

Date	Cycling Distance	Cyling Time	Avg Speed	Max Speed	Elevation
1/1/2008	26.32	2:05:57	12.3	43.3	1194
1/2/2008	34.87	2:30:33	13.6	35.9	1728
1/3/2008	42.72	2:26:54	15.9	36.6	1971
1/4/2008	40.69	3:03:23	13.1	40.4	4281
1/5/2009			13.2		
1/6/2009	9.63	1:09:01	11.2	27	963
1/7/2009	27	2:33:09	15.9	36.6	1971
total	181.23	13:48:57	95.20		12108
avg	30.21	2:20	13.60	#REF!	2018
1/8/2009	15.83	1:09:00	13.6	33	1025
1/9/2009	25.43	1:09:01	13.2	47.7	1302
1/10/2009	47.93	2:58:26	15.8	43.7	2454
1/11/2009	39.86	3:00:33	13	47.5	3891
1/12/2009	8.34	0:37:10	13.2	36.9	626
1/13/2009					
1/14/2009	39.72	2:41:00	14.5	45.1	2896
total	177.11	11:35:10	83.30		12194
avg	29.52	2:05	13.88	#REF!	2032
1/15/2009	15.83	1:09:00	14.5	45.1	1025
1/16/2009	51.32	3:47:48	13.2	41	4507
1/17/2009					
1/18/2009					
1/19/2009	25.84	1:38:59	15.4	32.9	1102
1/20/2009					
1/21/2009	34.14	2:14:35	15	40.4	1407
total	127.13	8:50:22	58.10		8041
avg	31.78	4:14	14.53	#REF!	2010
1/23/2009	17.95	1:12:55	14.5	41	1295
1/24/2009	56.06	3:38:46	14.3	36	2693
1/25/2009	54.27	3:53:46	13.7	42.6	5731
1/26/2009	6	0:37:10			
1/27/2009	18	1:40:18			2457
1/28/2009	25	1:20:31	26	35.5	600
total	209.06	16:38:05	83.03		14786
avg	29.87	2:03	16.61	#REF!	2464
1/29/2009	22.11	1:09:00	11.3	360	2457
1/30/2009	6	0:30:00	12	22	0
1/31/2009	70.41	4:16:07	15.5	38.4	3451
2/1/2009	63.39	4:21:01	14.3	41.5	4629
2/2/2009	3				
2/3/2009	35.17	2:29:07	13.9	35.7	2896
2/4/2009	25	1:18:31	13.1	40.4	600
total	225.08	14:03:46	80.10		14033
avg	32.15	2:34	13.35	#REF!	2339
2/5/2009	22.11	1:09:00	12.4	32.5	1590
2/6/2009	20.21	1:39:04	12.4	32.4	1141
2/7/2009	62.24	4:11:33	13.9	36.6	5508
2/8/2009	41.81	2:52:00	14.3	38.4	3694
2/9/2009	7				

2/10/2009	86.89	6:09:26	13.9	39.6	6597
2/11/2009	25	1:04:00	24	35.6	600
total	265.26	17:05:03	90.90		19130
avg	37.89	3:11	15.15	#REF!	3188
2/12/2009	35.5	2:37:13	13.3	33.6	2575
2/13/2009	6	0:30:00	12	22	0
2/14/2009	50.7	2:57:52	17.2	47.7	5725
2/15/2009	25	0:21:23	24	32	200
2/16/2009	6.45	0:30:00			
2/17/2009	20	1:40:10	12.2	29.5	1200
2/18/2009	25	1:03:15	24	31	600
total	168.65	9:39:53	102.70		10300
avg	24.09	1:10	17.12	#REF!	1717
2/19/2009	77.62	5:54:44	12.9	38.3	7657
2/20/2009	6	0:30:00	12	22	0
2/21/2009	62.03	4:20:18	14	44.1	6131
2/22/2009					
2/23/2009					
2/24/2009					
2/25/2009					
total	145.65	10:45:02	38.90		13788
avg	48.55	2:25	12.97	#REF!	4596
2/26/2009					
2/27/2009					
2/28/2009					
3/1/2009					
3/2/2009					
3/3/2009	32	2:45:00	14	25	1200
3/4/2009	25	1:09:00	24	34.4	600
total	57.00	3:54:00	38.00		1800
avg	28.50	1:57	19.00	#REF!	900
3/5/2009	22	1:31:40	14.2	36.1	1292
3/6/2009	40	2:47:12	14.2	37.8	3208
3/7/2009	56.63	3:43:32	14.9	39	4212
3/8/2009	42.65	3:00:41	13.9	37.3	3277
3/9/2009					
3/10/2009	38.7	2:42:07	14	39.4	3208
3/11/2009	34.98	2:25:22	14.2	36	2483
total	234.96	16:10:34	85.40		17680
avg	39.16	2:55	14.23	#REF!	2947
3/12/2009	33.48	2:24:03	15.6	38.1	1512
3/13/2009	23.1	1:38:21	13.8	34.2	1089
3/14/2009	99.93	5:41:58	17.2	46.6	4425
3/15/2009	57.08	4:01:25	15.9	46.6	4415
3/16/2009	12	0:44:48	14	28	300
3/17/2009					
3/18/2009	25.23	1:43:09	14.4	26.3	964
total	250.82	16:13:44	90.90		12705
avg	41.80	2:45	15.15	#REF!	2118
3/19/2009	33.48	2:24:03	15.6	38.1	1512

3/20/2009	25	1:30:00	24	32	600
3/21/2009	54.2	3:55:20	13.5	46.6	3103
3/22/2009	61.77	4:39:09	13	36.5	6286
3/23/2009					
3/24/2009	78.17	5:25:13	14.2	45.1	5751
3/25/2009	68.15	4:15:37	15.7	36.2	3330
total	320.77	22:09:22	96.00		20582
avg	53.46	3:57	16.00	#REF!	3430
3/26/2009	25.75	1:38:13	15.4	33.6	1105
3/27/2009	25.74	1:38:13	15.4	33.6	600
3/28/2009					
3/29/2009					
3/30/2009	4	0:20:00			
3/31/2009	95.5	7:04:50	13.2	41.7	10160
4/1/2009	23.47	1:41:42	13.6	36.5	1105
total	174.46	12:22:58	57.60		12970
avg	34.89	2:41	14.40	#REF!	3243
4/2/2009	29.93	2:09:43	13.5	34.6	1587
4/3/2009	25.3	1:37:26	15.3	41.1	1167
4/4/2009	9	1:16:00	7	20.6	1100
4/5/2009	24	1:16:10	24	38.9	600
4/6/2009					
4/7/2009	77.74	5:35:51	13.6	39.1	7775
4/8/2009	18.78	1:16:00	15.3	39.1	1243
total	184.75	13:11:10	88.70		13472
avg	30.79	2:12	14.78	#REF!	2245
4/9/2009					
4/10/2009	13.82	0:52:13	15.6	30.9	587
4/11/2009	103.11	7:09:58	13.7	44.1	11,000
4/12/2009	40.83	2:55:15	13.7	39.1	3001
4/13/2009					
4/14/2009	33.19	2:03:16	15.9	39.1	944
4/15/2009	10	1:16:00	9	24	1200
total	200.95	14:16:42	67.90		16732
avg	40.19	2:51	13.58	#REF!	3346
4/16/2009	35.36	2:32:15	13.7	35.7	2647
4/17/2009	29.35	2:10:18	13.2	37.2	1525
4/18/2009	34.07	2:04:20	18.1	47.6	3352
4/19/2009	70.47	4:41:14	14.8	38.9	3310
4/20/2009	19.39	1:18:13	14.6	32.1	957
4/21/2009					
4/22/2009					
total	188.64	12:46:20	74.40		11791
avg	37.73	2:33	14.88	#REF!	2358
4/23/2009					
4/24/2009					
4/25/2009					
4/26/2009					
4/27/2009					
4/28/2009					

4/29/2009		0:39:06			
total	0.00	0:39:06	0.00		0
avg	#DIV/0!	0:39	#DIV/0!	#REF!	#DIV/0!
4/30/2009	21.86	1:30:52	14	28	1124
5/1/2009	10	0:40:00	12	25	
5/2/2009	17.77	0:53:00	19	35	
5/3/2009	15	1:30:00	24	33	600
5/4/2009					
5/5/2009	32.88	2:38:49	12.3	33.9	1299
5/6/2009	25.3	1:55:51	13	35.2	1354
total	122.81	9:08:32	94.30		4377
avg	20.47	1:31	15.72	#REF!	1094
5/7/2009					
5/8/2009	25	1:10:00	21	32	600
5/9/2009	37.34	2:35:57	14.1	49	2309
5/10/2009	56.45	4:01:11	13.8	45.9	5538
5/11/2009					
5/12/2009	30.04	2:08:23	13.9	31.5	
5/13/2009	36.19	2:40:52	13.4	36.19	2177
total	185.02	12:36:23	76.20		10624
avg	37.00	2:31	15.24	#REF!	2656
5/14/2009	25	1:20:00	25	32	600
5/15/2009	16.81	1:22:53	12.1	27.9	725
5/16/2009	55.34	3:52:50	14	45.9	4816
5/17/2009	38.5	2:49:05	13.4	46.9	3546
5/18/2009					
5/19/2009	28.2	2:13:39	12.6	41.3	1358
5/20/2009					
total	163.85	11:38:27	77.10		11045
avg	32.77	2:34	15.42	#REF!	2209
5/21/2009	25	1:10:00	25	34	600
5/22/2009					
5/23/2009	57.66	4:04:22	13.9	40.9	4888
5/24/2009	36.63	2:33:55	14	41	2949
5/25/2009	42.66	3:27:37	11.8	48.7	5677
5/26/2009	2.5	0:17:00			
5/27/2009	83.8	5:40:38	14.5	43.3	6564
total	248.25	17:13:32	79.20		20678
avg	41.38	3:12	15.84	#REF!	4136
5/28/2009					
5/29/2009	38.63	3:04:15	12.3	50.7	5308
5/30/2009					
5/31/2009	13.55	0:59:55	19.8	41.6	
6/1/2009					
6/2/2009	83.63	5:38:57	14.5	40.4	6610
6/3/2009					
total	135.81	9:43:07	46.60		11918
avg	45.27	3:14	15.53	#REF!	5959
6/4/2009	52.37	3:45:55	13.6	42.1	4435
6/5/2008	42.47	2:47:50	14.9	45.5	4314

6/7/2009	15	1:10:00	25	34	600
6/8/2009					
6/9/2009	35	2:01:01	20	32.2	
6/10/2009	22	1:46:35	22	32	
6/11/2009					
total	166.84	11:31:21	95.50		9349
avg	33.37	1:56	19.10	#REF!	3116
6/12/2009					
6/13/2009	77.66	4:45:36	16	41.7	4330
6/14/2009	84.7	6:04:59	13.7	39.4	4074
5/31/2009					
6/1/2009					
6/2/2009					
6/4/2009					
total	162.36	10:50:35	29.70		8404
avg	81.18	5:25	14.85	#REF!	4202

Avg Power	Max Power	Avg Heart	Max Heart	Avg Cadence	Energy Expenditu	% Fat
80	260	116	138		1629	45%
100	340	103	148		776	55%
100	380	131	176		1889	45%
100	300	117	155		2022	45%
		99	165		662	55%
		101	150		1203	60%
380	1280	667	932	0	8181	260%
95	#REF!	111	155	#DIV/0!	1363.5	52%
		129	168		793	40%
100	300	104	145		976	55%
100	520	129	184		2315	35%
100	360	122	153		1936	55%
120	260	112	164		220	55%
140	500	129	162		1880	40%
560	1940	725	976	0	8120	240%
112	#REF!	121	163	#DIV/0!	1353.333333	48%
		129	168		793	40%
120	340	116	163		2583	50%
120	240	115	150		975	45%
140	260	126	162		1265	45%
380	840	486	643	0	5616	140%
127	#REF!	122	161	0	1404	77%
120	300	117	157		715	45%
100	280	119	161		2291	50%
120	380	124	169		2567	40%
		130	168		1215	40%
283	633	125	172	99	873	45%
750	#REF!	737	988	99	9065	220%
150	#REF!	123	165	99	1511	44%
		131	169	75	1368	45%
0	0	0	0	0	0	0%
100	420	126	177		3167	35%
120	400	113	176		2577	50%
120	300	114	152		1514	40%
258		141	172	99	1053	35%
598	1120	625	846	99	9679	160%
120	#REF!	104	141	49.5	1613	32%
		122	167	72	987	50%
0	0	0	0	82	0	0%
120	300	157	159		2966	45%
120	340	124	168		2006	40%

100	320	118	160		2975	45%
253	695	133	171	90	1053	30%
593	1655	654	825	172	9987	160%
119	#REF!	109	138	86	1665	32%
100	320	136	169		1364	50%
0	0	0	0	0	0	0%
200	380	145	198		2114	30%
		157	166		719	15%
		122	160	82	1079	55%
253	793	150	168	100	864	45%
553	1493	710	861	182	6140	145%
138	#REF!	118	144	60.66666667	1023	29%
100	300	121	160		3672	50%
0	0	0	0	0	0	0%
100	420	126	165		3263	40%
200	720	247	325	0	6935	40%
67	#REF!	82	108	0	2312	20%
100	280	108	157		1448	55%
229	599	129	160	95	854	45%
329	879	237	317	95	2302	100%
165	#REF!	119	159	95	1151	50%
120	260	114	156		861	55%
100	300	128	165		1578	55%
120	360	124	162		2594	45%
100	340	127	164		1933	40%
120	320	124	157		1800	45%
120	260	116	155		1474	50%
680	1840	733	959	0	10240	235%
113	#REF!	122	160	#DIV/0!	1707	47%
120	280	109	157		1701	55%
100	240	107	147		860	50%
120	400	125	187		4081	40%
100	400	111	155		2193	55%
100	200	89	123		279	60%
100	360	120	163		845	45%
640	1880	661	932	0	9959	250%
107	#REF!	110	155	#DIV/0!	1660	50%
120	280	109	157		1701	55%

		138	162		514	35%
0	0	138	162	0	514	0.35
#DIV/0!	#REF!	138	162	#DIV/0!	514	0.35
		110	171		831	55%
190	545	134	167		580	35%
		166	175		572	15%
				68		
190	545	410	513	68	1983	0.5
190	#REF!	137	171	68	661	0.25
100	340				580	35%
160	420				572	15%
		107	169	74		
		110	152			
260	760	217	321	74	1152	0.5
130	#REF!	109	161	74	576	0.25
100	360	134	167		580	35%
140	320	166	175		572	15%
240	680	300	342	0	1152	50%
120	#REF!	150	171	#DIV/0!	576	25%
		154	177			
100	400	124	173		2981	40%
140	340	116	164		1357	55%
100	300	122	162		1800	40%
						50%
120	340	126	156		4000	
460	1380	642	832	0	10138	185%
115	#REF!	128	166	#DIV/0!	2535	46%
100	340					
211	654	133	168		492	40%
120	300	126	156		3897	50%
431	1294	259	324	0	4389	90%
144	#REF!	130	162	#DIV/0!	2195	45%
120	260	125	160		2552	45%
160	420	134	176		2324	45%

		165	170		565	15%
160	380	166	174		1376	15%
160	380	131	172		1158	35%
600	1440	721	852	0	7975	110%
150	#REF!	144	170	#DIV/0!	1595	28%
120	420	121	175		3187	45%
100	260	104	148		3140	55%
220	680	225	323	0	6327	100%
110	#REF!	113	162	#DIV/0!	3164	50%

Lowest temp	Highest temp	Swimming	Yoga	Weight Room	Comments			
58	76			0:30:00	rode with Tina Payne. Great day			
53	67			0:30:00	very cold and over cast			
49	80				Simi valley ride but didn't do the whole ride.			
39	78				Rode with Henry and Gabe up Rock Store, dc			
				0:30:00	Didn't feel well			
					mntn biked at Wildflower with Mufasa			
					rode with Tina up Rock Store then we worked			
		0:00:00	0:00:00	1:30:00				
50	75	#DIV/0!	#DIV/0!	0:30:00				
				0:30:00	mntn biked but my seat broke so had to cut it s			
71	75			0:30:00	bikew with Debra			
60	102				Did Simi but was really slow so came home e			
64	89				Rode with Henry up Rock Store, down Encina			
67	82			0:45:00	had no time			
				0:45:00				
80	91				Did the rock store. It was hot!			
		0:00:00	0:00:00	2:30:00				
68	88	#DIV/0!	#DIV/0!	0:37:30				
80	91			0:30:00				
64	85				rode Piuma then home			
					Taught my class			
					Taught my class			
51	71				rode around west lake			
					drove to san diego			
71	78			0:30:00	easy ride tired from yesterday.			
		0:00:00	0:00:00	1:00:00				
67	81	#DIV/0!	#DIV/0!	0:30:00				
57	66			0:30:00	pouring rain. Didn't want to get sice			
55	66				Couldn't find the Simi so rode alone in the rair			
48	67				Gorgeous day/ Rode, Cardiac Hill, Piuma and			
				0:30:00	recovery day so just rode around with Mufasa			
					Rode Mtn bike up guadalasco and done back			
				0:30:00	Did a 10K Time Trial with Mike Lukich. 13:47			
		#DIV/0!	#DIV/0!	2:00:00				
57	70	#DIV/0!	#DIV/0!	0:30:00				
				0:30:00	mntn biked up Guadalsasco down back bone			
0	0				Just rode with Mufasa, Had to work			
62	85				Did the Simi ride, got dropped on Potrero. Did			
51	87				Gorgeous day/ Rode with Henry and Gabe, dc			
					recovered and just rode with Mufasa			
66	84				Rode Mtn bike up guadalasco and down back			
					Did a 10K TT 12:34 av HR 161 Max HR 172			
		0:00:00	0:00:00	0:30:00				
45	64	#DIV/0!	#DIV/0!	0:30:00				
				0:30:00	mntn biked up but a mud fest, had to cut it shor			
0	0				Just rode with Mufasa, Had to work			
46	60				Did Stunt, down Piuma up Rock Store, down \			
44	71				Rode with Henry and Gabe,up Rock Store, dc			
					recovered and just rode with Mufasa			

44	76				Rode w/Henry hidden valley, down potrero, P
					Finally did a 20K TT 29:29 av HR 157 Max HF
		0:00:00	0:00:00	0:30:00	
34	52	#DIV/0!	#DIV/0!	0:30:00	
51	62			0:30:00	did the rock store.
0	0				Just rode with Mufasa, Had to work
44	76				Road Race in Devil's Punch Bowl UCLA ra
					UCLA 20k Time Trial. Cold and windy
					pouring rain, so just rode with Mufasa
				0:30:00	Mtn biked in the mud
				0:30:00	Crashed in the parking lot getting ready for the
		0:00:00	0:00:00	1:30:00	
32	46	#DIV/0!	#DIV/0!	0:30:00	
53	82				piuma, Cheurrin, Rock store, encinal
0	0			0:30:00	Just rode with Mufasa, Had to work
42	71				Sundance ride, up piuma then rock store down
					got the flu and had to play a gig with fever, die
					got the flu
				0:30:00	got the flu
				0:30:00	got the flu
		0:00:00	0:00:00	1:30:00	
32	51	#DIV/0!	#DIV/0!	0:30:00	
					got the flu
					got the flu
					Taught my class
					Taught my class
				0:30:00	still not feeling well
					just rode easy and passed out flyers for my se
				0:30:00	Did the TT on PCH but weak, terrible time
		0:00:00	0:00:00	1:00:00	
#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	0:30:00	
53	69			0:30:00	rode to westlake
58	69				Rock Store. Cold and still weak
55	73				Did malibu cyn, PCH and then Encinal wrist a
62	75				Rode with Greg Isaacs up Rock store
				0:30:00	finally got 100 situps
57	75			0:30:00	rode rock store wrist and thumb is killing me
49	60				rock store tired of being cold
		0:00:00	0:00:00	1:30:00	
56	70	#DIV/0!	#DIV/0!	0:30:00	
57	73			0:30:00	rode home and the back wih Mufasa
62	84			0:30:00	rode easy with Debra MRI reports torn ligame
48	71				Solvang century with Gabe and Henry. It was
48	76				Rode with Henry, kanan, agoura, Malibu cyn,
					rode really easy. Tired from last two days
					Flew to SF with Kimball to IRHSA
66	87				really tired from yesterday. Rode around Wes
		0:00:00	0:00:00	1:00:00	
56	79.50	#DIV/0!	#DIV/0!	0:30:00	
57	73				rode rock store wrist and thumb is killing me

					TT with Mike, Cathy and Debra		
53	64				miserable outside, hdden valley, camarillo, pc		
58	75				Did Piuma, Schuerren and Rock Store -Windy		
		0:30:00		0:30:00	swam at Sunset Hills 10 laps		
48	80				rode with Henry, Camarillo, PCH, Mulhulland,		
53	85				Mulhulland, PCH, Las Posas, Potrero		
		0:30:00	0:00:00	0:30:00			
54	76.00	0:30:00	#DIV/0!	0:30:00			
60	67				tired rodea around westlake		
60	67			0:30:00	TT today alone. Breezy Time was 29.22		
					Taught my class		
					Taught my class		
		0:30:00			recovered from the weekend		
84	57				did 5 climbs: Piuma, Schuerrin, Rock Store, D		
62	73			0:30:00	rode easy with Debra around Westlake MRI s		
		0:30:00	0:00:00	1:00:00			
67	65.67	0:30:00	#DIV/0!	0:30:00			
58	75			0:30:00	Still tired after Tuesday. Went easy		
64	87				met Mike and Cathy in westlake		
					mtn biked to Wildwood with Mufasas thumb an		
					Lake Piru TT windy. 30:52 won my categor		
		0:30:00		0:30:00	swam 600 yards		
57	78				did 4 climbs: Piuma, Schuerrin, Rock Store,ar		
57	73			0:30:00	rode to the gym		
		0:30:00	0:00:00	1:30:00			
59	79.33	0:30:00	#DIV/0!	0:30:00			
					got doctor's opinions all 3 recommend surgery		
60	66				cold and windy rode around the house		
39	84				Mulhulland Century with Paul, Gabe and Heni		
62	85				rode with Gabe & Henry: Easter: Malibu Cyn,		
		0:30:00			swam 600 yards		
53	85				Rode with Gabe and the CSUN ride, FAST		
				0:30:00	Mtn biked with Mufasa		
		0:30:00	0:00:00	0:30:00			
54	80.00	0:30:00	#DIV/0!	0:30:00			
57	67				rode the Rock Store		
73	85				just rode to Westlake		
64	80				Devil's PunchBowl. Hard.		
69	111				Henry down Potrero to PCH back Mulhulland		
82	103	0:30:00		0:30:00	swam 600 yards and rode home for lunch		
					Hand surgery. YECK!		
					Hand surgery. YECK!		
		0:30:00	0:00:00	0:30:00			
69	94.75	0:30:00	#DIV/0!	0:30:00			
					Hand surgery. YECK!		
					Hand surgery. YECK!		
					Hand surgery. YECK!		
					Hand surgery. YECK!		
				0:30:00	Hand surgery. YECK!		
					Got a cast today		

				0:30:00	rode stationary. Boring				
		0:00:00	0:00:00	1:00:00					
#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	0:30:00					
				0:30:00	1st ride outside on my MTN bike on the road				
					just cruised on my mtn bike				
					practiced on tt bike with my cast on				
					Piru TT bad time. 30:28				
				0:30:00	rested				
					rode with Debra did 3 .30 sec on .30 off interv				
98	104				rode with Mike Toppell, a hot one				
		0:00:00	0:00:00	1:00:00					
98	104.00	#DIV/0!	#DIV/0!	0:30:00					
					Couldn't sleep last night felt like crap				
				0:30:00	TT on PCH but felt weak, forgot my bike comp				
73	98				1st ride on road bike with cast on. Not fun				
57	85				rode with Henry & Gabe				
				0:30:00	rested				
					Did 2 sets of intervals on mtn bike. Tired. Dac				
				0:20:00	rode with Mike Lukich on mtn bike. R-wrist sti				
		0:00:00	0:00:00	1:20:00					
65	91.50	#DIV/0!	#DIV/0!	0:26:40					
					did 10k tt on PCH				
				0:20:00	just cruised on my mtn bike				
57	91				Sundance ride, decker, encinal, decker, 3rd o				
62	98				w/Henry and Gabe, Malibu up Encinal down K				
				0:30:00	rested				
				0:30:00	rode w/debra did 2 sets of .30 inter vals legs v				
				0:30:00	felty crappy. Legs tired				
		0:00:00	0:00:00	1:50:00					
60	94.50	#DIV/0!	#DIV/0!	0:27:30					
					TT Felt good				
					Got my cast off today. Rested				
					sundance, up decker, down mulhulland, up ye				
62	80				rode w/Henry and Chuck to watch the crit				
62	94				EPIC! Climbed Mt. Baldy with Henry and Gab				
					Tired just rode around Lake Arrowhead				
64	93				Epic ride. Lake Arrowhead to Onyx Summit th				
		0:00:00	0:00:00	0:00:00					
63	89.00	#DIV/0!	#DIV/0!	#DIV/0!					
					took it easy, swam and walked with Mufasa				
58	85				EPIC, rode with Gabe up Mt. Baldy				
					Taught my class				
					did a short TT after teaching my class				
60	93				Epic ride. Lake Arrowhead to Onyx Summit th				
					thunder and lightening, couldn't ride, thumb w				
		0:00:00	0:00:00	0:00:00					
59	89.00	#DIV/0!	#DIV/0!	#DIV/0!					
53	69				weather was cold, windy and drizzly, thumb w				
55	71				did sundance, got the first two climbs and des				

					Piru TT. Crappy time 30:30		
					rested and drove to Long beach		
76	85				Won a gold in the 5k TT and a silver in the		
76	82				Won two Golds; 10k TT and 20kRoad race		
				0:30:00	kind of tired		
		0:00:00	0:00:00	0:30:00			
65	79.33	#DIV/0!	#DIV/0!	0:30:00			
				0:20:00	kind of tired		
58	71				Sundance ride, down potrero up mulhulland		
66	89				with Henry to Venice for a slice of pizza!		
		0:00:00	0:00:00	0:20:00			
62	80.00	#DIV/0!	#DIV/0!	0:20:00			

CH, up Yebuena, down Mulhulland up Encinal with the Cervelo team. Beautiful day!								
R 171								
ce.								
e TT sprained left thumb, fingers and right wrist								
n westlake; super fatigued, slept all day								
ahrea, sprained left thumb and right wrist								
seminar								
nd thumb is killing me								
nt in left thumb								
cold!								
PCH, encinal. Saw Mika and Cathy								
tlake								

