 70+ LAST MILE OF TIME!! 2ND. OVER 50 300 WALKER 20.55 2 10:27 152.13 15 10:14 12:53 30 08 1:52 3:03 20:51
---	----------------------	----------------------------------	--

5. # # RESTDAY	6. # # VACATION #5 16LBS X2SETS :45/:45 #5 LBS
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7. 181 SPM 1.03 SL 1227 CLAYTONS 156.73 E-STREET LOOIO @ 8:40 AVG. (1) 9:06 (2) 8:48 (3) 9:03 (4) 8:35 (5) 8:43 (6) 8:44 (7) 8:22 (8) 8:22 (9) 8:24 (10) 8:24

8. 1227 CLAYTONS 163.07 BALBOA PARK 100 GRASS/EZ #6 LBS :45/1:30 2:42 HILLS
--

9. # # #6 16LBS X2SET :45/1:30 2:42 HILLS
--

10. 1227 CLAYTONS 171.58 ENCINITAS @ 8:58 AVG.

11. # # RESTDAY

12. # # #7 16LBS X2SETS #7 2:05 LBS
--

13. # # RESTDAY REST 0

14. 1227 CLAYTONS 186.94 SEA-SIDE LOOP TO TOP OF TORREY: 9:22 DOWN 8:37 BACK 8:59 AVG 0/A L5D

15. # # (HAIRCUR) 16LBS X2SETS #8 :45/3:00 LBS

16. 1227 CLAYTONS 192.00 FLETCHER CREEK RAMP X10 :40 SEC UP +380' RAMP

17. # # RESTDAY REST 2

18. 1227 CLAYTONS 197.93 SPEED WORK: (1) 9:03 (2) 9:08 (3) 9:15 (4) 7:35 (5) 7:17 (6) 7:17 (7) 9:01 SPEED
--

19. # # # # # # # # # # # #

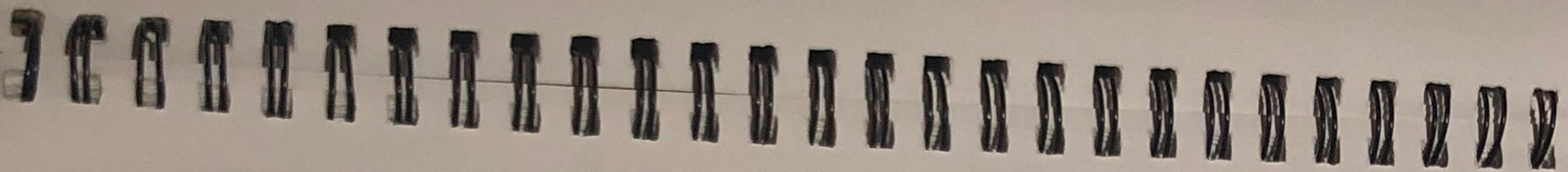
20. 15:36 01 01 15:36 2:18 2:18

21. # # # # # # # # # # # #

22. 5:06 45 42 51:44 3:09 20

23. # # # # # # # # # # # #

24. 71:02 88:09 203:50 219:69 59:51 44:26
--



④
-62
⑥
+3
-59
⑧
+35
-55

45.42
48.96
42.85

137.28

481

19

#	#
HLS-1 #9 :35/35 3:35 LBS	
#	#
#	#
#	#

20

#	#
RESTDAY	
#	#
#	#
#	#

21

0104 TRACERS 36.75	
SPEEDWORK 8	
① 9:07 ② 9:24 ③ 8:31	
④ 6:49 ⑤ 10:26 ⑥ 6:42	
⑦ 16:39 ⑧ 6:46 ⑨ 9:59	
⑩ 9:41 (45.7) 15	
TRACERS	
81.93	9 9:10
213.51	22 9:70
10 ⁰¹	12 ¹² 1:28 10 ⁰¹

22

#	#
A-1 MEETING	
RESTDAY	
#	#
#	#
#	#

23

1227 CLAYTON 203.94	
FLETCHER COWE	
16/17X RAMP	
RAMP MILES -	
4) 13:28 + 232 481	
5) 13:17 + 249 16	
17X RAMP RAMP	
87.94	10 8:79
219.52	23 9:54
6 ⁰¹	16 ⁰² 2:33 16 ⁰²

24

#	#
#10	
HLS-1	
:26/1:01	
#	#
#	#
#	#

25

0104 TRACERS 4578	
TEMPO	
1) 9:26 2) 9:08 3) 9:22	
4) 9:24	
5) 7:28 6) 7:27 7) 7:25	
8) 9:30 9) 8:52	
Tempo SPEED	
9:06	11 8:01
228.55	24 9:52
9 ⁰²	23 3:51 25 ⁰⁵

26

#	#
#11	
HLS-1	
UPPER :30/30	
4:31 LBS	
#	#
#	#
#	#

27

#	#
RESTDAY	
#	#
#	#
#	#

28

1227 CLAYTON 219.96	
TORREY PINES HILL	
@ 9:15 AVG.	
9:25 TURN AROUND.	
+ 1115' 11 ⁰³ = 10	
112.99	12 9:41
244.57	25 9:78
16 ⁰²	21 ¹² 2:18 16 ⁰²

SPLITS

1) 9:36
2) 8:39
3) 9:27
4) 9:21
5) 8:47
6) 10:09
7) 9:47
8) 9:35
9) 9:27
10) 8:11

* 1:00 TORREY HILL
9:10 DEL MAR HILL
FEB 1
@ MIDNIGHT
WWW.ATHLETIC.NET
9:24 AVG. PER \$8.00
2.93 DAY \$45.00

5:42
1:01
6:43 SAN DIEGO CITY COLLEGE
30 BARBOA TRACK CLASSIC
7:13
480 6/500 MIN 13^{OR}
94 48
120
18
20

8:20
1:23
6:00 8:10
83 130 2
120 18

MARCH 11TH
CATALINA MARATHON
WAE / PLANE
A DAY ADVENTURE

MARCH 11TH ST. PATRICKS DAY
10K MISSION BAY FEB 4:31
SAN 3:12
7:43

VM
5+ DEEPER
THAN SLEEP
20 MIN = 3-4 HRS
SLEEP

CHARLE KNOLES
VEDA CENTER
LA
ON LINE COURSE

VEDIC
MEDITATION
20 AM 20 PM

19,000 initiation
1,000 MONTH DUES/SPEND

19,000 initiation
900.00 MONTH DUES
125 MONTH SPEND

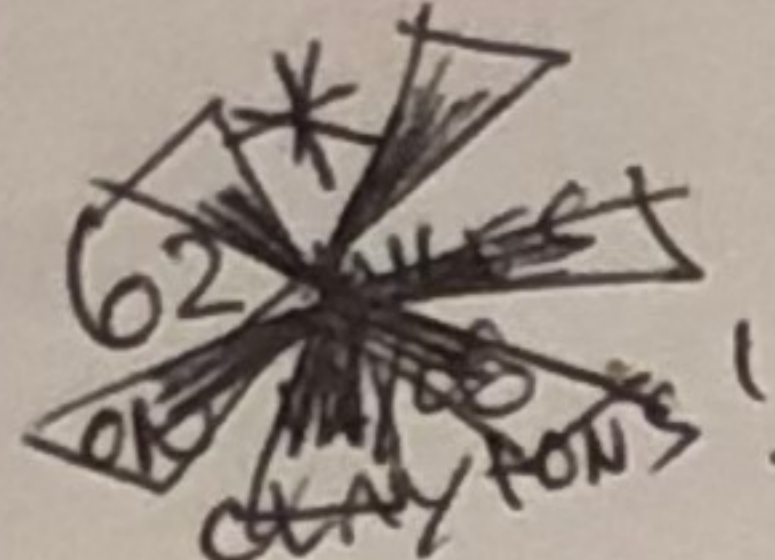
MH 370
MALAYSIAN #376
MARCH 8 2013
3 yes
239 PASSENGERS

MARCH

JAN/FEB 7.43
2017

7:13
1:27
8:40
19

8:55
20



1.		2.		3.		4.	
#	#	#	#	#	#	#	#
133/133/133		1227 CLAYTONS 224.97				1227 CLAYTONS 220.98	
LBS		EZ CARDIFF @ 8.56 AVG.		LBS		SUB KRENISK	
#12 LOWER (LEGWEIGHT)				#13 UPPER		EZ ENCINITAS @ 9.01 AVG.	
#	#	#	#	#	#	#	#
		501	159			1102	2551
#	#	#	#	#	#	#	#
		2495	26959			255.59	27976
#	#	#	#	#	#	#	#
		501	46			601	51
		501	44			5411	13811
		4446	501				

5.	
#	#
RESTDAY	
#	#
#	#
#	#

6.	
#	#
1227 CLAYTONS 236.39	
CARDIFF @ 9.22 AVG.	
#	#
1643	3547
#	#
20100	28932
#	#
541	5084
5084	541

7.	
#	#
(HAIRCUT)	
LBS	
#14	15/15/1542 LBS
#	#
#	#
#	#

8.	
#	#
308 CLAYTONS 5.55	
CARDIFF	
SORE THROAT @ 8.54 AVG.	
#	#
2198	4549
#	#
26655	29919
#	#
555	4925
59	139
896	

9.	
#	#
RESTDAY	
COLD & SICK!	
#	#
#	#
#	#

10.	
#	#
REALLY SICK!!	
RESTDAY	
SICK VACATION	
#	#
#	#
#	#

11.	
#	#
ST. PETERS DAY OF BETTER RESTDAY (SICK!)	
#	#
#	#
#	#

12.	
#	#
308 CLAYTONS 1358	
SWAMI'S @ 8:28	
8:40 up 8:16 BACK	
#	#
3001	5600
#	#
27458	30915
#	#
803	100
100	108
803	

13.	
#	#
(HEAD COOL)	
LBS	
#15	28/28/210
#	#
#	#
#	#

14.	
#	#
RESTDAY!	
STILL SICK! LSN 102	
#	#
#	#
#	#

15.	
#	#
*DR. CHAN SCRIPT FOR COOL REST SICK LBS!	
#	#
#	#
#	#

16.	
#	#
RESTDAY	
SICK/WORSHIPING G	
#	#
#	#
#	#

17.	
#	#
RESTDAY	
FEELING BETTER	
#	#
#	#
#	#

18.	
#	#
308 CLAYTONS 2172	
G. STREET @ 8:28	
1) 9:23 2) 8:40 3) 8:55 AVG.	
4) 8:30 5) 8:54 AVG.	
6) 8:27 7) 7:57 7) 7:55	
8) 8:12 9) 8:12	
#	#
3816	6635
#	#
28272	31912
#	#
814	109
109	21716

YE. LBS -
 9:23 :30
 #16 / 9:53 total
 :37 ave AVG.

SANCTUARY
 DEPT
 WELCOME ALL

Woozy

CALORIES 520
 CADENCE 178 SPM
 STRIDE LENGTH 2.04

Woozy

UNSTEADY, DIZZY, DAZED
 UNFOCUSED

+147
 -144
 mentally, unclear

19		20		21		22		23		24		25	
#	#	#	#	#	#	#	#	#	#	#	#	#	#
#16	30/9:53	RESTDAY		308 CLAYTONS 27.23	DEL MAR @ 8:59	45/10:38 #17	308 CLAYTONS 32.27	CARDIFF @ 8:40 AVG		RESTDAY		RESTDAY	
-LBS- :30/:30				WOODY?? AVG. 13 T.PINES		:45/1:15		1) 9:06 2) 8:42 3) 8:43 4) 8:25 5) 8:24 - WORK 8 1/2 #100					
#	#	#	#	#	#	#	#	#	#	#	#	#	#
#	#	#	#	#	#	#	#	#	#	#	#	#	#
#	#	#	#	#	#	#	#	#	#	#	#	#	#
#	#	#	#	#	#	#	#	#	#	#	#	#	#
43.66	7	623		288.23	32	900		48.70	8	6.08			
5 ⁰¹	44:28	44:28	55 ⁰¹	5 ⁰¹	44:28	44:28	55 ⁰¹	5 ⁰⁴	43	48	10:55		

26		27		28		29		30		31			
#	#	#	#	#	#	#	#	#	#	#	#		
308 CLAYTONS 37.28	DEL MAR @ 8:59 AVG	DR. LAVINE APT CALL FOR WEDNESDAY -		RESTDAY		CARDIFF @		STRETCHING, AM/PM		- VACATION -			
LUST MILE @ 8:06!		RESTDAY		RESTDAY		1) 9:08 2) 8:21 3) 8:24 4) 8:04 5) 8:01 * 8:24 AVG. 5		RESTDAY		RESTDAY			
53 ²¹	9	59 ⁰⁶		#	#	#	#	58.72	10	58 ⁰⁷		#	#
298.20	34	8 ²⁷		#	#	#	#	303.29	35	866		#	#
5 ⁰¹	45:00	45:00	5 ⁰¹	#	#	#	#	5 ⁰¹	42	11:27	10 ⁰²	#	#

9²³ ave
 88/11/8⁰⁰
 88/11
 7⁰¹
 6 LBS / 10 HRS.
 10 RUNS 60 MINS

APRIL

2016

* STILL HAVE THE FLU...
SHIT HAPPENS
THINGS GO WRONG
LIFE GOES ON.
TOTALLY FLAT!

★
RENT!

1.	#	#
RESTDAY		
#	#	#
#	#	#
#	#	#

09 APRIL:
2) 7:58 3) 8:28 4) 8:14
5) 8:09 6) 7:53
5 @ 8:08 AVE.

MILE W/AVE - UP
MILE W/AVE - DOWN

2,3,4,5 4 @ 8:36 AVE.

07 APRIL: 8:36 AVE.

1) 9:12	3) 8:21	5) 8:40
2) 8:51	4) 8:37	6) 8:45

46⁷³/_{9.34}

308 CLAYTONS 2. | 4500

TRACERS | 47.28

CARLSBAD BK
DROPPED OUT
@ 1 mi (7:28)
COULDN'T BREATHE
NO POWER???

4.90 | 1 | 4.90

303.18 | 85 | 800

4.90 | 42.31 | 4.90

13.	#	#
VACATION RESTDAY		
#	#	#
#	#	#
#	#	#

14.	#	#
1:30P DR. LAVINE RESTDAY		
#	#	#
#	#	#
#	#	#

15.	#	#
308 CLAYTONS 55.26 VACATION PIU TAILORING DEL MAR / SWAMIS @ 8:48 AVE. HAD TO PUSH A LITTLE BUT GOOD!		
15.16	2	7.50
313.49	308	8.70
10.26	23	5.3
11.30	212	15.16

16.	#	#
#18 =LBS= :30/30		
#	#	#
#	#	#
#	#	#

17.	#	#
308 CLAYTONS 61.40 DEL MAR SOLANA BCH LOOP @ 8:43 AVE.		
21.30	3	7.1
319.58	308	8.63
6.14	153.35	2.0
15.30	306	21.30

18.	#	#
*DIFFERENCE SHOWING! =LBS= ABS 30/100# 19		
#	#	#
#	#	#
#	#	#

9.	#	#
308 CLAYTONS 60.60 SWAMIS @ 8:40 AVE. 1) 9:59 2) 7:58 3) 8:28 4) 8:14 5) 8:09 6) 7:53 7) 9:49 *2-6 8:08 AVE.		
20.50	4	7.12
326.70	309	8.59
7.20	26	1:02
1:02	26	7.20

10.	#	#
RESTDAY		
#	#	#
#	#	#
#	#	#

11.	#	#
1785 MI 101 LBS 308 CLAYTONS 83.64 TORREY PINES TOP @ 8:59 AVE. LAST 4 MILES AT 8:43 AVE.		
43.54	5	8.70
341.82	309	8.76
15.04	19	4.5
2:15	3:17	22.24

12.	#	#
#20 =LBS= :42/:42		
#	#	#
#	#	#
#	#	#

13.	#	#
308 CLAYTONS 91.72 2-7 @ 8:40 AVE. CARDIFF @ 8:53 AVE. 1) 9:27 2) 9:01 3) 8:53 4) 8:33 5) 8:54 6) 8:13 7) 8:26 8) 9:34		
51.62	6	8.00
349.90	40	8.74
9.08	45	3.0
1:11	4:21	3.0

14.	#	#
#21 =LBS= :30/:12		
#	#	#
#	#	#
#	#	#

15.	#	#
308 CLAYTONS 99.73 SPEEDWORK: 5) 7:46 6) 7:38 7) 7:33 7:34 AVE 1) 9:3 2) 9:13 3) 8:37 4) 9:03 5) 9:07 6) 8:08		
59.63	7	8.51
357.91	40	8.72
8.01	20	5.0
1:08	5:31	3.0

REST! LBS

TEXT MAC! REST

SPEEDWORK!

ERRANDS! LBS

16. RESTDAY!		17. RESTDAY!		18. CARDIFF @ 8:58 AVG. STILL TIRED!!		19. HAIRCUT RUN! =LBS=		20. CARDIFF @ 8:38 AVG. 1) 8:51 2) 8:50 3) 8:41 4) 8:21 5) 8:30		21. =LBS= #23		22. HOOD @ 8:45 AVE 2-7 @ 8:35 AVG.	
#	#	#	#	#	#	#	#	#	#	#	#	#	#
#	#	#	#	#	#	64.64	8 8:08	69.87	9 7:76	74.95	10 7:44	#	#
#	#	#	#	#	#	362.92	43 8:04	368.15	44 8:56	373.23	45 8:48	#	#
#	#	#	#	#	#	5:01	44:49 44:49 5:01	5:23	02 52 47 1:31 10:24	5:08	53 45 1:14 15:32	#	#
23. RESTDAY!		24. RESTDAY! PLU SCRIPT KAISER FATIGUED - LBS		25. FATIGUED/TIRED NO ENERGY! RESTDAY!		26. RGE/LHD @ 9:59 AVG. 1570 CALS		27. CARDIFF @ 8:59 AVG.		28. *LEGS REALLY SORE! RESTDAY!		29. HOOD @ 8:59 LEGS BETTER!	
#	#	#	#	#	#	#	#	#	#	#	#	#	#
#	#	#	#	#	#	#	#	97.05	12 8:08	102.14	13 7:85	#	#
#	#	#	#	#	#	#	#	395.33	47 8:41	400.39	48 8:34	#	#
#	#	#	#	#	#	#	#	15:09	20 15:09	5:06	25 55 46 3:16 20:15	#	#
30. CARDIFF @ 8:27 AVG. 1) 9:06 2) 8:18 3) 8:28 4) 8:43 5) 7:28 6) 8:42 7) 8:30 541 @ 8:13 AVG. LBS		411 8:05		108.96		581 7:53		2 44:49 47:03 243:53 1:01:19		12.25		110	
111.20		15 7:41		112 > 7.5		120		3:17 0		15		44	
409.48		50 8:18		11.72		120		38:04		15		47	
7:01		59:13 59:13 7:01		120		15		10		15		45	

APRIL 2017

(SAN-FCB) MARCH 303.29

J-A 29 413.1

16 1333 179 RUNS

J-13 F-12 M-10 A-15 50

MAY 20 17

WEEK # 18
247
DAY 17

143 mi FONTANA 32.16
SANTA ANITA 3 HR.

6) 7:00 186SPM 1.23 -59' +6'
8) 7:06 185SPM 1.22 -59' +6'
10) 6:57 186SPM 1.25 59' 6"

1				2				3				4				5				6			
#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#
WORK @ 1144 #24 = LBS = NO LEGS! :20				000 TOTAL 000 RESTDAY! SLEEP 6 HR/DAY				1207 CLIFTONS 119 26 SPEEDWORK: 9x1 mi @ 5.8 7:01 4 mi warm up 7:14 STRIDE MILE 2:11 6) 7:00 8) 7:06 10) 6:57				20 GUANTS #25 = LBS = :30/:50 NO LEGS				1207 CLIFTONS 125 33 CARDIFF @ 8:56 EZ 1st GEAR				1207 CLIFTONS 132.10 3 @ 7:30 tempo DELMAR 1 mi @ 7:14 2197 TIRE/WIND			
#	#	#	#	#	#	#	#	12:15	1	12:15		#	#	#	#	18:22	2	9:11		25:00	3	8:33	
#	#	#	#	#	#	#	#	421	463	51	826	#	#	#	#	427.70	52	8:22		434.47	53	8:19	
#	#	#	#	#	#	#	#	12:15	05	05	12:15	#	#	#	#	6:07	54	19	18:23	6:21	22	21	25:00

7				8				9				10				11				12				13			
#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#
RESTDAY				WAWANESA CALL PAY BILL CALL DENTAL apt/won? RESTDAY				RESTDAY				1207 CLIFTONS 137.11 = HAIR CUT = 10 US CARDIFF @ EZ 9:14 AVG				1207 CLIFTONS 142.13 DELMAR @ 8:45 AVG MILE 2 @ 8:32 MILE 3 @ 8:39				0513 CLIFTONS 148.01 SWAMI 5 1) 9:10 2) 8:58 3) 8:02 4) 8:10 5) 8:29 6) 7:36 7) 7:23 8) 8:55 3 @ 7:36 8							
#	#	#	#	#	#	#	#	#	#	#	#	30:01	4	7:50		35:03	5	7:00		#	#	#	#	43:04	6	7:17	
#	#	#	#	#	#	#	#	#	#	#	#	439.48	54	8:13		444.50	55	8:08		#	#	#	#	452.51	56	8:08	
#	#	#	#	#	#	#	#	#	#	#	#	5:01	46	46	5:01	5:02	45	05	10:03	#	#	#	#	6:01	51	56	19:04

14				15				16				17				18				19				20			
#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#	#
0563 CLIFTONS 130.7 MONS DAY 6:21 AM # 75- EZ CARDIFF @ 8:59 AVG				KENNY DR. APT. 1:30 PM RESTDAY				0513 CLIFTONS 23.10 WAWANESA ### SPEEDWORK: DELMAR 13 5) 6:50 1:27 SPEED 6) 6:49 1:27 WIND 186 1:27 +147 WIND				410 VALERIE #27 = LBS = :20/:20 LBS				#28 = LBS = :26/:46				0513 CLIFTONS 31.14 GNADELL RUN @ 8:44 AVG 176 SPM 1.03 SL +200 28 LBS -196				RESTDAY			
48:10	7	6:87		#	#	#	#	58:13	8	7:26		#	#	#	#	#	#	#	#	66:17	9	7:35		#	#	#	#
457:51	57	8:02		#	#	#	#	467.60	58	8:06		#	#	#	#	#	#	#	#	475.64	59	8:06		#	#	#	#
5:06	45:27	45:21	5:06	#	#	#	#	10:03	43	10	15:09	#	#	#	#	#	#	#	#	8:04	51	01	23:13	#	#	#	#

177
1.09
+118
-127

837
900
84
833
834
116
117

MAY 2017

KAREN / KAREN

MON/TUE 123 > REMOVE PASSWORD

Fontana 1/2 MARATHON
ENTRY #
RON1VWUWL

KAREN

5:15

307.26

DMORALEZ @FONTANA.ORG

\$169.00

23 1/2
\$150.00
243.86
\$1833
170
83
COX
CAOENCE (619) 262-1122
SL 1.08 +216
-223

- WEDNESDAY -

#21	121 0513 CLIFTONS 4/20 ENCINITAS @ 8:19 AVG. 1) 9:07 2) 8:26 3) 8:55 4) 8:45 5) 8:45 6) 7:29 7) 7:27 8) 7:26 76.23 10 7.62 485.70 60 8.09 10 06 43 43 10 06 1:23 1:23 10 06	221 # # RESTDAY	230 # # RESTDAY 5 11 SPEED WIND	240 # # PRO SCRIPT #29 -LBS- 36:36 10 DAY STILL FONTANA 2 WEEKS / COALS / LBS	250 6519 CLIFTONS 4/6 30 DEC MAR @ 8:14 AVG E2 111 81.32 11 7.39 490.80 61 8.04 5 10 44 06 49 2:07 15-16	261 # # RESTDAY	271 0529 CLIFTONS 5/1 37 CARDIFF @ 8:16 AVG 1) 8:56 2) 7:58 3) 7:56 4) 7:42 5) 8:43 86.44 12 7.20 195.87 62 7.99 5 07 50 39 2:49 20 23
#22	280 # # RESTDAY 516 CALIF. SNOWS 500	290 0529 CLIFTONS 7 68 MEMORIAL DAY CARDIFF @ 8:21 AVG. 1) 8:54 2) 8:36 3) 8:37 4) 7:21 5) 9:10 6) 7:12 7) 8:46 7:35 7:37	300 # # - VACATION STARTS - RESTDAY	310 0529 CLIFTONS 13 93 1:00 VALERIE COX STORE CARDIFF @ 8:26 AVG 4 @ 6:50!	<p>VACATION #1 MAY 30 - JUNE 28 LAST DAY MAY 29 1st DAY BACK JUNE 29</p> <p>VACATION #2 MAY 30 - JUNE 22 LAST DAY MAY 29 1st DAY BACK JUNE 22</p> <p>VACATION #3 MAY 30 - JUNE 14 LAST DAY MAY 29 1st DAY BACK JUNE 15</p>		

96
32.24
7:12
184
1.22
-62
24 MILES
#6
7:24
182
1:20
-52
169.00
28 MILES

100.33
16.07 (HD)
1356
96
97 #3



#7

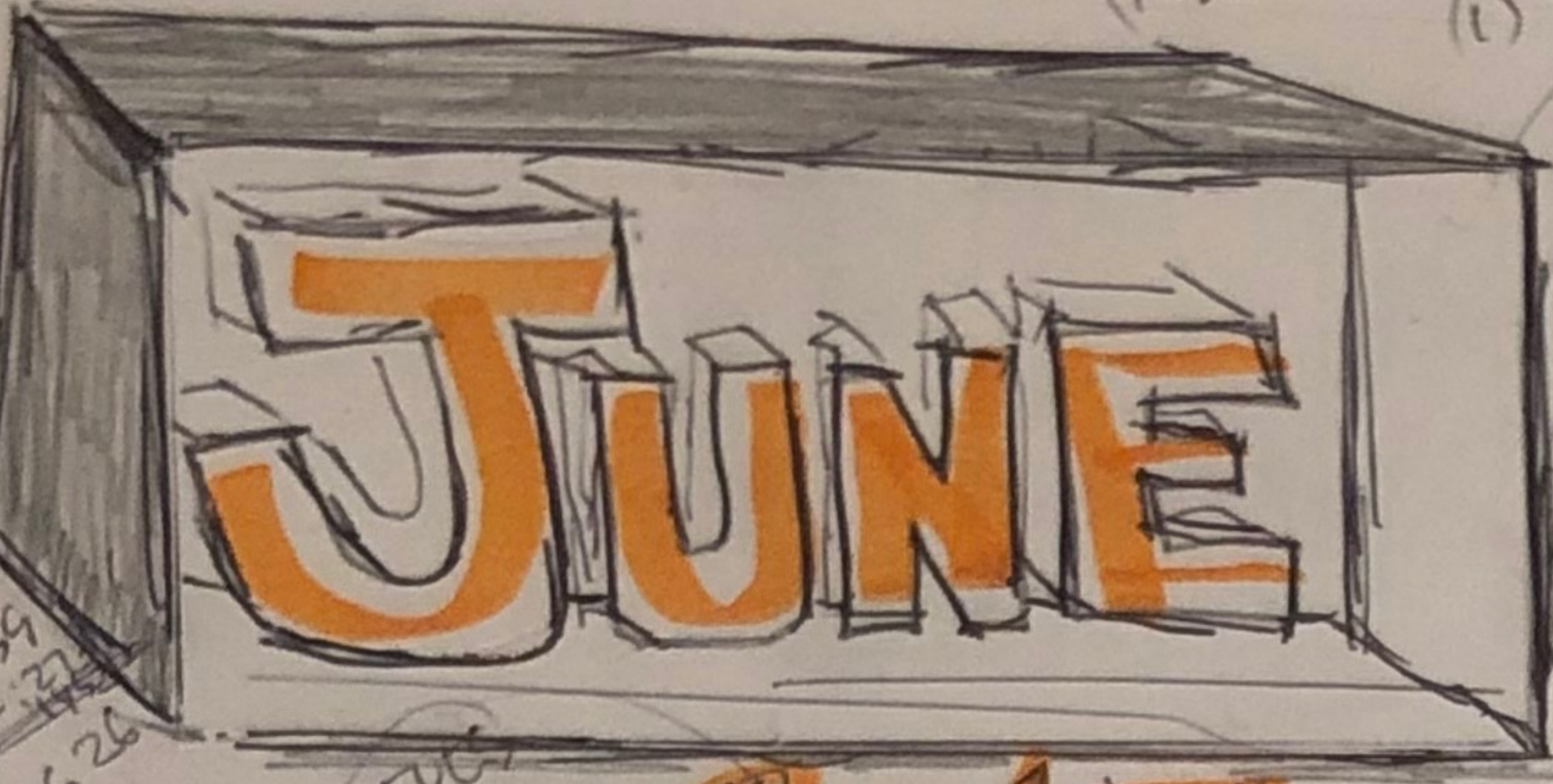
VACATION #3
MAY 30 - JUNE 14
LAST DAY MAY 29
1st DAY BACK JUNE 15

LAST 5K

24.33 5K / 7:54 AVG, 1:14

(11) 7:37 (12) 7:53 (13) 7:47 (17) 7:19

Home wood
888 978 6498
SUNDAY
2:17 46:54
3:30 1:02:37
1888 6.06 26
PACIFIC MED. COM
VIP PREMIUM



(10 MILES)

FONTANA SPLITS
(1) 7:08 (2) 7:13 (3) 7:13 (4) 7:11 (5) 7:08 (6) 7:16 (7) 7:16 (8) 7:24 (9) 7:28 (10) 7:32

2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
0529 Clifton	0529 Clifton	0529 Clifton	0529 Clifton	0529 Clifton	0529 Clifton	0529 Clifton
4453	4453	4453	4453	4453	4453	4453
55433	55433	55433	55433	55433	55433	55433
606	606	606	606	606	606	606
ML WALK SOLONARON WALK/RUN	VACATION CATALINA CASA MARQUITA REST DAY	REPPY BENCH WALK/HERMIT CATCH 21:24 AVG	BLACK JACK CAMPGROUND TURN OFF RUN/WALK MESSONE 13:55 AVG 21:48 20:10	VACATION AVALON WALK CATALINA	LEAVE CATALINA BACK TO SD. HEENITGUCH WALK/RUN	BLACKS BENCH WALK
4453 5 896	# # #	5053 6 842	6554 7 936	7059 8 882	7459 9 828	8059 10 809
55433 66 809	# # #	56033 70 800	57534 71 810	58039 72 806	58439 73 800	59034 74 791
606 20 20 606 1:43 1:43	# # # #	606 23 57 12:00 3:51 12:06	1501 48 45 13:29 7:21 27:07	503 1:32 50 8:53 32:13	40 1:05 58 36:12	600 2:00 58 11:58 42:12

#23

#24

24:59 AVG

5:11
2:49
7:60
100
4837
5794
1:40:24
5:01
46:08
2:18
38:04
7:19
1:24:00
20
19

#71

JUNE 2017

MONTH 13.3
6 DAYS WEEK AVG.
WK 26 24.3 MILE AVG.
WK 26 3.02 DAYS
241 WK

JOSEPH H. DRISCOLL
(858) 912-6769
WILL 000

SICK DAY

18.	19.	20.	21.	22.	23.	24.
# #	0529 CLIFTONS 3087	# #	0529 CLIFTONS 3349	# #	0529 CLIFTONS 4145	# #
MAMMOTH 26.2 RESTDAY	VACATION MOONLIGHT BEACH @ 8:40 AM. ROBERT LUCIANA	M.L. LEAVES RESTDAY	EZ (HOOD) @ 9:10 DIDN'T FEEL IT!	1ST DAY BACK KAISER SCRIPT RESTDAY	SEAL FLT 8 @ 9:45 AVG. 9:00 UP 8:30 BACK...	WESTERN STATES 100 RESTDAY WARMISLEY 78 ^{drop!} LBS
# # #	90 ⁵⁹ 11 8 ²³	# # #	93 ¹⁶ 12 7 ²⁶	# # #	101 ¹⁷ 13 7 ²⁶	# # #
# # #	600 ³⁵ 75 8 ⁰⁰	# # #	602 ⁸⁷ 76 7 ⁹³	# # #	610 ⁸⁰ 77 7 ⁹³	# # #
# # # #	10 ⁰¹ 46 46 10 ⁰¹ 1:26 1:26	# # # #	2 ⁵⁷ 23 ³⁵ 21 12 ⁵⁸ 1:50	# # # #	8 ⁰¹ 11:10 26 20 ⁵⁹ 3:00	# # # #
25.	26.	27.	28.	29.	30.	
0529 CLIFTONS 4669	# #	# #	0529 CLIFTONS 5773	# #	0529 CLIFTONS 6575	301 ⁰¹
DELMAR @ 9:09 AVG. (1) 9:21 (2) 8:04 (3) 10:29 (4) 7:40 (5) 10:19 8	RESTDAY SLEPT ALL DAY. REALLY TIRED!!!	RESTDAY	ENCINITAS @ 9:14 AVG. VOTE NO/STRIKE RUN	RESTDAY	DELMAR WOODS @ 8:49 AVG. (1) 9:04 (2) 8:53 (3) 9:25 (4) (5) 8:24 (6) 8:13 (7) 8:55 (8)	9:07 > 9:07 AVG. 8:27 > 8:29 AVG.
106.4 44 7 ⁶⁰	# # #	# # #	117.45 15 7 ⁸³	# # #	125.47 16 7 ⁸⁴	
666 ¹² 78 7 ⁸⁹	# # #	# # #	627 ¹⁶ 79 7 ⁹³	# # #	635 ¹⁶ 80 7 ⁹³	
5 ²⁴ 47.53 47.53 5 ²⁴	# # # #	# # # #	11 ⁰⁴ 21 24 28 1:42 2:30 6	# # # #	8 ⁰² 43 07 24 ³⁶ 1:10 3:41	125 ⁴⁸

20.04
 8:54 AVG
 8:51 AVF.
 177 CAD +590
 1.02 SL -564
 2071 CAS

SEPT VACATION
 SEPT. 09-20
 LAST 08
 FIRST 21
 JUNE 3-5
 JULY 4

JULY 2017

149 27
 18 RNS / 8.29 DAY AVG.

2.75
 8:45 + 4:10
 12:45 PM
 HIKING GUY.COM
 MT. WHITNEY
 CACTUS TO CLOUDS / CROWDS
 WHITE DOTS??
 RESERVE BOXES #
 SICK DAY
 OVERHEATED
 FRIDAY INTO
 WORK WENT HOME

#	#
=LBS=	
:30	
RESTDAY! #31	
#	#
#	#
#	#

WEEK #27
 24.64
 AVG.
 YR.

0529 CLIFTONS 69.81	# #	0529 CLIFTONS 89.85	# #	0529 CLIFTONS 95.89	# #	# #
EZ CARDIFF @ 8:51 AVG.	RESTDAY!	PALOMAR AIRPORT RD @ 8:54 AVG. STRUGGLED LAST 5 MILES BUT GOOD ONE!	:30 #32 =LBS= RESTDAY!	CARDIFF @ 8:49 AVG. EZ 000	:30 #33 =LBS= RESTDAY!	#5 RESTDAY
4:06 1 4:06	# # #	24:10 2 12:05	# # #	30:14 3 10:04	# # #	# # #
6:39.24 81 7:89	# # #	6:59.20 82 8:04	# # #	6:65.32 63 8:01	# # #	# # #
4:06.55 10 3:55.55 4:06	# # # #	20:04.12 2:58 24:10 22 3:53	# # # #	6:04 54:16 4:47 30:14	# # # #	# # # #

WEEK #28

# #	# #	0529 CLIFTONS 105.97 175/1.02 +223-236	# #	529 CLIFTONS 112.98 HOT/WORK	# #	308 CLIFTONS 151 107.79
SICK DAY RESTDAY	BADWATER 135 RESTDAY	MOONLIGHT BULL APT ENCINITAS @ 8:58 AVG. 9:10 UP 8:48 BACK	:30 #34 =LBS=	HOOD @ 8:45 AVG. 4 @ 8:33 3 @ 9:08	#35 =LBS= :30 / :60	D STREET @ 8:49 AVG. 176/1103+124-131 1) 8:56 2) 9:06 3) 9:06 4) 9:02 5) 8:59 6) 7:46 7) 7:46 7) 7:38 8) 9:57
# # #	# # #	40:22 4 10:05	# # #	47:23 5 9:44	# # #	55:29 6 9:21
# # #	# # #	675.40 84 8:04	# # #	6:02.41 85 8:02	# # #	8:00.47 86 8:02
# # #	# # #	10:08.20 1:30 1:20 10:08	# # # #	7:01.19 39 1:01 2:31 17:09	# # # #	8:08.05 111 3:42 25:15

6/18/08
8/3/08
9/5/08

2 1/2 hrs
120
150
190

LOWEST to HIGHEST
L2H

REST 00

1952

CAROL
SALOM

* \$107 HOT COOD!
BUSY/WORK 8 1/2 HRS.

221

16		17		18		19		20		21		22	
RESTDAY		RESTDAY		SEASIDE LOOP @ EZ 9:14 AVG REEVAUTE EXERCISE HIKE		=LBS=		RESTDAY		J STREET		=LBS=	
#	#	#	#	0529 CLIFTONS 117.98 * HOT/HUMID/NOT GOOD	8 LBS 2 DUBBINS AM	#	#	#	#	308 CLIFTONS 115.97 177/1.04	8 LBS 2 DUBS AM	#	#
#	#	#	#	6029 7 801	190 LBS	#	#	#	#	(1) 9:27 (2) 8:33 (3) 8:53 (4) 8:43 (5) 8:33 (6) 8:22 (7) 8:45 (8) 8:44	221	#	#
#	#	#	#	095.47 87 7.99	325 6 3250	#	#	#	#	8:45 AVG. 1200-196	207:30 NC.	#	#
#	#	#	#	500 4604 4604 500	1192 36 3311	#	#	#	#	6847 8 865	3:46 7 3226	#	#
#	#	#	#		:40 25 REPS 25 REPS :40	#	#	#	#	76365 88 7.99	1223 37 3305	#	#
#	#	#	#			#	#	#	#	018 32 36 1318	31 15 25 1:11	#	#
#	#	#	#			#	#	#	#			#	#
23		24		25		26		27		28		29	
RESTDAY		KAISER SCRIPT RESTDAY		DEL MAR @ 8:45 AVG. 175 SPM / 1.05 SL		=LBS=		RESTDAY		SEAL WORKOUT - ENCINITAS		=LBS=	
#	#	#	#	0529 CLIFTONS 122.99	16 LBS AM	#	#	#	#	0529 CLIFTONS 131.02	16 LBS AM	#	#
#	#	#	#	1) 8:57 2) 8:43 3) 8:37 4) 8:58 19 5) 8:28 HIKE	259 3237 LBS	#	#	#	#	8:28 AVG. #107 176 SPM / 1.08 SL	256 \$100 LBS	#	#
#	#	#	#	73.48 9 816	264 8 1330	#	#	#	#	19.25 2) 8:11 3) 8:33 4) 8:14 5) 8:09 6) 7:57 7) 8:03	301 10 3344 3200	#	#
#	#	#	#	708 66 89 796	1261 38 3318	#	#	#	#	81.5 10 815	1298 39 3328	#	#
#	#	#	#	501 43:50 43:50 501	:38 25 REPS 25 REPS :38	#	#	#	#	809 10 1081 52 1304	:37 25 50 1:15	#	#
#	#	#	#			#	#	#	#			#	#
30		31		<p>300 112 98 - 1131 92 82 13 80 264 92 82 13 80 12 HOURS 8 RUNS 80 MILES TO GYMS 2 HRS NICOLE / LIZ</p> <p>MT. WILLIAMSON 14,389' -115 14,504 60 GRAMS OF CARBS PER HR 8 RUN / 80 MILE 9 10 GYMS - JULY 4TH</p> <p>GAIN XT PERFORMANCE ENHANCER ORGANIC PESTICIDE FREE FOR 3 YRS. 70% OF INGREDIENTS HORMONE FREE MT MARATHON 5K 3000 UP 38% GENE</p>									
RESTDAY		RESTDAY											
#	#	#	#										
#	#	#	#										
#	#	#	#										

\$139.00

POWERBALL

AUGUST 2017

VACATION:
SEPT 09-20
LAST 08
FIRST 21

<p>1. 5729 CLIFTONS 140⁰³</p> <p>MOONLIGHT BEACH @ 8:30 AVG.</p> <p>1) 9:41 2) 8:01 3) 8:32 4) 8:12 5) 8:08 6) 8:14 7) 8:02 8) 7:43 9) 9:42 2-8 @ 8:09 AVG.</p> <p>9⁰¹ 1 9⁰¹</p> <p>725⁷⁰ 91 7.97</p> <p>3¹ 9⁰¹ 3¹ 9⁰¹</p> <p>1:16 9⁰¹ 1:16 9⁰¹</p>	<p>2. # #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>3. 16LBS 25R</p> <p>=LBS=</p> <p>2 SETS</p> <p>37⁰⁰ 1 37⁰⁰</p> <p>1335 40 3337</p> <p>37 25 25 37</p> <p>REPS REPS</p>	<p>4. # #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>5. 6529 CLIFTONS 148⁰⁴</p> <p>DEL MAR CARDIFF @ 8:45 N6</p> <p>YMI @ SCOTT T.</p> <p>17⁰² 2 85¹</p> <p>733⁷¹ 92 7.97</p> <p>8⁰¹ 58 29 17⁰²</p> <p>1:09 2:26 17⁰²</p>		
<p>6. # #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>7. 16LBS 25R</p> <p>=LBS=</p> <p>2 SETS</p> <p>77⁰⁰ 2 38⁵⁰</p> <p>1375⁰⁰ 41 3353</p> <p>40 25 25 40</p> <p>R R</p>	<p>8. # #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>9. # #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>10. 6529 CLIFTONS 154⁰⁶</p> <p>12TH ST. @ 8:28 AVG.</p> <p>1) 8:34 2) 8:31 3) 9:02 4) 8:11 5) 8:34 6) 7:59 11/12/18 ISM REST</p> <p>23⁰⁴ 3 76⁰⁰</p> <p>739⁷³ 93 7.95</p> <p>6⁰² 51⁰² 51⁰² 6⁰²</p>	<p>11. 16LBS 25R</p> <p>*MT. WHITNEY IN ONE MONTH!!!</p> <p>=LBS=</p> <p>1 SET</p> <p>108 3 36</p> <p>1406 42 3347</p> <p>31 25 25 1:11</p> <p>R R</p>	<p>12. 6529 CLIFTONS 164¹⁷</p> <p>JACKS/CARDIFF @ 8:56 AVG.</p> <p>E2000</p> <p>23¹⁹ 4 82⁰⁰</p> <p>749⁸⁴ 94 7.97</p> <p>10¹¹ 19 22 13</p> <p>1:30 2:21 16¹³</p>
<p>13. 120⁰⁰</p> <p>20 # #</p> <p>RESTDAY</p> <p>29 # # #</p> <p># # #</p> <p># # #</p>	<p>14. # #</p> <p>RESTDAY</p> <p>28 10⁰⁰</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>15. # #</p> <p>RESTDAY</p> <p>27 10⁰⁰</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>16. 102⁰⁰ 102⁰⁰</p> <p>8:10 8:10</p> <p>1016 CLIFTONS 400⁰⁰</p> <p>EZ 18TH ST. @ 8:58 AVG.</p> <p>WIERD FEELING?</p> <p>26 COULDN'T BREATHE 7LBS</p> <p>37⁷⁵ 5 7⁵⁵</p> <p>753⁹⁰ 95 7.93</p> <p>4⁰⁶ 36²¹ 36²¹ 4⁰⁶</p>	<p>17. 150⁰⁰ 186⁰⁰</p> <p>8:50 8:27</p> <p>16LBS 20-25R</p> <p>=LBS=</p> <p>138 4 3450</p> <p>1436 43 3339</p> <p>30 ANKLE WEIGHTS :30</p>	<p>18. 206⁰⁰ 152⁰⁰</p> <p>8:00 8:29</p> <p>816 CLIFTONS 12⁰⁹</p> <p>SEAL WORKOUT ENCINITAS @ 8:30 AVG.</p> <p>1) 8:56 2) 8:47 3) 8:49 4) 8:41 5) 8:35 6) 8:21 7) 8:09 8) 7:55</p> <p>24 176/1.07 +12-118</p> <p>45²⁴ 6 7⁶³</p> <p>761⁹³ 96 7.93</p> <p>8⁰⁹ 19 24 12⁰⁹</p> <p>1:08 1:44 12⁰⁹</p>	<p>19. # #</p> <p>RESTDAY</p> <p>25 # # #</p> <p># # #</p> <p># # #</p>

JEFF ORRELL

NEUMABEAUTY.COM
JEFF@NEUMABEAUTY.COM

CELL
949 702 7050

BEST
PASSWORDS
PHRASES

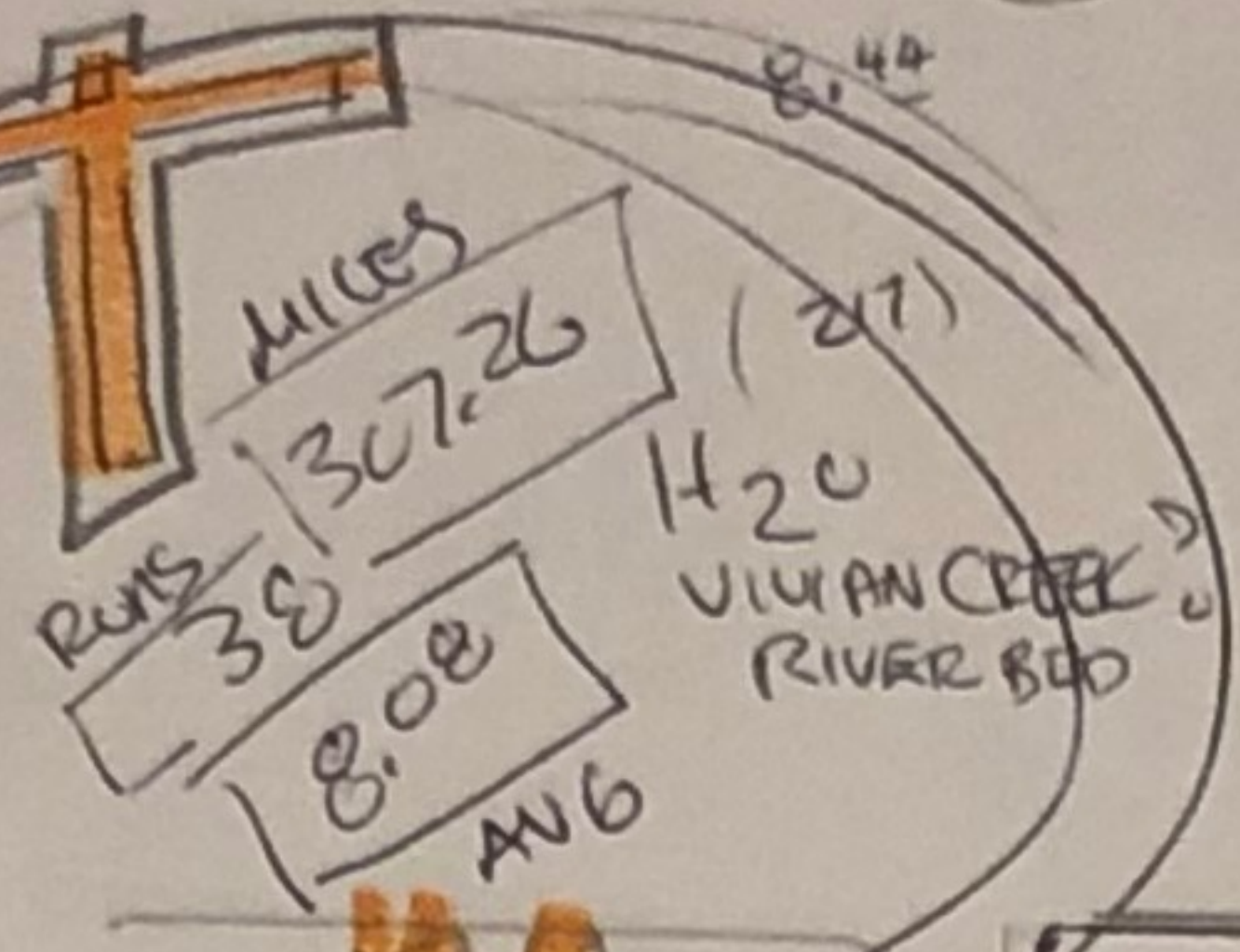
180 STEPS!

* GPS
WATCH
GOOD GTS.

AUGUST 2017

SI SEÑOR JM

11,503'
SAN Geronimo
VIVIAN CREEK TRAIL:
8mi to top 17³ Round Trip
5,840' VERTICAL
FALLS ROAD FOREST FALLS, CA
WILDERNESS PERMIT



27 308 CLAYTONS 12.01 LAG. OLAS MILE @ 6:58! 22	21	20	23 023 SPEED GEAR SAN Geronimo (VIVIAN CREEK) 4:00 HRS DOWN 4:30 HRS UP 19	24	25 LABS X20 1= LBS =	26 BIG CLIFTONS 19.01 SWAMIS @ 8:51 AVG. 2) 8:38 3) 9:03 4) 8:47 5) 8:56 6) 8:59 7
50 ⁰² 7 7 ²⁶	# # #	# # #	69 8 8 ⁰²	# # #	178 5 35 ⁶⁰	25 47 9 8 ⁴⁴
766.97 97 7 ⁰⁰	# # #	# # #	785.15 98 8 ⁰¹	# # #	1476 44 33 ⁵⁴	792.16 99 8 ⁶⁰
5 ⁰⁴ 47:44 47:44 5 ⁰⁴	# # # #	# # # #	18 ¹⁰ 8:30 44 9:17 23 ²²	# # # #	:40 ANGLE WEIGHTS :40	7 ⁰¹ :04 :48 :30 :23

15	14	13 816 CLIFTONS 29 ⁰³ DEL MAR / CARDIFF @ 8:58 AVG. 175 SPM 1:02 SL 242 7:46 8:54 10 8 ⁵⁴	12 KAISER / SCRIPT RESTDAY	11 1= LBS =
# # #	# # #	802 ¹⁸ 100 8 ⁰²	# # #	218 6 36 ³³
# # #	# # #	10 ⁰² 46 46 10 ⁰²	# # #	1516 45 33 ⁶⁰
# # # #	# # # #	10 ⁰² 46 46 10 ⁰²	# # # #	:40 NO ANGLE WEIGHTS :40

170726 7166
170717 DOVILLA
SEPT 10, 11
SAN Geronimo MAP
VALLEY OF THE FALLS DR.
FOREST FALLS 92339
MILL CREEK RANGER
STATION

10 to
ORANGE STREET EXIT
EXIT
HIGHWAY 38
TURN OFF FOR FOREST FALLS

85 49

BATTERY
CHARGER
TO TOP OF MW
FOR WATER (GPS)?

5 to 133
15 to 10 E
LEFT EXIT #80 UNDERPASS
RIGHT E LUGONIA AVE
RIGHT FOREST SERVICE DR
34704 MILLCREEK

1 GAL PER PERSON PER DAY

35% SMT 7MM

1965 - GATOR AIDE
1986 - POWERBAR
1994 - GU'S

7.5 MI. W.B.
150 MILES
SINCE 9/11

165 GATOR AIDE
183 POWERBAR
194 GU

165 GATOR AIDE
183 POWERBAR
194 GU

SEPTEMBER

10% 10% 10%*

NEW SCRIPT #
176101838826

2017

65 MARGINA
96 PB
94 GU
1707KT
1707267K6
SEPT. 10, 11

BIG CLIFTONS 3704		#	#
SWAMI'S		RESTDAY	
HOT!! MARGINE WORKED 2HRS		#	#
8 ⁰¹	18 ⁰¹	#	#
8 ¹⁰	10 ¹⁸	#	#
8 ⁰¹	56	#	#
1:11	1:11	#	#

3		#	#
RESTDAY		#	#
#	#	#	#
#	#	#	#
#	#	#	#

4		16LX20 LABOR DAY	
=LBS=		#	#
:36	1:36	#	#
1552	46	33	33
:36	NO ANKLE WEIGHTS	:36	

5		#	#
RESTDAY		#	#
#	#	#	#
#	#	#	#
#	#	#	#

6		BIG CLIFTONS 3805	
18TH STREET DEL MAR/ CARDIFF		#	#
@ 8:45 AM		#	#
18 ⁰²	29 ⁰¹	#	#
820 ²⁰	102	8 ⁰⁴	
10 ⁰¹	30	30	10 ⁰¹
1:27	1:27		

7		#	#
RESTDAY		#	#
#	#	#	#
#	#	#	#
#	#	#	#

8		#	#
VACATION DAY 8		#	#
CANCEL DOW VILLA ROOM		#	#
#	#	#	#
#	#	#	#
#	#	#	#

9		#	#
VACATION		#	#
COWBOY WACKY START		#	#
#	#	#	#
#	#	#	#
#	#	#	#

10		#	#
RESTDAY		#	#
#	#	#	#
#	#	#	#
#	#	#	#

11		APRIL VACATION	
31 ⁰² MT. WHITNEY		#	#
30 VES IN A ROW		#	#
LIGHTNING / SNOW		#	#
WIND TOUGH DAY		#	#
TURNED AROUND 1/2 MI FROM TOP		#	#
390 ²	3	1300	
841 ²⁰	103	816	
13:00	21	21	13:00

12		#	#
RESTDAY		#	#
#	#	#	#
#	#	#	#
#	#	#	#

13		BIG CLIFTONS 44.84	
905 + 836		#	#
ALABAMA HILLS		#	#
HILLS RUN/WALK		#	#
TRAIL/ROAD		#	#
@ 15:29 AUG		#	#
45.81	4	1145	
847.99	104	815	
679	88	48	72
1:45	1:45	27	

14		#	#
RESTDAY		#	#
#	#	#	#
#	#	#	#
#	#	#	#

15		BIG CLIFTONS 50.46	
VACATION		#	#
MAMMOTH LONE PINE		#	#
@ 10:02 AUG		#	#
RUN/WALK		#	#
51.43	5	10.28	
853.61	105	812	
562	561	1541	334

16		#	#
MAMMOTH RESTDAY		#	#
#	#	#	#
#	#	#	#
#	#	#	#



SEPTEMBER 2017

SUB-MANAGERS/AL
 KATTY GREENE
 JEFF GREENE
 PREDIABETES.ORG

12 3/4
 1/15

8.50 HRS.
 # 113-

<p>17</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>18</p> <p>ATRS</p> <p>VACATION</p> <p>+ TRAILSIDE MEADOW 2:30</p> <p>:30 AM PARE DR. CARI/ONLINE CHAN</p> <p>6143 6 10²³</p> <p>86361 106 8¹⁴</p> <p>6⁰⁰ 10⁰⁰ 6⁰⁰ 10⁰⁰</p>	<p>19</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>20</p> <p>816 CLIFTON 5367</p> <p>SNAIL TRAIL HAIRCUT</p> <p>RUN 000 @ 9:18 AUG. HAIRCUT @ 12:30</p> <p>64⁶⁴ 7 9²³</p> <p>866.82 107 8¹⁰</p> <p>3²¹ 29 51 16 29 13²¹</p>	<p>21</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>22</p> <p># #</p> <p>SCRIPT/KAISER</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>23</p> <p>816 CLIFTON 5877</p> <p>CARDIFF @ 8:59 AVG. FEELING MUCH BETTER!</p> <p>6974 8 8⁷¹</p> <p>87192 108 8⁰⁷</p> <p>5¹⁰ 46¹⁰ 6¹⁷ 18³¹</p>
<p>24</p> <p>=LBS=</p> <p>16X20</p> <p>76 2:38</p> <p>1592 47 33⁸⁷</p> <p>40 — 40</p>	<p>25</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>26</p> <p>STARTED ANVIL 2008 NO WIMP</p> <p>CLAYTONS 1370</p> <p>LA COSTA AVE @ 9:23 AVG. EZ MILE DAY! 12</p> <p>8574 9 9⁵²</p> <p>887.92 109 8¹⁴</p> <p>16⁰⁰ 22 23 16⁰⁰</p> <p>168 spm 1098 SL + 510 - 544</p>	<p>27</p> <p>=LBS=</p> <p>16X10</p> <p>104 3 34⁶⁶</p> <p>1620 40 33⁷⁵</p> <p>28 — 3:08</p>	<p>28</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p> <p>715</p> <p>84⁷⁵ -8</p>	<p>29</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p> <p>715</p> <p>\$172</p>	<p>30</p> <p># 153 @ 8:50 308 EARLY BUSY</p> <p>CLAYTONS 14402</p> <p>SPEEDWORK 3 @ 7:16 5 @ 7:27 8 X 400 STRIDES 15</p> <p>9275 10 9²⁷</p> <p>89493 110 8¹⁵</p> <p>7⁰¹ 1103 333 23⁰¹</p> <p>715</p> <p># 20 PAIN PILLS →</p>

199 SL / 174 SPM

20 OCTOBER 17

www.usps.com/EM8763020TSIN SHIPPING/TRACK AND CONFIRM

<p># #</p> <p>RESTDAY</p> <p># RENT! #</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>308 DAYTONS 159 04</p> <p>GRANDVIEW @ 9:20 AVG.</p> <p>174 SPM +479</p> <p>.99 SL -462</p> <p>15 02 1 15 02</p> <p>909 95 111 8 19</p> <p>07 224 15 2 07 220 15 02</p>	<p># #</p> <p>LBS</p> <p>16x20</p> <p>4:40 PANKS</p> <p>1:40 1 1:40</p> <p>1660 49 338</p> <p>1:40 — 1:40</p>	<p>816 CLIFTONS 6331</p> <p>CARDIFF @ 9:20</p> <p>172 SPM</p> <p>1.00 SL</p> <p>2016 2 10 00</p> <p>915.09 112 8 13</p> <p>5 14 48 07 14 3:08 20 16</p>	<p># #</p> <p>LBS</p> <p>16x15</p> <p>LIGHT LUN</p> <p>1:25 2 32 25 16 3 8 38</p> <p>685 50 33 920 09 113 8 14</p> <p>25 — 1:05 50 50 06 20 3:58 25 16</p>	<p>TRACERS</p> <p>SPEEDWORK</p> <p>1 MI @ 7:42</p> <p>182 SPM -62'</p> <p>1.16 SL</p>
<p># #</p> <p>LBS</p> <p>LIGHT!</p> <p>90</p> <p>1:25 3 30</p> <p>1710 51 335 2</p> <p>25 — 25</p>	<p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p># #</p> <p>CATALINA</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>816 CLIFTONS 6733</p> <p>HARCUT RUN @ 9:15 AVG.</p> <p>EL WEEK!</p> <p>29 10 4 7 29</p> <p>924.1 114 8 10</p> <p>4 02 37 10 37 4 02</p>	<p># #</p> <p>LBS</p> <p>FULL PULL!</p> <p>128 4 32</p> <p>1748 52 336</p> <p>38 — 38</p>	<p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>
<p>+551 0816</p> <p>SPEEDGMS 28 19</p> <p>RSE/LAGOON</p> <p>SAN DIEGO #0 PARK 000</p> <p>@ 10:13 AVG.</p> <p>EZ/BEAUTIFUL</p> <p>39 19 5 7 83</p> <p>934.13 115 8 12</p> <p>10 1:42 1:42 10 01</p>	<p># #</p> <p>RESTDAY!</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p># #</p> <p>RESTDAY</p> <p>READY TO RUN</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p># #</p> <p>1/2 STOPPED COULD NOT BREATHE!</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>816 CLIFTONS 7261</p> <p>CARDIFF @ 8:48 AVG.</p> <p>* ABLE TO BREATHE!</p> <p>44.47 6 7 41</p> <p>939.40 116 8 09</p> <p>5 28 47 18 15 29</p>	<p># #</p> <p>LAST DAY TO REG. FOR TRAM RUN ONLINE!</p> <p>LBS</p> <p>LBS</p> <p>156 5 3 20</p> <p>1776 53 33 50 945 46 117 8 08</p> <p>28 — 28 6 00 53 3 12 21 35</p>	<p>816 CLIFTONS 7807</p> <p>CARDIFF @ 8:45 AVG.</p> <p>STRIDES X 6</p> <p>1 MI @ 7:24 287:22</p> <p>1145 NCE 9 11 5</p>

20 OCTOBER 17

22	23	24	25	26	27	28
*MORE CORE! 11-185-11 20X 16LBS	# # E-MAIL DR. CHAN MOTEL 6 RESO RESTDAY	# # RESTDAY	0016 CLIFFTONS 8813 PIU SCRIPT / RAISER MOONLIGHT BCH LOOP @ 8:30 2-9 @ 8:30 SOLID!	RUGGIAN twists 11-185-11 16LBS 20R VACATION	# # RESTDAY	# # TRAMP RUN 7AM RESTDAY
196 6 32 ⁶⁶	# # #	# # #	60 ⁵⁹ 8 7 ⁵⁷	239 7 34 ¹⁴	# # #	# # #
1816 54 32 ⁶²	# # #	# # #	955 ⁵² 118 8 ⁰⁹	1859 55 33 ⁸⁰	# # #	# # #
:40 — :40	# # # #	# # # #	10 ⁰⁶ 22 22 10 ⁰⁶ 1:28 1:28	43 1:23 1:23 43	# # # #	# # # #
308 CLAYTONS SOLANA CIRCLE 6X 1/2 MILES @ 3:25 AUG TOES GOOD!!!	10 155 # RESTDAY	3:00 PLANKS 2X:30 FSX2 11-185-11 20LBS X 10 VACATION	RENT! 10.17 / LSD	58 55 # 103 LBS LAST 2 YEARS 1600 19,500 BIT coin Noisy	CANNA BINOID CBD MOTEL 6 OCT. 26, 27, 28 C11 @ OCT 26 C10 @ OCT 29	CALL AVG ABOUT TIME LENGTH OF CONTRACT
70 ⁸³ 9 7 ⁸⁷	# # #	270 8 33 ⁷⁵				
915 ⁷⁶ 119 8 ¹¹	# # #	1890 56 33 ⁷⁵				
10 ²⁴ 45 45 10 ²⁴ 1:33 1:33	# # # #	31 — 31				

:45

NOVEMBER:

2017

1120 191.17
 175 RWC '16
 118 MILES FOR MO. X2
 235 MI VXT TWO MO FOR 1200
 AVG > -59'
 3:25 / 186 SPN / 1:27 SL

1. 0300 CLAYTONS 179³¹
 RST TRAIL @
 10:15 AVG.
 +698' ASCENT

10 ⁰³	1	10 ⁰³
975	79	1208 ¹³
10 ⁰³	148	148
10 ⁰³	142	142
10 ⁰³	10	10 ⁰³

2. 3:00 PLANKS
 Gym
 10LX20

:30	1	:30
1920	57	33 ⁶⁸
:30	—	:30

3. # #
 11MIN STRETCH
 RESTDAY

#	#	#
#	#	#
#	#	#
#	#	#

4. 1104 CLAYTONS 6⁰⁶
 SOLANA CIRCLE
 SPEEDWORK
 CARDIFF
 @8:59 AVG.

16 ⁰⁶	2	8 ⁰³
981 ⁸²	121	8 ¹¹
6 ⁰³	59	16 ⁰⁶
5:11	2:36	16 ⁰⁶

5. # #
 VACATION REQUEST
 INTO LUX
 RESTDAY

#	#	#
#	#	#
#	#	#
#	#	#

6. # #
 RESTDAY

#	#	#
#	#	#
#	#	#
#	#	#

7. 1104 CLAYTONS 12⁰⁷
 SPEEDWORK
 SOLANA CIRCLE
 2X 1/2 MILES @

22 ⁰⁷	3	7 ³⁵
987 ⁸³	122	8 ⁰⁹
6 ⁰¹	55 ⁵⁸	55 ⁵⁸
6 ⁰¹	55 ⁵⁸	6 ⁰¹

8. 3:00 PLANKS
 Gym
 15X20LBS
 10XSQUATS LBS

:70	2	:35
1960	58	33 ⁷⁹
:40	—	:40

9. # #
 RESTDAY

#	#	#
#	#	#
#	#	#
#	#	#

10. 1104 CLAYTONS 18¹²
 CARDIFF 9TH
 @9:01 AVG.
 174 SPN

28 ¹²	4	7 ⁰³
993 ⁶⁰	123	8 ⁰⁸
6 ⁰⁵	28	26
54:	1:40	18 ¹²

11. 33.16 TOTAL ABS IN GYM 15¹²
 3:00/6:00
 SOLANA CIRCLE
 SPEEDWORK
 Gym

100	3	33 ³³
1990	59	33 ⁷²
:30	—	1:10

12. # #
 REST WEEK 000
 RESTDAY

#	#	#
#	#	#
#	#	#
#	#	#

13. # #
 RESTDAY

#	#	#
#	#	#
#	#	#
#	#	#

14. 1104 CLAYTONS 24¹²
 SPEEDWORK 33-62
 SOLANA CIRCLE
 2X 1/2 MILES @

34 ¹²	5	6 ⁸²
999 ⁸⁸	124	8 ⁰⁰
6 ⁰⁰	56 ⁰⁹	56 ⁰⁹
6 ⁰⁰	56 ⁰⁹	6 ⁰⁰

15. # #
 RESTDAY

#	#	#
#	#	#
#	#	#
#	#	#

16. 1104 CLAYTONS 29¹⁶
 HAIRCUT RUN
 @9:15 AVG

39 ¹⁶	6	6 ⁵²
1004 ⁹²	125	8 ⁰³
5 ⁰⁴	47	11 ⁰⁴
5 ⁰⁴	47	11 ⁰⁴

17. # #
 RESTDAY

#	#	#
#	#	#
#	#	#
#	#	#

18. 1:30 PLANKS
 Gym
 LIGHT WORKOUT

123	4	33 ³³
2013	60	33 ³³
23	—	23

McOutgomery
17

NIGHTMARE
2017
THANKSGIVING

AM'S ON PHONE
TO START GROUP
CONVERSATION

SUNDAY 19.	MONDAY 20.	TUESDAY 21.	WEDNESDAY 22.	THURSDAY 23.	FRIDAY 24.	SATURDAY 25.
# # RESTDAY Log 6 10:45	# # RESTDAY	1104 CLAYTON 32:16 EXPO 8:30-1:30 E2 Y2 MI @ 3:42	1104 CLAYTON 35:45 O'SIDE 1 MILE RUN @ 8 AM 9 AM PACE BLOOD-UP COULON 4 BREATHE	1104 CLAYTON 40:40 CARDIFF @ 8:59 AVG. STRONG?	8:45 #12 LEG WEIGHTS P/USCRIPT KRISEL 170 PLANKS GYM	1104 CLAYTON 45:60 HOOD 2 MI WARM-UP Y2 @ 3:49 / 7:39 103 / 1:15 Y2 @ 4:52 / E2 Y2 @ 3:25 / 6:52 105 / 1:27
# # #	# # #	42:16 7 6:02	45:45 8 5:00	50:40 9 5:60	48 5 29	55:60 10 5:50
# # #	# # #	1007.92 126 7:99	1011.21 127 7:96	1016.24 128 7:93	2038 61 33	1021.42 129 7:91
# # # #	# # # #	3 ⁰⁰ 30 ⁰⁰ 30:00 3 ⁰⁰	3 ²⁹ 30 ²⁸ 30:1:00 6:29	5 ⁰³ :45 1:45 11:32	29 — 25	5 ¹⁸ 45 ¹⁰ 39 2:15 16:59

26.	27.	28.	29.	30.
4:00 PLANKS GYM 20 LBS X 20 RPS FULL!	# # RESTDAY	1104 CLAYTON 50:11 14TH STREET (TOW) DELMAR J STREET (ENCLIN) TURN BREE @ 8:43 AVG. 10:04	# # RESTDAY	3X 1:00 PLANKS GYM 20 LBS X 10 R
190 6 31:66	# # #	68:11 11 6:29	# # #	214 7 30:57
2080 62 33:54	# # #	1034.53 130 7:95	# # #	2104 63 33:39
42 — 42	# # # #	24 11 24 13 1:54 13 1:54 13	# # # #	24 — 106

1021.42 950.53
2138.60
3028.13
★
AVG. 84
DEC. 06TH
131 15
146
LDC 65 8 73
DMS 132 12 144
11640 MI 1037
48 144
15 73
8 217
120

2:28
12
16
3:16
3:34
3:56
13 RUNS
PASSWORD
11:50
1046
118
McOutgomery
60 1214
100
34

TOTAL RECYCLED FOR 2017

Material Category	Qty	Price	Amount
PT - DISCOUNT	21.7	1.000	21.70
Subtotal			21.70
ALPHAM 1.00 - DISCOUNT	2.3	1.000	2.30
Subtotal			2.30
Total Paid via Cash Receipt No. 28473			24.00
Payment Date: 12/15/17 12:12pm			

TO DO:
 1) BLOODWORK!
 2) PHYSICAL (COMPLETE)
 3) DR. CHAN

RICK SOLOMON

Uber #116581
 115 MILES TO 1150 FOR YEAR 2000

DECEMBER 20

MBER 17

UBER #1150
 1150
 1165
 1170
 1180
 1190
 1200

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 1104 RESTDAY	4 RESTDAY	5 1104 CLAYTONS 8073 GRANDVIEW OUT AND BACK! @ 9:04 AVG. BACK LIGHT BUT MANAGEABLE	6 RESTDAY	7 1104 CLAYTONS 8586 BACK OK! SLOW GO!! RECOVERY RUN @ 9:47 AVG.	8 RESTDAY	9 1104 CLAYTONS 9311 DEL MAR WOODS @ 8:59 AVG. 3.5 @ 9:30 AVG DOWN 3.5 @ 8:30 AVG BACK
# # # # # # # # #	# # # # # # # # #	22:02 2:11:01 1056:55 1328:04 15:04 2:16 04 2:16 15:01	# # # # # # # # #	27:15 3:09:05 1061:68 1337:98 5:13 50:15 3:06 20:14	# # # # # # # # #	34:40 4:08:00 1068:93 1347:97 7:25 04 19 39 1:05 4:11 27
10 5:00+ PLANKS GYM 20LBS X 15 @ EZ LBS	11 RESTDAY	12 1104 CLAYTONS 10301 MOONLIGHT LANE LOOP @ 8:58 AVG.	13 300 PLANKS GYM 20LBS X 10	14 176 SPM 1104 CLAYTONS 11301 MOONLIGHT LANE LOOP @ 8:51 AVG.	15 RESTDAY	16 1146 CLAYTONS 5:00 CARDIO: 1/2 MI X STRIDES 1/2 MI @ 8:34 1 @ 2:50 8:34 1 @ 2:50 8:34
30:00 30:00 2134 04 33:34 30:00 30:00	# # # # # # # # #	44:41 5:08:88 1078:94 1357:99 01 37 37 01 10 1:24 1:29 10	1:00 2:30:00 2164 65 30:05 1:00	54:42 6:09:07 1088:95 1368:00 01 37 14 02 10 1:28 2:58 20	# # # # # # # # #	59:42 7:08:49 1093:95 1377:98 5:00 04 18 02 4:55 3:49 25

100 North

150/1200
8.00

SNOUTS
HOOVES
BALLS TESTICLES

24496
2450 MILES
2016/17

TUE 1121/140 15
WED 1128/141 7
SAT 1136/142 8

785
MILE
AUG. 1250
59

1071

127

* MAIL XMAS CARDS 55/ML!

LIFE/STATE DEL SYSTEM

1112/139/8.00

1120/140/8.00

<p>18</p> <p>3:00 PLANKS</p> <p>11-GYM-11</p> <p>15RX 20LBS</p> <p>3:00 PLANKS</p> <p>1130:45 3 30¹⁵</p> <p>2194 66 33²⁴</p> <p>30⁴⁵ — 30⁴⁵</p>	<p>19</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>20</p> <p>1216 CLAYTONS 17⁰³</p> <p>DELMAR BRIDGE BOTTOM</p> <p>★ @EZ 9:25</p> <p>Beautiful 1 AVG. OUTSIDE</p> <p>6943 8 8⁶⁷</p> <p>1103.96 138 7⁹⁹</p> <p>10⁰¹ 13 13 10⁰¹</p> <p>1.34 1.34 10</p>	<p>21</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>22</p> <p>1216 CLAYTONS 17⁰³</p> <p>TIRE!</p> <p>HOOV @ 9:47</p> <p>* FOUND #200</p> <p>7147 9 7⁹⁴</p> <p>1106-139 7¹⁵</p> <p>2⁰⁴ 19 5⁰⁰ 12⁰⁵</p> <p>1.54 1.54 12.05</p>	<p>23</p> <p>1130-PLANKS</p> <p>11-GYM-11</p> <p>10RX 20LBS</p> <p>1154:30 4 28⁵⁷</p> <p>2217.45 107 33⁰⁹</p> <p>23⁴⁵ — 54³⁰</p>	<p>24</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>25</p> <p># #</p> <p>— XMAS —</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>26</p> <p>1216 CLAYTONS 27⁰⁸</p> <p>BOTTOM OF TORREY PINES</p> <p>@ 8:59 AVG.</p> <p>8152 10 8¹⁵</p> <p>1116.05 140 7⁹⁷</p> <p>10⁰⁹ 19 19 10⁰⁵</p> <p>1.30 1.30 10</p>	<p>27</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>28</p> <p>141 1124</p> <p># #</p> <p>HOLIDAY BOWL SK</p> <p>PIU SCRIPT</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>29</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>30</p> <p>1119/140</p> <p>142 1132</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>
<p>31</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # # #</p>	<p>640 8.2</p> <p>510.11 112 1136</p> <p>1151.11 112 1136</p> <p>1119 1144</p> <p>1144</p> <p>150 RUNS</p> <p>1200 MILES</p> <p>TACOMA WASH</p> <p>30 MI. OUTSIDE SEATTLE, WA.</p> <p>127</p> <p>123 MI</p> <p>112.47</p> <p>1136.05</p> <p>1135.05</p> <p>150 DAYS</p> <p>170 GYMS</p> <p>145 RUNS</p> <p>215</p> <p>1150</p> <p>7.98</p> <p>1138</p> <p>1144</p> <p>61</p> <p>1174</p> <p>1144</p> <p>1123</p> <p>1128</p> <p>1152.11</p> <p>110.47</p> <p>13 RUNS DEC</p> <p>51.05</p> <p>1136/141</p> <p>8.00</p> <p>640.29 > 80</p> <p>509.82 > 64</p> <p>7.98 AVG. 144</p>											