

JAN 2018

8735

+259-236

1>2

2 GOES #1

#1 DR #2

6²⁹ 5²⁸

5

11.0 # # RESTDAY	176 SPM 12/16 CLAYTONS 1.04 SL 37.13	3.0 # # GYM 3:00 PLANKS 20 LBS X 10R	82 4.61 # # RESTDAY	#20 5.105 12/16 CLAYTONS 43.13	101 6.80 # # GYM 3:00 PLANKS 20 LBS X 15
# # #	10 ⁰⁹ 1 10 ⁰⁹	:27 1 :27	# # #	16 ⁰⁹ 2 8 ⁰⁴	:59 2 24 ⁵⁰
# # #	10 ⁰⁹ 1 10 ⁰⁹	:27 1 :27	# # #	16 ⁰⁹ 2 8 ⁰⁴	:59 2 24 ⁵⁰
# # #	10 ⁰⁹ 44 44 10 ⁰⁹	27 — 27	# # #	6 ⁰⁰ 52 ³⁹ 220 16 ⁰⁹	32 — 59

109 7.0 # # RESTDAY	0 8.0 # # RESTDAY	0 9.0 # # RESTDAY WIND... 30-40 MPH HEAVY RAIN/WIND	2 10.0 12/16 CLAYTONS 58.23 GRANDVIEW: @ 9:06 AVG. 1558 CALS. 176 SPM / 1:00 M. +364 -393	111.0 # # RESTDAY	109 11.0 # # GYM 3:00 + PLANKS	79 13.0 12/16 CLAYTONS 63.35 CARDIFF @ 8:56 AVG.
# # #	# # #	# # #	31.19 3 10 ³⁹	# # #	1.31 25 3 30 ⁴⁴	36 ³¹ 4 9 ⁰⁷
# # #	# # #	# # #	31.19 3 10 ³⁹	# # #	1.31 25 3 30 ⁴⁴	36 ³¹ 4 9 ⁰⁷
# # #	# # #	# # #	15 ¹⁰ 2.17 2.17 15 ¹⁰	# # #	25 — 25 45 ⁴⁴ 5 ¹² 33 20 ²²	

0 14.0 # # RESTDAY SICK DAY #1	0 15.0 # # RESTDAY	12/16 CLAYTONS 68.37 SIC CARDIFF @ 9:12 AVG. WEAK! NO POWER.	111.0 # # SIC RESTDAY	111.0 # # SIC RESTDAY	111.0 # # SIC RESTDAY	111.0 # # SLEPT 11 HRS. RESTDAY
# # #	# # #	41.33 5 8 ²⁶	# # #	# # #	# # #	# # #
# # #	# # #	41.33 5 8 ²⁶	# # #	# # #	# # #	# # #
# # #	# # #	5 ⁰² 46 46 11 5 ⁰²	# # #	# # #	# # #	# # #

JANUARY 2018

58.25

(3) LSD 29.02 (5)

SIC DAY #2

177 SPM
1107 SL
+180'
-187'

12/16 CLAYTONS 76 41	# #	# #	# #	174 SPM 12/16 CLAYTONS 88 44	# #	# #	# #
ENCINITAS 8:27 AVG. NO STOPS/BREATHING EVERYTHING GOOD	RESTDAY			HARCUT TURKEY PINES INSIDE @ 9:02 AM UP!!!	RESTDAY		
49 37 6 8 ²²	#	#	#	6:40 7 8 ²⁷	#	#	#
49 37 6 8 ²²	#	#	#	6:40 7 8 ²⁷	#	#	#
8 ⁰⁴ 1:08 1:08 6:04	#	#	#	12 ⁰³ 37 39 2:56 20	#	#	#

# #	12/16 CLAYTONS 98 46	# #	12/16 CLAYTONS 109 47
RESTDAY	MOONLIGHT Belt Loop @ 8:59 A *GOOD ONE!	- ABS - ONLY! GYM!!!	GUY FORMING TRAIL @ 9:22 AM
# # #	7:42 8 8 ⁹²	1:54:51 4 29 ⁰²	8:43 9 9:15
# # #	7:42 8 8 ⁹²	1:54:51 4 29 ⁰²	8:43 9 9:15
# # # #	10 ⁰² 1:29 1:29 10 ⁰²	23 ²⁶ — 23 ²⁶	11 ⁰¹ 1:43 3:13 21 ⁰³

174 SPM 350^{ac}
0.99 SL
+646'
-620' 2:14:52
1:54:51
20:01
31 YRS

★
RENT:
FEB 1st 2018
\$ 995⁰⁰ 114.51

RENT:
APRIL 1st 1987
\$ 435⁰⁰ 6840 SEC

60
31
91 x 60
+ 2

11:31:25
23 26
1:54:51
60+54+51
6891

60
54
114

★
DRIVING ON 5 ARS.
OF SLEEP IS THE SAME
AS DRIVING DRUNK!

24.17

2018/02/16

12 13 14 M
12 MEWOOD
SWEET

11 12 13
(12, 13, 14)
OUT 15th

14,289 FLU
VICTIMS

6:15 SUN MORNING 26.80

FEBRUARY 2018

6 LSD RUNS...
71.27
29.02 - AVG.
20.18
49.03

7200
640
52

28

MARCH
12-14
MOTEL 6
300427682

206
FLU
DEATH
SD COUNTY

FACTS 8092
SEPT. 11
FEB 11

80.164 NO. AVG
400.82 TOTAL
MILES
51 ROUNDS
7.85 AVG
DAY

1.00 SL

12/16
CLAYTONS 128.50
TORREY PINES
DRIVING RANGE
@ 9:09 AVG.
UP INSIDE
BACK OUTSIDE #6₃

#	#	3:00 - PANKS	12/16 CLAYTONS 115.48
RESTDAY		ABS ONLY!	CARDIFF @ 8:54 AVG.
#	#	20 ⁰¹ 1 20 ⁰¹	01:00 AVG. UP 8:3 AVG. BACK
#	#	2:14:52 5 26 ⁰⁰	60 ⁰¹ 1 6 ⁰¹
#	#	20 ⁰¹ 20 ⁰¹	88.44 10 8.84
#	#		60 ⁰¹ 28 28 6 ⁰¹
#	#		53 53 6 ⁰¹

#	#	RESTDAY!
#	#	#
#	#	#
#	#	#

3:00 - PANKS	Ught UPPER ABS
43:26 2	21:30
2:37 6	26:18
23 ²⁵ 2 ²⁵	

#	#	ML BIRTHDAY
RESTDAY!		
#	#	#
#	#	#
#	#	#

19 ⁰³	2 9.51
101.46	41 022
13 ⁰² 06 06 02	1:59 1:59 3
24 ⁰⁵	24 ⁰⁵

3:00 - PANKS	1-UPPER	ABS
107.25 3	22.41	
3:01:22	7 25 ⁸⁸	
24 ⁰⁵	24 ⁰⁵	

#	#	RESTDAY
#	#	#
#	#	#
#	#	#

12/16 CLAYTONS 135.52	SWANMS @ 8:56 AVG.
5 mi WARM-UPS 5 mi @ 8:37 AVG	1 mi WARM DOWN
26 ⁰⁵	3 868
108.48	12 904
7 ⁰² 30 44	1:02 3:01 20 ⁰¹

#	#	RESTDAY!
#	#	#
#	#	#
#	#	#

#	#	RESTDAY!
#	#	#
#	#	#
#	#	#

12/16 CLAYTONS 149.61	GRANDVIEW @ 9:02 AVG.
NO WALKING... NO STOP INGS! GOOD ONE!	
40 ¹⁴	4 10 ⁰³
122.57	13 9 ⁴²
14 ⁰⁹ 13 13	14 ⁰⁹
2:07 2:07	

1-3:00 - PANKS	1-UPPER	GYM
1:30:48	4	
3:27:45	8	
26 ²³	26 ²³	

12/16 CLAYTONS 153.62	VEZ SEASIDE @ 9:57 AVG.
GOT TO GET 3RD DAY A WEEK OF RUNNING	
44.5	5 883
126.58	14 9 ⁰⁴
4 ⁰¹ 39.5	2.47 18 ⁰⁰

#	#	RESTDAY!
#	#	#
#	#	#
#	#	#

12/16 CLAYTONS 160.85	RSE CORNER WARM-UP @ 10:26
1) 8:14 2) 8:51 8:31 AVG. 3) 8:54 5) 8:14	
51 ³⁰	6 888
133.81	15 8 ⁰²
7 ²³ 18 25	1:05 3:52

179/206-4:19
 179/113-3:59
 179/1.08 4:14
 178/1.04 4:21

Reto Runner
 855-805-4654
 199 8:39 FEB 10TH

FEBRUARY 2018

(AVG - 14mi
 & LAST 3 WEEKS LSD RUN)

6:83
 3:37
 3:46
 7:23
 5:06
 5:05
 4:49
 3:02
 4:00
 176/116
 4:10
 179/112
 1:30
 3:46
 3:38
 6:84
 4:48
 5:05
 4:53
 WEDNESDAY

18	19	20	21	22	23	24
# #	# #	176 SPM 2/16 CLAYTONS 17589 CALL ABT SCRAP KASER TORREY PINES GOLF COURSE/SCIENCE PARK LOOP @ 9:26 1,082' up	# #	# #	3:00 PLANKS ABS/LBS RISX 20LBS	0224 CLAYTONS 6:00 CARDIFF 1) 10:11 WARM-UP 2) 8:00/177/113 3) 9:53 EZ 4) 7:23/182/119 5) 9:51/69:21
RESTDAY	RESTDAY	GOLF COURSE/SCIENCE PARK LOOP @ 9:26 1,082' up	HAIR CUT @ 1PM START HEAD CASE RESTDAY	RESTDAY	1:54:47 5 :23 72:40 89:05 401:44 9 :26 154:85 179:00 23 59 — 23 59	6:00 54:59 3:16 21:04
# # #	# # #	6640 7 948	# # #	# # #	23 59 — 23 59	6:00 54:59 3:16 21:04
# # #	# # #	148 85 16 930	# # #	# # #	23 59 — 23 59	6:00 54:59 3:16 21:04
# # #	# # #	15 09 2:22 09 2:22 15 04	# # #	# # #	23 59 — 23 59	6:00 54:59 3:16 21:04
25	26	27	28	<p>★</p> <p>MOTEL 6 RESO # 300427682 CANCEL VERIZON INSURANCE FOR CELL PHONE BY 03/06 (800) 844-0438 03 APRIL @ 12:40 TUESDAY ALASKA # 514 40 APRIL @ 4:00 TUESDAY ALASKA # 317</p>		
# #	# #	176 SPM 0224 CLAYTONS 1601 SWAMIS @ 8:59 AM 402 1/2 mi 3:50 4:00 UPHILL 7:00	3:00 PLANKS 100 EA. SIDE ABS/LBS 15RX 20LBS			
RESTDAY	RESTDAY	82 41 9 915	2:20:09 6 -			
# # #	# # #	164 86 18 915	4:26:10 6 10 -			
# # #	# # #	10 01 02 02 10 01	25 22 — 25 22			

950

6887 xl
 1377.4
 7M → 9:10
 9:10 950

22.80
 3600
 3240
 47
 1:30:48
 23:59
 12
 2/24
 154:47
 15:23
 7:36
 7:36

John

WATER PALM SPRING
 CANCEL POLICY
 BEFORE 6PM
 ON MARCH 12, 2018

BADWATER 48 * 8PM START
 JULY 23 MONDAY
 JULY 25 11PM

MARCH 2018

MR SMOY
 760 LBI-2001
 2009

VALERIE
 (850) 231-2011

420 SDSU THURS
 03 15 18

<p># #</p> <p>ENCINAS 1/2 26.2</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>0224 CLAYTONS 27.17</p> <p>SUMMIS</p> <p>MILE # 5000 @ 16:10</p> <p>1116 25.58</p> <p>176.02 208.80</p> <p>7.09 17 17 7.09</p> <p>103 103</p>	<p>3:00 - PLANKS</p> <p>4:50 DE CHAN AP</p> <p>2:00 DENTAL AP</p> <p>ABS/LBS</p> <p>47 42 2</p> <p>5:13 :48 12</p> <p>332</p> <p>23</p>	<p># #</p> <p>DAY ONE</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>0224 CLAYTONS 32.20</p> <p>EZ CARDIFF DAY 2</p> <p>@ 9:01</p> <p>400 bashi. No.</p> <p>16.19 3 5.39</p> <p>181.05 21 8.62</p> <p>5.03 19 36 12</p> <p>5 45 1.48 12</p>	<p>3:00 PLANKS</p> <p>ABS/LBS</p> <p>20LBSX20R</p> <p>112.20 3</p> <p>5:38.25 13</p> <p>24.38</p> <p>48</p>
<p>132 LBS</p> <p># #</p> <p>CANCEL HOTEL 6 BEFORE 6PM</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>133 LBS</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>#6 132 LBS</p> <p># #</p> <p>VACATION INDIAN WELLS</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>#7 132 LBS</p> <p>0224 CLAYTONS 42.23</p> <p>Good Run...</p> <p>MOONLIGHT</p> <p>Ben Loop @</p> <p>8:59 AUG. NOW 1 STOP.</p> <p>26.22 4 6.55</p> <p>191.08 22 8.68</p> <p>57 10.03 10.03 57</p> <p>1.29 10.03 10.03 1.29</p>	<p>#8 15</p> <p>3:00 PLANKS</p> <p>ABS/LBS</p> <p>20R X 20LBS</p> <p>1:40 23 4</p> <p>6:06:29 14</p> <p>20.03</p> <p>20.03</p>	<p>#9 16</p> <p>0224 CLAYTONS 47.51</p> <p>KAWBERNSBURT</p> <p>HOOD LOOP</p> <p>@ 8:54 AUG.</p> <p>BEST SINCE 8TH</p> <p>31.30 5 6.20</p> <p>196.16 23 8.52</p> <p>5.08 45 12.24 15</p> <p>5 45 12.24 15</p>	<p>#10 15</p> <p>3:00 PLANKS</p> <p>ABS/LBS</p> <p>20R X 20LBS</p> <p>206 13 5</p> <p>6:32 15</p> <p>25.49</p> <p>53.22</p>

★
 OXYGEN IS THE PRIMARY
 SOURCE OF ENERGY
 MORE OXYGEN BETTER PERFORMANCE

Billing ZIP
 92014
 FAX FOOD

6) PASTA 123
 PASSWORD

VERIZON CODE %

976534

6568109 65681049
 Password

RUNNERS
 WORLD

10 ESSENTIAL STRENGTH
 EXERCISES

- 6) OVERHEAD FORWARD LUNGE
- 7) STABILITY BALL JACKKNIFE
- 8) STABILITY BALL LEG CURL
- 9) ROTATIONAL SHOULDER PRESS
- 10) ALTERNATING POW

(129.1 LBS)

STRENGTH EXERCISES

- 1) PLANKS
- 2) RUSSIAN TWIST
- 3) SCORPION
- 4) BACK EXTENSIONS
- 5) SQUAT to OVERHEAD

956477

729 FEB 20 - MARCH 19

449 1032
 939 10
 81576240
 50
 350 17
 354 09 290

POWERBAR 4 ME

USER ID
 PASSWORD

18

#	#
RESTDAY	
#	#
#	#
#	#

19

#	#
RESTDAY	
#	#
#	#
#	#

177 SPM
 0224 CLAYTONS
 CATI SCRIPT KAKER
 JAKES MOONLIGHT
 BGM @ 8:58 AVG.
 9:00 > 10

46.36	6	7.72
211.22	24	8.80
15.06	55	55
2:14	2:14	15.06

21

3:00 PLANKS	
ABS/LBS	
232 ¹⁴	6
6:58 ²⁰	16
26 ⁰²	26 ⁰²

22

0224 CLAYTONS 68.47	
CARDIFF GREEN MHL BOX	
@ 9:52 AVG. EZ > 5	
52.46	7
217.32	25
6 ¹⁰	13
1:00	3:15
21 ¹⁶	

23

#	#
RESTDAY	
#	#
#	#
#	#

24

3:00 PLANKS	
ABS/LBS	
3:00 ²⁶	7
7:26 ³²	17
28 ¹²	28 ¹²

25

#	#
RESTDAY	
#	#
#	#
#	#

26

#	#
RESTDAY	
#	#
#	#
#	#

27 #1

#	#
RESTDAY	
YMI REPEATS SPEEDWORK	
#	#
#	#
#	#

28

0224 CLAYTONS 72.63	
SEND IN REPTS	
1 @ 9:52	
1 @ 7:14	
2 @ 10:05	
56.62	8
221.48	26
4 ¹⁰	05
39	39
4 ¹⁶	

29

3:00 PLANKS	
ABS/LBS	
3:29.45	8
7:55.47	18
29 ¹⁴	29 ¹⁵

30

#	#
RESTDAY	
#	#
#	#
#	#

31

0224 CLAYTONS 77.65	
EL HOOD @ 9:30A	
61.62	9
226.48	27
5 ⁰⁰	52
47:27	126
9 ¹⁶	

TAXES!

9:27
28:34
9:55 1:31
1:31 13
28:34
1:59 47

20	3:21 @ 7:30 A	10	1:30
20	RESTDAY	0	0:00
19	RESTDAY	0	0:00
18	DISCO TRAIL LSD @ 9:30 A	13	2:00
17	CROSSTRAINING POOL/ELLIPTICAL OR RESTDAY	0	0:00
16	DISCO TRAIL @ EZ 10:00 A	7	1:10
15	CROSSTRAINING POOL/BIKE RESTDAY	0	0:00

ON

12

ALOXM
OVERD
OPIOD
2:35/30
NALOXONE
12:30
DIA
ALXO

#26 OPIOD?

APRIL 2018

30 ~~MARCH~~ 31

1 3:00 PLANKS LAST DAY!!! ABS/LB4 30:30 1 - 8:26 19 - 30:30 - 30:30	2 0224 CLAYTONS 82:05 CARDIFF @ 8:59 AVG. 5:22 1 5:22 231.7 28 8:25 5:22 54 46:54 5:22	3 # # ML @ 12:40 ALASKA ARRIVES RESTDAY # # # # # # # # #	4 # # 57 FOOD WALK @ 18:57 AVG ML/BEACH 8:23 2 4:11 234 18 29 8:07 3:01 57 1:13 8:23	5 56 # # VACATION BEACH WALK @ 12:23 3 4:07 238 18 30 7:23 4:00 55 29 12:23	6 55 # # BLACKS BEACH WALK @ 21:00 AVG. 20:29 4 5:01 246:24 31 7:04 8:06 15 44 20:29	7 54 # # RESTDAY # # # # # # # # #
8 53 CAU NOT GOOD DID NOT LIKE LONG RUN!!! DAY OFF MOONLIGHT @ 9:12 AVG. 30:34 5 6:06 256:29 32 8:00 05:32 32 10:05	9 52 #33 9:02 AVG. FOR MILE 2-8 VACATION BLACKS BC1 3:55 56 6 5:02 261.51 33 7:02 22 27 59 27	10 58 35:59 7:02Z 0224 CLAYTONS 88:08 ML @ 3:34 ALASKA DEPARTS CARDIFF @ 9:06 A 40:17 7 5:02 266:72 34 7:04 5:21 24 48	11 50 5 WEEKS # # SWAMI KAISER LAB WORK WORK @ 11:00 RESTDAY # # # # # # # # #	12 49 # # 1ST DAY BACK!!! RESTDAY # # # # # # # # #	13 48 0224 CLAYTONS 93:14 DELMAR @ 8:59 1:02 175 SPM / 1:02 45:05 8 5:22 271:00 35 7:06 5:00 37 01 5:44	14 # # RESTDAY # # # # # # # # #
15 46 0224 CLAYTONS 98:46 CARDIFF @ 8:53 A 51:17 9 5:08 277:13 36 7:09 5:52 47 47 5:32	16 45 # # TAXES/CLAYTONS RESTDAY # # # # # # # # #	17 6:00 / PLANKS ABS/CORE 20 X 2 SETS 1:00:24 2 - 8:56 11 20 29:54 - 29:54	18 43 6 WEEKS 0224 CLAYTONS 105:15 SWAMIS ENCINITAS @ 8:59 A 176:102 57:06 10 5:08 283:01 37 7:07 1:00:06 69 19 1:47 12:01	19 42 ① 6:00 / 12:00 ABS/CORE 20 X 2 SETS 1:31 13 3 - 9:27 21 73 30 - 1:00	20 41 ② # # RESTDAY # # # # # # # # #	21 40 ③ 0224 CLAYTONS 113:18 SWAMIS 174 @ EZ 0:08 @ 8 A 65:09 11 5:09 291:04 38 7:00 0:05 57 16 1:15 3:02 20:04

32-38" CM
 MEN SIZE 3 (M)
 GERMANY
 CEP
 CUFF SLEEVES 2.0

CHECK FOR LAST MONTHS REST

(14) 34	(13) CMI PEYTON	(12)	(11) DR. OSBONE 10:30 A	(10) OUT 25 TH 30 DAYS	(9)	(8) (2)
22	23 10 ⁴⁰	24	25	26	27	28
6:00 PLANKS 21:00 — MBS 0 2X20X2	COLD RESTDAY SCORE THROAT?	HEAD COLD RESTDAY	0224 CRAYTON 118 21 SEASIDE LOOP @ 8:46A 176/1.04	6:00/12:00 MBS 0 2X20X2	# # COLD call RESTDAY sic 5	# # COLD! RESTDAY
2:59 ³⁴ 4 — 9:55 22 — 28 — 28 ³⁴	# # # # # # # # # #	# # # # # # # # # #	70 ⁹² 12 5 ⁹¹ 296.87 39 76 ¹ 5 ⁰³ 44 44 5 ⁰³	3:33:21 5 — 1028.47 23 — 33 47 — 21 1102	# # # # # # # # # #	# # # # # # # # # #
(7) (21) 29	OFF 26 30					
# # COLD BENCH RESTDAY	# # RESTDAY					
# # # # # # # # # #	# # # # # # # # # #					

85⁹²
 9.8 = 80

5 shifts

6x14 = 84 mi.

APRIL 2018

10:28:47
 39:18
 11:08:05
 12:48:47
 11:39:53
 28 40 WONTY RANS
 COMPOTATOR MAGAZINES
 PRESSED
 MATH 123
 JOSH COX
 49
 2011
 DES.
 51
 2:22:38
 5:26 AVE
 LINNEN
 Boston 18
 2:39:54 / 606 AVE.

20 MAY 18

EVO SANGS
19 DAYS!

TUE OFF 0224 CLAYTONS 128.26 ENCINITAS BLVD. @ 9:26A 174/0.98 WINDY COOL 10 ⁰⁵ 1 10 ⁰⁵ 306.92 40 767 10 ⁰⁵ 54 54 05 1:34 1:34 10	WED OFF 6:00 / PANKS LPS / CORE 2X20LBS X 2 3018 1 3918 11:08:05 24 3918 3918	THUR 9:30 RESTDAY # # # # # # # # # #	FRI 11-7:30 LAST DAY OF WORK! 0224 CLAYTONS 134.29 8TH STREET A 9:38 DOWN 8:21 BACK 1608 2 804 312.95 41 767 6 ⁰³ 16 10 08 54 229 1608 11:09 2 35.32 11:39 53 25 28:00 31 47 1:11
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SUN 12 ²⁰ 6 RESTDAY # # # # # # # # # #
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MON 19 7 BLOODWORK! RESTDAY # # # # # # # # # #
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TUE 18 8 0224 CLAYTONS 144.30 DEL MAR CARDIFF LOOP @ 8:58 AVE. 175/1.02 2609 3 869 322.96 42 768 10 ⁰¹ 39 39 01 1:29 1:29 10
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WED 17 9 7:00 / PANKS LPS / CORE 2X20LBS X 2 4847 3 1:58 12:28:40 26 4847 4847
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THUR 16 10 VACATION DEL MAR ENCINITAS @ 10 @ 9:03A 3671 4 917 333.50 43 775 62 58 37 63 1:30 3:05 20 63 6:00 / 10:00 LPS / CORE 1X20X1 713 38 4 1253 27 2-51 113 KAI SEGA

FRI 15 11 0224 CLAYTONS 164.96 GIVE NOTICE AT WORK! MOONLIGHT BDR BUI @ 8:45A 4675 3 935 343.63 44 780 10 ⁰¹ 50 21 38 1:30 4:36 30

SUN 13 13 RESTDAY # # # # # # # # # #

MON 12 14 DE CHAN @ 10:30A LA COSTA RESTDAY! # # # # # # # # # #
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TUE 11 15 0224 CLAYTONS 170.97 ML # 514 ALASKA 12:38 4X2 @ 3:30A 5276 6 879 34964 45 726 6 ⁰¹ 56 58 60 2:02 33
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WED 25 16 6:00 / PANKS LPS / CORE 1X20X1 746 10 5 7:46 13:26 20 2:02 33

THUR 26 17 0224 CLAYTONS 176.99 PATRICK JONES SOLANA CIRCLE 4X2 @ 3:22A 6278 7 8.96 355.61 46 773 6 ⁰² 56 1:55 12 1:500 43
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FRI 27 18 1:30 / 7:30 LA COSTA MOUNTAIN VIEW CAPT SUR IPT LPS / CORE 1X20X1 810 46 800 13:41 52 29 1:500 43

SUN 28 19 0224 CLAYTONS 183.02 SIGN SEASIDE 4X2 @ 3:28A 6001 8 800 361.61 47 769 6 ⁰³ 56 2:51 18

3:30
780 SHADOW RIDGE
VISTA
CANCEL

ONL (2 WEEKS)

780 SHADOW RIDGE ROAD
VISTA 92093
20 MAY 18

STORAGE UNIT
W/AC
HAVE EVERYTHING
OUT OF APT.
*TU
PHONE
MAIL
ELECTRIC
60 DAYS
TO END OF MONTH
35

LAST DAY
IN GOVERNMENT
30

LEAVE
31 TOWN

6
29

<p>20</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>21</p> <p># #</p> <p>VACATION</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>22</p> <p>0224 CLAYTONS 189 02</p> <p>DR. BEVERLY</p> <p>EZ HOOD</p> <p>DELMAR/SEASIDE</p> <p>74 61 9 829</p> <p>367 69 40 760</p> <p>6 00 5653 5653 6 00</p>	<p>23</p> <p>1:30 - 1:30</p> <p>LBS/CORE</p> <p>8:36 7</p> <p>11:16 39</p> <p>35 35</p>	<p>24</p> <p>0224 CLAYTONS 195 02</p> <p>EZ ROAD</p> <p>10</p> <p>80 61 10 8 00</p> <p>373 69 49 762</p> <p>6 00 54 150 12 00</p>	<p>25</p> <p># #</p> <p>RESTDAY</p> <p>TRIP</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>26</p> <p>0224 CLAYTONS 200 02</p> <p>EZ ROAD</p> <p>85 61 11 7 78</p> <p>378 69 50 7 51</p> <p>5 00 45 53 2 35 17 00</p>
<p>27</p> <p>[Blacked out]</p>	<p>28</p> <p>0224 CLAYTONS 205 42</p> <p>EZ DISCOVERY/ TRAIL/EAST</p> <p>91 01 12 7 58</p> <p>384 09 51 7 53</p> <p>5 40 48 48 5 40</p>	<p>29</p> <p>1:30 - 1:30</p> <p>LBS/CORE</p> <p>11:16 39</p> <p>35 35</p>	<p>30</p> <p># #</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>31</p> <p>0224 CLAYTONS 215 76</p> <p>DISCOVERY/ TRAIL/EAST</p> <p>7 @ 9:53 AM</p> <p>101 35 13 7 79</p> <p>394 43 51 7 73</p> <p>10 34 15 15 1:42 236 15 74</p>	<p>VACATION</p> <p>MAY 7 TH</p> <p>MAY 25 TH</p> <p>LAST DAY 06 TH</p> <p>FIRST DAY BRK MAY 2</p>	

VACATION
MAY 7 TH
MAY 25 TH
LAST DAY 06 TH
FIRST DAY BRK MAY 2

ONLINE BANKING
FOR WAWANESA
443 7391-1

* NEW INSURANCE
60 DAYS BEFORE
NOV 17

* \$1200 A YEAR!
WAWANESA
INSURANCE GOOD
UNTIL AUGUST 1ST
OR \$50 CANCEL FEE

* MAY 17
TO
NOV 17

14:39
36
75

PARKING CONTRACT
THIS CONTRACT LIMITS OUR LIABILITY - PLEASE READ IT NO...
RELEASED WITHOUT THIS CLAIM CHECK
La Costa Resort and Spa is not responsible for any articles...
CUSTOMER AGREES TO RESPECT CAR BEFORE LEAV...
CUSTOMER'S CLAIM FOR DAMAGE OR LOSS MUST BE REPORT...
NO DAMAGES BEFORE CAR IS REMOVED FROM PREMISES
CUSTOMER SHALL WAIVE SUCH CLAIM. Only La Costa Reso...
This is not responsible for damage caused by the element...
La Costa Resort and Spa reserves the right to refuse release of...
that guest appear intoxicated. Possession of the claim check...
considered evidence of ownership of the better thereof.

18 225 MIN 6 WEEKS 180.45 / 18 RUNS 10.02 AVG.

JUNE 2018

1.01 / 10:15 10:21
 1.07 / 12:16 13:05
 13:00 / 9:17 2:00:38
 11:01 / 1:07 13:00 / 15:02
 SEQUIM 1/2 MARATHON
 STATE STREET MILE

2PM EXPO
 P5 SPORTS
 FAHREN LEAF LAKE
 1436 421
 10 WHEADOCK WOOD
 MAIL FINISH LINE
 RIGHT ON SIERRA ROSE DR. OFF 580
 3069
 RENO RUNNING CO 6602158
 SPARKS DISC DR. SEQUIM 4 ME
 1,005 Women
 580-80 LEFT GREGG ST
 WED. VISTA BUN LEFT DISC DR.

SAT.

#	#	#	#
RESTDAY			
#	#	#	#
#	#	#	#
#	#	#	#

<p>0603 Clayton 17⁰³ 1/2 MARATHON 8:48 / AVG 1:55:12 1st 70-74 11 total</p>	<p>1:30 - 1:30 LBS / CORE 1x20x20</p>	<p>0224 Clayton 225.78 DISCOVERY TRAIL (E) RUN 1/2 WALK 1/2 11:52 AVG.</p>	<p># # RESTDAY</p>	<p>1:30 3:00 LBS / CORE 1x20x20</p>	<p>0603 Clayton 23¹² DELMAR WOODS @ 9:28 AVG.</p>	<p># # RESTDAY</p>
<p>17⁰³ 1 17⁰³ 411.73 52 791 15.19 3R 17⁰³ 13 12 17⁰³ 155 1:55 17⁰³ 36 - 36</p>	<p>27⁰⁵ 2 13⁵² 2005 421 53 795 10⁰² 10 22 27⁰⁵ 1:38 3:53</p>	<p># # # # # # # # #</p>	<p>1:07 2 15:46 52 31 1:07</p>	<p>33¹⁴ 3 11⁰⁴ 427 84 54 792 6⁰⁹ 2 44 33¹⁴ 57 44 33¹⁴</p>	<p># # # # # # # # #</p>	
<p>0603 Clayton 33¹⁴ SNAIL TRAIL SAN ELMO LAKE TO PSP RUN/WALK @ 11:05 A.</p>	<p># # TRAVEL RESTDAY 225 MILE DRIVE</p>	<p># # 375 MI. DRIVE RESTDAY</p>	<p># # HOTSPRINGS CLOSED 100 MI. DRIVE RESTDAY</p>	<p>0603 Clayton 43³¹ MOTEL 6 to FAHREN LEAF LAKE RUN/WALK @ 10:57 AVG.</p>	<p># # 4:00 PM DERM. APPT. RESTDAY</p>	<p>0603 Clayton 58⁵⁹ ROCK LAKE 1/2 2:00:39 / 9:13A RUN/WALK! GOOD CHE...</p>
<p>4316 4 10²⁹ 437.86 55 796 10⁰⁹ 57 57 10⁰³ 11:50 1:50 10⁰³</p>	<p># # # # # # # # #</p>	<p># # # # # # # # #</p>	<p># # # # # # # # #</p>	<p>53³³ 5 10⁰⁶ 448 03 56 8:00 10¹⁷ 13 10 10⁰³ 11:51 3:42 20¹⁹</p>	<p># # # # # # # # #</p>	<p>68⁴¹ 6 11⁴⁰ 463 11 57 8:12 15⁰⁸ 04 15 15⁰⁸ 2:21 6:06 33¹⁴</p>

EAGATE ST
RIGHT ON
AMAZON
LEFT ON
HILYARD
2.8 mi

AGATE
ST.
TO 2YTH
TURN LEFT

JUNE 2018

(72)

332
137
3443
HILYARD
OR.
2.1 mi
ST. F
5 HRS. 38 min / 328 mi
EUGENE TO SEQUIM
~~WARRIOR~~

61.83
MILES
AMAZON
ORGANICS

17	18	19	20	21	22	23
# #	# #	0603 CLAYTONS 168 ⁴⁰	0603 CLAYTONS 178 ⁸⁶	# #	0603 CLAYTONS 88 ⁹⁷	# #
RESTDAY	RESTDAY	EUGENE OR. STEVE PREFON- TAIN TRAILS III @ 10:53 AUG.	PRES. WOODS @ 9:57 10 @ 10:00 NO WALK GOOD ONE!	RESTDAY	DISCO TRAIL SOUTH @ 9:36 AUG.	RESTDAY
# # #	# # #	78 ⁴² 7 11 ²⁰	88 ⁸⁸ 8 11 ¹¹	# # #	98 ⁹⁹ 4 10 ⁹⁹	# # #
# # #	# # #	473 ¹² 58 8 ¹⁵	483 ⁵⁸ 59 8 ¹⁹	# # #	493 ⁶⁹ 60 8 ²²	# # #
# # #	# # #	01 ⁵⁹ 59 10 ⁰¹	46 ⁰⁵ 04 10 ⁰¹	# # #	11 ⁰⁸ 12 58	# # #
# # #	# # #	10 ⁰¹ 1:48 1:48	10 ⁰¹ 1:44 3:32 20	# # #	10 ¹¹ 1:37 5:09 30	# # #
24	25	26	27	28	29	30
# #	# #	0603 CLAYTONS 118 ⁹⁹	# #	0603 CLAYTONS 107 ⁹⁹	1:30 4:30	0603 CLAYTONS 123 ⁰⁵
RESTDAY	RESTDAY	SEQUIM HS TRACK 3 MILE REPEATS 1 @ 8:16 2 @ 8:09 3 @ 7:43 7 8:03 AUG.	RESTDAY	DISCO BAY LOOP @ 10:00 AUG.	LBS/COPE 1X10X20	DISCO TRAIL EAST/LSD @ 10:00 AUG.
# # #	# # #	109 ⁰¹ 10 10 ⁰⁹	# # #	118 ⁰¹ 11 10 ¹²	132 3 -	133 ⁰⁷ 12 11 ⁰⁸
# # #	# # #	503 ⁷¹ 64 8 ²⁵	# # #	512 ⁷¹ 62 8 ²⁶	162 139 -	527 ⁷⁷ 63 8 ³⁷
# # #	# # #	10 ⁰² 18 11:38	# # #	9 ⁰⁰ 10 3:08	19 ⁰³ 25 -	15 ⁰⁶ 23 5:38 54

1

1:00
1:03
1:13

6:24
7:15

1:18:59
1:13:49 2:22:49

1:50

* WARRIOR
OUT BY AUG 1ST

JULY 2018

SEQUIM HS TRACK (26)
 1) 11:05
 2) 11:06
 3) 9:12
 4) 8:16
 5) (EZ WEEK)
 178/1.09

(3)
 1) 16:46
 2) 10:32
 3) 8:58
 4) 8:00
 5) 10:42
 - 180/1.12

1) DISTANCE
 2) AVG. PACE
 3)

RADIO.COM

1.	2.	3. #2	4.	5.	6.	7.
# # TIGHT STOMACH? RESTDAY	# # STOMACH RESTDAY AMAZING WITH CELEBRATIONS	0603 CLAYTONS 128.05 SEQUIM HS TRACK: WARM-UP (2) 180 1 MI @ 8:00 / 1.12 WARM-DN (5) TRACK	3:00 + 3:00 BS/CORE STRETCH TX 10X20	0603 CLAYTONS 134.08 RUN/WALK @ EZ 0:55 AVG. DISCO TRAIL EZ DISCO TRAIL 12:43 / 1:09:50 (EZ 10)	# # NORTH BEACH! RESTDAY	0603 CLAYTONS 144.35 DISCO TRAIL EAST @ 10:02 AVG. 168/0.95 + 485' (2) (8) (8) (8) - 505
# # #	# # #	5.00 5.00	18 18	11.09 7 5.54	# # #	21.36 3 7.12
# # #	# # #	532.00 64 8.32	1639 135	538.80 65 8.28	# # #	549.07 66 8.31
# # # #	# # # #	5.00 49 49 5.00	18 18	6.03 10 12 03	# # # #	127.54 06 30 1.42 3.41 21
* - 9X6 MI REPEATS = 51 AVG.						
8.	9.	#3 10.	11.	#4 12.	13.	14.
4:00 + 4:00 STRETCH (5) BS/CORE 2X 10X20	# # RESTDAY	0603 CLAYTONS 152.39 SEQUIM HS TRACK 9:31-9:19 WARM UP 8:36 STRODES 1) 7:44 / 184-114 9:44 2) 9:14 EZ 9:14 2) 7:21 / 184-120 TRACK	3:00 + 7:00 BS/CORE STRETCH 2X 10X20	0603 CLAYTONS 158.36 SEQUIM HS TRACK STRAIGHT 6 @ 1) 9:08 2) 9:01 3) 9:06 4) 8:59 5) 9:17 6) 9:18 9:09 AVG. DISCO YMCA	# # CRESCENT LAKE! RESTDAY	0603 CLAYTONS 168.43 DISCO TRAIL WEST FROM YMCA @ 9:57A NON-STOP! DISCO YMCA
46 2 23	# # #	29.36 4 7.34	76 3 25.32	35.37 5 7.07	# # #	47.44 6 7.90
28 35 19:45	# # #	557.07 67 8.31	1697 137 27.54	563.08 68 8.28	# # #	525.15 69 8.53
28 28	# # # #	6.00 51 51 8.00	30 58	6.01 54 45 14.01	# # # #	12.07 01 46 26 2.00 4.06 26

* 7:32 MI AVG
 19:45
 1.11:51 54.54
 45 | 639 | 28
 1667
 -53 | 882

37 * 1018 / 27.54
 1667

E-MAIL JUNE 15
 1019 DR. CHAN
 149
 45
 180.00 - 10.03 PACE
 30.01 WEEK AVG.

<p>15</p> <p>3:00 - 3:00</p> <p>WBS STRETCH CORE X</p> <p>1X 20X20</p> <p>100 4 26³⁰</p> <p>1727 138 28³⁰</p> <p>30 - 30</p>	<p>16</p> <p>RESTDAY</p> <p>SHOWER ROCK H#</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>17 #5</p> <p>0603 CLAYTONS 176.40</p> <p>SQH STRACK:</p> <p>10:33/9:46 8:27 STRIDES</p> <p>4 @ 7:55/183-1.12</p> <p>10:14</p> <p>5 @ 7:29/193-1.18</p> <p>10:28/10:05</p> <p>55.47 7 7⁹²</p> <p>583.18 70 8³³</p> <p>8⁰³ 15 15 8⁰³</p>	<p>18</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>19</p> <p>DISCO TRAIL EAST MARINA LOOP</p> <p>27.9 MPH 10.0</p> <p>2150 2 10⁷⁵</p> <p>2150 2 10⁷⁵</p> <p>9:07 27 27 9:07</p> <p>1:54 54 9:07</p>	<p>20</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>21</p> <p>DISCO TRAIL WEST FROM Y @ 9:17 AM</p> <p>9:34 down 8:59 back</p> <p>67.50 8 8⁴³</p> <p>595.21 71 8³⁸</p> <p>12³¹ 30 51 3:06 20</p>
<p>22</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>23</p> <p>5:00 - 8:00</p> <p>WBS STRETCH CORE X</p> <p>1X 20X20</p> <p>142 5 28⁴⁰</p> <p>1763 39 29³⁸</p> <p>36 - 36</p>	<p>24</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>25</p> <p>YMCA POOL</p> <p>BABY STEPS!</p> <p>BREATHING??</p> <p>100 1 2:03</p> <p>100 1 2:03</p> <p>100 55 2:03 100</p>	<p>26</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>27</p> <p>DISCO TRAIL 1 2X 1/2 MILE</p> <p>7350 8 8¹⁶</p> <p>601.21 72 8³⁵</p> <p>6 33 33 6⁰⁰</p> <p>6 58 58 6⁰⁰</p>	<p>28</p> <p>WBS STRETCH CORE X</p> <p>1X 10X20</p> <p>160 6 27⁶⁶</p> <p>1787 40 29⁷⁸</p> <p>24 - 100</p>
<p>174 0:49</p> <p>0729 CLAYTONS 8:03</p> <p>DISCO TRAIL 1/2 MI REPS.</p> <p>1) 7:40 2) 7:38</p> <p>3) 7:24 4) 7:15</p> <p>(7:29 AVE.)</p> <p>81.52 10 8.15</p> <p>609.24 73 8³⁴</p> <p>809.58 38 8⁰²</p> <p>11:14 1:14 8⁰²</p>	<p>30</p> <p>RESTDAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	<p>31</p> <p>0729 CLAYTONS 10:06</p> <p>DISCO WEST TRAIL SIDE RANCH @ 9:28 AM</p> <p>1) 9:42 2) 10:43 3) 9:34</p> <p>4) 9:57 5) 10:03 = 10:00 8:50</p> <p>6) 8:30 7) 8:52 8) 10:01</p> <p>9) 8:59 10) 7:57 = 8:56 6</p> <p>RE SDS</p> <p>91.56 11 8³²</p> <p>619.28 74 8³⁶</p> <p>10 57 30 1:34 2:49 18⁰⁶</p>				

14 REST
12 RUN
6 THBS
2X BIKES
1X SWIM

JULY 2018

61821 8:35 82%
1200 7/5TH COMP AINER
27⁶⁶ 4/5TH 12:00
7:49.625 13:00
WOTEC 6 200 200 57
775 20 RUNS
10.03 AVG

221 NE CHELUV DR. (360) 253-8900

Y2 MARATHON

DISCO TRAIL / JUNE 3 // 1:55:12
ROCK MOUNTAIN / JUNE 16 // 2:00:39
VALLEY TRAILS / AUGUST 25 //

AST M16
R1 to #
5 times

8:06 STRIDE MILE (1) T:20 / (184-1.19) (2) 7:16 / (184-1.20) (3) 0:44 / (185-1.28)

AUGUST 2018

24 STROKE RATE
2.14 PACE

1. 3:00 - 3:00 LBS / CORE 1X10X20 27 ⁰ 1 27 ⁰⁰ 184 4 30 ⁰⁰ 270 2700	2. #6 0729 CLAYTONS 24 ⁰⁸ SQLHS TRACK @ 10:00 EZ RAIN/NIGHT! 6 ⁰² 1 6 ⁰² 025 ³⁰ 75 8 ³³ 6 ⁰² 04 04 6 ⁰² 11:00 1:00 6 ⁰²	3. # # * ED TO SEATTLE RESTDAY / NO SML FRACTURES / CREST SURGERY # # # # # # # # #	4. #7 0729 CLAYTONS 33. ⁰⁹ RUN FOR THE HOMELESS / POUND 5K / 10K SQLHS TRACK 3X1MI @ 7:07 AM 19 ⁰³ 2 7 ⁵¹ 634.31 76 8 ³⁴ 9 ⁰¹ 30 34 6 ³ 11:19 2:19 15
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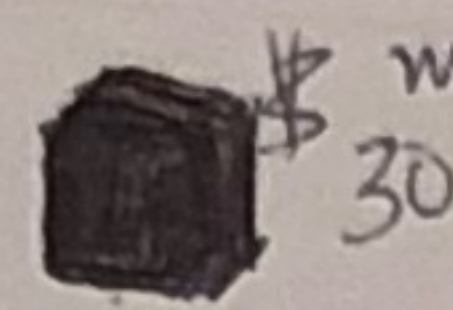
5. RECOVERY DAY AM L5UPTIGO @ EZ SW LOOP PM YMCA SWIM @ EZ 10:11:02 1 10:11:02 32.12 3 10:00 450 720 2 450 530 215 2 550	6. # # RESTDAY # # # # # # # # #	7. #8 0729 CLAYTONS 49.11 YMCA to WILD CURRENT @ 9:35 AVG. 9 DOWN @ 9:47 AVG. 7 BACK @ 9:21 LSD 31 ⁰⁵ 3 10 ³⁵ 650 ³³ 77 8.44 16 ⁰² 36 36 16 ⁰² 233 233	8. # # RESTDAY / LITE LBS # # # # # # # # #	9. #42 0729 CLAYTONS 56.14 SQLHS TRACK @ EZ 9:50 AM LBS WHEN I GOT HOME 38.00 4 9.52 657.36 78 8.42 7 ⁰³ 1:10 ³ 3.43 23 ⁰⁵	10. # # RESTDAY # # # # # # # # #	#9 11 0729 CLAYTONS 63.16 SQLHS TRACK 2MI @ 14:50 1300 7:21 186 / 1.18 920 7:29 184 / 1.17 4510 5 9.02 664.38 79 8.40 7 ⁰² 60 39 30 ⁰⁷ 1:04 4:47
--	--	---	---	---	---	---

12. SLOW LANE / BETTER BREATHING YMCA SWIM @ EZ 2000 400 2 8.50 950 3 5.16 400 8.57 8.57 400	13. # # RESTDAY # # # # # # # # #	14. # # RESTDAY # # # # # # # # #	#12 15 0729 CLAYTONS 71.17 SEQUIM HS TRACK @ EZ / 9:55 AVG SMOKE!! 53 ¹¹ 6 8.85 672 ³⁹ 80 8.40 8 ⁰¹ 31 31 8 ⁰¹ 1:19 1:19 8 ⁰¹	16. # # RESTDAY # # # # # # # # #	17. # # RESTDAY # # # # # # # # #	18. 0729 CLAYTONS 79.18 WARRICK 2MI WARM + 5MI WALK CUES SPRINT STRAIGHTS DOX 90X806.45 6113 7 8.73 620 ⁴⁰ 81 8.40 8 ⁰¹ 123 234 16
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INDIANA GO!

TRUCKER
HAT OVER
EARS?

HEADBAND?
NEWSHOES FOR SAT.



\$30 minimum
AUTO REFILL
AUTO PAY

Pin# 835-3921

(90 DAYS!)

Pay For View
GOLF/mich/woods

HUMANA
PHARMACY
.COM
APP? 217/96

HUMANA
(866) 697-5868

<p>49</p> <p># #</p> <p>REST DAY</p> <p># # #</p> <p># # #</p> <p># # #</p>		<p>50</p> <p>0729 claytons 85 21</p> <p>SQ Hs TRACK @EZ/9:57A SMOKE! .E26</p> <p># # # 67 15 8 8 39</p> <p># # # 686 43 82 8 37</p> <p># # # 6 03 01 01 6 03 1:00 1:00</p>		<p>51</p> <p># #</p> <p>REST DAY</p> <p># # #</p> <p># # #</p> <p># # #</p>		<p>52</p> <p>0729 claytons 91 30</p> <p>DISCO TRAIL @EZ/9:52A SMOKE! .E26</p> <p># # # 73 24 9 8 13</p> <p># # # 692 52 83 8 34</p> <p># # # 6 03 11 12 12 12 1:00 2:00</p>		<p>53</p> <p># #</p> <p>REST DAY</p> <p># # #</p> <p># # #</p> <p># # #</p>		<p>54</p> <p># #</p> <p>REST DAY</p> <p># # #</p> <p># # #</p> <p># # #</p>		<p>55</p> <p># #</p> <p>REST DAY</p> <p># # #</p> <p># # #</p> <p># # #</p>	
<p>56</p> <p>0826 claytons 16 03</p> <p>IRON HORSE HALF WARM-UP - 1.01 @ 11:02 13.1 @ 8:10 WARM-DOWN - 2.01 @ 11:50 15 70-74</p> <p>89 27 10 8 92</p> <p>708 55 84 8 43</p> <p>16 03 34 34 16 03 2:21 2:21</p>		<p>57</p> <p># #</p> <p>VERY TIGHT</p> <p>REST DAY</p> <p># # #</p> <p># # #</p> <p># # #</p>		<p>58</p> <p># #</p> <p>TIGHT!</p> <p>REST DAY</p> <p># # #</p> <p># # #</p> <p># # #</p>		<p>59</p> <p># #</p> <p>LEGS BETTER</p> <p>REST DAY</p> <p># # #</p> <p># # #</p> <p># # #</p>		<p>60</p> <p>08/26 CLAYTON 18 04</p> <p>SEQUIM Hs TRACK @ 12:17A</p> <p>91.28 11 8.29</p> <p>710 56 85 8 35</p> <p>2 01 42 16 18 04 24 2:45</p>		<p>61</p> <p># #</p> <p>1215 WIRE (360) 585-9003 JAMESTOWN MED. RADIOLOGY DEPT.</p> <p>REST!</p> <p># #</p> <p># # #</p> <p># # #</p>			

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.com/mobile 10/18

CALL HUMANA
REFILL?

SEPTEMBER

2018

9/12 Splitz

- 1) 9:20
- 2) 9:20
- 3) 8:29
- 4) 8:38
- 5) 8:52
- 6) 9:01
- 7) 8:53
- 8) 8:45
- 9) 8:40
- 10) 9:03
- 11) 9:01
- 12) 8:53
- 13) 8:49

1344 CALS
176 SPM
1.02 SL
219 +
236 -

REST!

#	#
#	#
#	#
#	#

+22

* 33:09
5:20 AVE.
10K/6.2

* 1:15:58
5:48 AVE.
13.1 MILE

* 2:41:30
6:10 AVE.
26.2 MILE

* 3:25:30
6:37 AVE
50K MILE

* 6:09:41
7:24 AVE
50 MILE

* 16:09
5:12
5K/3.1

2	3	4	5	6	7	8
REST!	REST!	REST! PASSPORT! SEATTLE	DISCO TRAIL RUN/WALK @ 11:46A	REST	REST	REST
# # #	# # #	# # #	5 ⁰³ 1 5 ⁰³	# # #	# # #	# # #
# # #	# # #	# # #	715 ⁵⁹ - 86 8 ³²	# # #	# # #	# # #
# # #	# # #	# # #	5 ⁰³ - 59 15 59 5 ⁰³	# # #	# # #	# # #
9	10	11	12	13	14	15
DISCO TRAIL @ 10:03	RESTDAY	RESTDAY	DISCO TRAIL @ 8:54A GOOD ONE!	RESTDAY	DISCO TRAIL @ 9:55A	RESTDAY
10 ⁰³ 2 5 ⁰¹	# # #	# # #	23 ⁰⁸ 3 7 ⁶⁹	# # #	30 ¹² 4 7 ⁵³	# # #
720.54 87 828	# # #	# # #	733.64 88 833	# # #	740.68 89 832	# # #
5 ⁰⁰ 27 27 5 ⁰⁰	# # #	# # #	13 ⁰⁵ 18 45 18 ⁰⁵	# # #	704.55 40 25 ⁰⁹	# # #

* NEW BAGGAGE
BENCHING
40K+ CLIFFS

POW/BIKE
CONSTITUTION

DRIVER
CONSTRAINT

3TAGV31

* 201:39 MAPATHON RECORD

* 4) 7:56:03 > 184/1.11
5) 7:56:23 > 182/1.12

" ONLY THE DISCIPLINED ONES IN LIFE ARE FREE "

16	17	18	19	20	21	22
0916 BEACON 6:07 0916 CUPERTINO N.D. SQHS TRACK 1) 10:05 4) 7:56:03 2) 9:50 5) 7:56:23 3) 8:40 STRIDES 511M BOB/WIND 9:44 TRACK	WALK RTR MILE BTWN MILES RESTDAY	PLANKS / STRETCH BREATHING RESTDAY IN THE PARK	0916 BS 1610 DISCO TRAIL @ 9:30 AVG. 173/0.98 LM @ 8:24	RESTDAY PLANKS IN THE PARK	0916 BEACON 22:35 tempo DISCO TRAIL 9:15 OA AVE. 1) 9:48 > WU * 2) 8:45 (3) 8:17 (4) 8:25 * 8:29 AVE * 5) 10:11 (6) 9:57 WU 5	RESTDAY
36 19 5 723	# # #	# # #	46 22 6 770	# # #	52 47 7 749	# # #
746.75 90 829	# # #	# # #	756.18 91 831	# # #	763.03 92 829	# # #
6:07 54 33 54 38 6:07	# # #	# # #	10:03 15 16 16:10 11:35 230	# # #	6:25 51 07 35 57:32 22	# # #
23	24	25	26	27	28	29
0916 BEACON 29:35 SQHS TRACK 1) 10:45 2) 8:39 STRIDES 3) 10:17 (4) 7:44 185/1.13 5) 10:45 6) 7:31 185/1.16 7) 10:45 7) 10:45 1/2 MI REPS TRACK	PLANKS IN THE PARK! RESTDAY	PULCHO RUNNING STORE RESTDAY	0916 BEACON 35:46 * DENTIST AT 1PM DISCO TRAIL -36 MILE 3 @ 7:58 183/1.11 1/2 MI REPS 1/4 TRACK	RESTDAY	RESTDAY	0916 BEACON 40:59 DISCO TRAIL 1) 9:52 2) 10:02 3) 3) 7:37 183/1.16 5 4) 9:46 5) 9:50 183/1.16
59 47 8 743	# # #	# # #	65 52 9 728	# # #	# # #	70 65 10 7:06
770 03 93 827	# # #	# # #	776.00 94 825	# # #	# # #	781 21 95 8:22
7:00 11:06 1:06 7:00	# # #	# # #	6:05 59 27 3:05 59 206	# # #	# # #	5:13 24 51 10:18 48 2:54

1300

PLANKS STRETCH
RESTDAY

#	#	#
#	#	#
#	#	#

8 2 3 5 6
2 2 3 5 6
13 2 6
6 7 8 9 10

(5) MON 1 R
(6) TUE 2 5 6
(7) WED 3 R
(8) THUR 4 5 6 2
(9) FRI 5 R
(10) SAT 6 R

SUN 7
Victoria 26.2

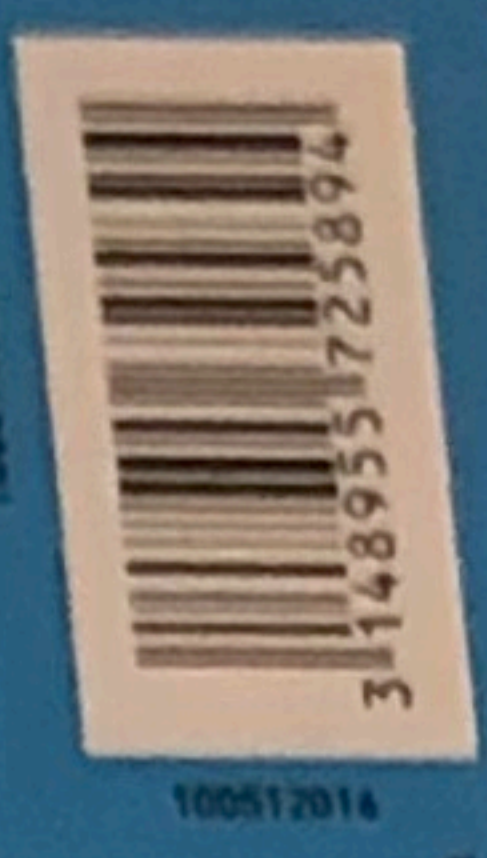
SEPTEMBER 2018

TEMP 21 or
+32 -3 (4) 8:25
+32 -3 (4) 8:25

only THE DISCIPLINED PHYSICAL / MENTAL CAPACITY

KIPCHOGE 5'6" 115 LBS
8:29A
+22 -16
178/103
180/1.08
179/1.07
4:38 AVG.
RAM LAST 10 MILES BY HIMSELF

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 Bolígrafo

60 sheets / Feuilles / Hojas

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

98 lb
160g

ASSEMBLED IN POLAND / ASSEMBLÉ EN POLOGNE / PAPIER ENSEMBLADO EN POLONIA POR CANSON, NORTH AMERICA 21 INDUSTRIAL DRIVE, SOUTH HADLEY, MA 01075 • MADE IN FRANCE / FABRIQUÉ EN FRANCE / HECHO EN FRANCIA

NO WIND
2018
VICTORIA HALF
76-74 (29 total in AGE GROUP)

- 1) ROBIN BATTER 1:45:32 / 8:17
- 2) ERIC ELUS 1:50:09 / 8:24
- 3) TONY MORRIS 1:50:19 / 8:25
- 4) JOHN MONTGOMERY 1:51:35 / 8:27
- 5) ROGER BURTON 1:52:52 / 8:37

- AGE GROUP
- 1) ROBIN BATTER \$19.29 / 6:03 73.45%
 - 2) ERIC ELUS \$19.39 / 6:04 73.51%
 - 3) JOHN MONTGOMERY \$20.45 / 6:09 72.31%
 - 4) TONY MORRIS \$20.48 / 6:09 72.26%

WEATHER UNDER 6
20% RAIN
53°-40°
8AM 5-16 mph
cloudy WIND

(ACCU WEATHER)
VICTORIA FORECAST
58°-48° ← sun 07
cloudy becoming fair
4 mph 8 mph gusts

NOT INTO HATED
CUTTING THE 150 PACE SIGN

OCT

2018

23:05
1:51:37
4:93

36:44 / 7:23

38:28 / 7:45

78:21 / 95

40:45

TRYING TO SAVE THE WORLD

WHATEVER YOU'RE IN FOR... WE'RE IN IT TOGETHER!

5:30 LA

1. RESTDAY	2. DISCO TRAIL 1) 9:50 2) 10:02 3) 9:30 4) 8:52 5) 8:41 3,4,5 @ 9:01 AVE	3. RESTDAY NO PLANKS! STOMACH ISSUES?	4. DISCO TRAIL @ 9:45 AVE. GOOD TO GO!!	5. RESTDAY	6. RESTDAY
7. BEACONS 67.35 VICTORIA 1/2 26.2 8AM 1:51:35 / 8:27A 4TH AGE GROUP SOLID RUN / FADED (LAST 3 MILES ???)	8. VICTORIA TOUR @ EZ 10:23 A NOWACKING LEGS GOOD?	9. RESTDAY	10. RESTDAY	11. BEACONS #1 85.70 BEACONS #2 85.29 HEATH ROAD @ 9:15 AVE.	12. RESTDAY!
13. BEACONS #1 92.70 HEATH ROAD @ 9:10 AVE.	14. BEACONS 98.71 SQUIM HS TRACK 178 / 1:03 / 8:46 AVG.	15. RESTDAY	16. DENTAL APTS CLEANING @ FILMING @ DISCO TRAIL / HEATH RD Loop @ 9:22	17. RESTDAY	18. SHEEL CHURCHILL APT @ 2:45 P DISCO / HEATH RD Loop @ 9:09A
19. RESTDAY	20. DISCO TRAIL @ EZ 9:28 A	21. RESTDAY	22. RESTDAY	23. RESTDAY	24. RESTDAY

179 SPM

1.02 STRIDE

RAIN 50° +463
-380

34:08 / 6:52

179 3 8:58

806.97 98 8:23

15:73 2:19 2:15 7:3

40:59 / 14

57:13 7 8:16

838.33 102 8:21

6:01 53 53 6:01

179.35

36:44 / 7:23

38:28 / 7:45

78:21 / 95

40:45

5:01 1 5:01

786.22 96 8:10

5:01 48:03 47:03 5:01

5:02 48 47 1:36 10:03

176.049 12

177.6.99 13

BEACONS #1 92.70

HEATH ROAD @ 9:10 AVE.

1) 9:29 2) 9:15 3) 8:50
4) 9:07 5) 9:15 6) 9:17
7) 9:53

51.1 6 8:51

832.32 101 8:24

7:00 104 6:24 4:08

176.049 18

178.150 19

119.71

112.75

119.71

112.75

71:16 8 8:09

852.37 103 8:23

14:04 2:12 3:04 2:05

78:10 9 8:08

859.39 104 8:25

7:02 104 4:09 2:01

86:24 10 8:02

867.45 105 8:26

8:00 116 5:25 3:55

OCTOBER 2018

Dr. Churchill @ 1:30P

VERISON!

21 st	22 nd	23 rd	24 th	25 th	26 th	27 th
BEACONG 1:33.86 SQUITSTRACK: NO WATCH @ EZ 10:21	# # RESTDAY!					
9227 17 838	# # #					
873.48 106 824	# # #					
6 ⁰³ 1:03 1:03 6 ⁰³	# # # #					
28 th	29 th	30 th	31 st			
				"HARD WORK BEATS TALENT THAT DOESN'T WORK HARD!"		
				SAN DIEGO HOLIDAY HALF MARATHON DEC		
				(RAISING) 1) CONCENTRIC 2) ECCENTRIC (LOWERING)		

GO FUND ME