		Cycling	Cyling	Avg	Max	Elevation		Max	Avg Heart
	Date	Distance	Time	Speed	Speed	Gained(ft)	Avg Power	Power	Rate
	1/1/2008	37	2:40:00	opecu	Opeca	3700	/wg1 ower	1 OWCI	128
	1/2/2008	20	2:00:00			0100			120
	1/3/2008	50	2:53:00			2000			118
	1/4/2008								
	1/5/2008	60	3:48:00			3500			131
	1/6/2008								
	1/7/2008	15	1:30:00			200			118
total		182	12:51:00	0		9400	0	0	622
avg		36	2:34:12	0	0.00	2350.00	0	0	124.40
	1/8/2008	20	1:30:00			400			118
	1/9/2008	26	1:40:00		36	300	263	768	141
	1/10/2008	40	2:19:00			1800			120
	1/11/2008								
	1/12/2008	65	4:22:00			4500			131
	1/13/2008	12	0:31:57	23	38	300	260	858	164
	1/14/2008	10	1:13:00						64
total		173	11:35:57	23		7300	523	1626	738
avg		29	1:55:59	23	24.67	1460	262	813	123
	1/15/2008	20	1:19:00						101
	1/16/2008	32	1:49:00		35	400	239	694	131
	1/17/2008	20	2:00:00			2000			120
	1/18/2008	65	3:50:00			4000			122
	1/19/2008								
	1/20/2008								
	1/21/2008	44	3:10:00			1200			121
total		181	12:08:00	0		7600	239	694	595
avg		36	2:25:36	0	32.56	1900	239	694	119
	1/22/2008	65	3:38:00			4000			122
	1/23/2008								
	1/24/2008								
	1/25/2008								
	1/26/2008								
	1/27/2008								100
	1/28/2008	20	0:00:00			1000			106
total		85	3:38:00	0		4000	0	0	228
avg		43	1:49:00	0	32.56	4000	0	0	114
	1/29/2008	10	1:00:00						106
	1/30/2008								
	1/31/2008	20	1:31:00			1031			119
	2/1/2008	20	1:27:00			1300			124
	2/2/2008								
	2/3/2008 2/4/2008	42.04	2.15.00	15	44.1	2005	140	300	128
404-1	2/4/2008		2:45:00		44.1	3005			
total		92.04	6:43:00	15	00.00	5336	140	300	477
avg	0/=/0.5.5	23	1:40:45	15	38.33	1779	140	300	119
	2/5/2008	35.46	2:24:00	14.6	36.3	2621	100	280	125
	2/6/2008	20.12	1:08:00	16.4	39.1	200	164	530	131
	2/7/2008	39.64	2:41:00	15.6	37.4	2975	140	300	130

	2/8/2008	50.15	3:05:30	15.9	42.5	2641	140	300	121
	2/9/2008	36.00	1:51:47	16.1	37.7	1689	140	360	121
	2/10/2008	20	1:10:00	16	38	600	268	868	164
	2/11/2008	28.63	1:49:00	15.6	38.9	1463	120	280	110
total		230	14:09:17	110.2		12189	1072	2918	902
avg		33	2:01:20	15.74	39.15	1741	153	416.86	128.86
	2/12/2008	55.9	3:37:19	15.1	39.5	4150	140	274	120
	2/13/2008	30	1:45:00	16	38	600	260	820	154
	2/14/2008								
	2/15/2008	35.38		14.8	36.9	2158	120	260	115
	2/16/2008								
	2/17/2008								
	2/18/2008	63.62	3:57:27	16	37.8	4334	120	320	130
total		184.90	9:19:46			11242	640	1674	519
avg		46.23	3:06:35	15.48	38.05	2810.50	160.00	418.50	129.75
	2/19/2008	35.65	2:26:00	14.3	37.2	1984	120	260	107
	2/20/2008	12	0:30:00	14	25	200	120	290	120
	2/21/2008	32.8	2:11:26	14.7	39.6	1712	140	300	110
	2/22/2008	54.74	3:30:23	15.3	37.9	2844	100	340	128
	2/23/2008	50.62	3:18:03	15	43.9	3658	140	440	119
	2/24/2008	48.32	3:16:21	14.5	39	2995	120	280	115
	2/25/2008	54.27	3:00:00	7:12:00	39.7	3221	140	300	119
total		288.4	18:12:13	104.1		16614	880	2210	818
avg		41.20	2:36:02	14.87	37.47	2373	126	316	117
	2/26/2008	59.36	3:54:08	14.9	43.2	4747	140	340	117
	2/27/2008	32	2:00:00	15.9	36	650	175	793	151
	2/28/2008	34.83	2:09:41	15.8	42.3	2132	120	400	113
	2/29/2008	39.18	2:34:15	15	36.5	2532	120	300	118
	3/1/2008	56.9	3:47:58	14.7	36.5	4179	120	280	106
	3/2/2008	15	1:10:00	21	42	<b>600</b>	263	633	164
	3/3/2008	10	1:10:00	12	22	100	100	150	112
total		247.27	16:46:02	109.3		14940	1038	2896	881
avg		35.32	2:23:43	15.61	36.93	2134	148	414	126
	3/4/2008	23	2:00:00	13.1	32	1105	100	120	106
	3/5/2008	33	2:15:54	14.3	42.4	1860	100	300	111
	3/6/2008	30.51	2:06:30	14.2	35.5	1755	120	280	112
	3/7/2008	100.7	5:34:19	17.7	48.7	4632	120	420	118
	3/8/2008	96.00	5:41:50	15.17	37.62	4000			118
	3/9/2008	20.00	1:13:41	16.3	24.5	800			103
totol	3/10/2008	20.00	1:13:41	16.3 107.07	24.5	800	440	1100	103
total		323.21	20:05:55		0470	14952	440	1120	771
avg	0/44/0000	46.17	2:52:16	15.30	34.79	2136	110	280	110
	3/11/2008	53.16	4:08:03	14.1	33.72	2000			108
	3/12/2008	81.14	5:18:46	15.27	37.8	3000	4.40	400	117
	3/13/2008	35.95	2:02:12	17.3	48.2	1850	140	400 280	119
┝───	3/14/2008 3/15/2008	58.63	4:14:18	13.5	35.8	3920	100	280	110
	3/16/2008								
	3/17/2008	35	2:34:05			3000			120
total	5/11/2000	263.88	18:17:24	60.17		13770	240	680	574

avg		52.78	3:39:29	15.04	38.88	2754	120	340	115
- J	3/18/2008	49.45	2:51:28	17.2	37	3000	780	138	125
	3/19/2008	25	1:50:00	18	37	600	239	679	127
	3/20/2008	38.91	2:40:15	14.3	42.2	2988	120	300	111
	3/21/2008	17.3	1:09:42	14.6	33.4	1076	120	260	108
	3/22/2008	77.27	5:00:17	15.1	42.5	4540	100	560	125
	3/23/2008	75.9	5:26:15	13.7	43.4	7142	120	280	120
	3/24/2008	15.28	1:04:01	14	26.8	682	100	200	101
total		299.11	20:01:58	106.9		20028	1579	2417	817
avg		42.73	2:51:43	15.27	37.65	2861	226	345	117
uvg	3/25/2006	47.38	3:24:21	13.6	36	1822	80	260	114
	3/26/2008	8.25	0:30:00	15	32	1022	200	3710	103
	3/27/2008	0.20	0.00.00	10	02		200	0710	100
	3/28/2008								
	3/29/2008								
	3/30/2008								
	3/31/2008								
total	0/01/2000	55.63	3:54:21	28.6		1822	280	3970	217
		27.82	1:57:11	14.30	36.39	1822	140	1985	109
avg	4/1/2008	21.02	1.57.11	14.30	30.39	1022	140	1905	109
	4/1/2008								
	4/2/2008	23.41	1:37:00	14.2	38.5	1256	120	320	119
	4/3/2008	23.41	1:37:00	14.2	39.5	1236	120	260	119
	4/4/2008	35.23	2:31:29	13.1	39.5	1230	120	260	112
	4/6/2008	13.13	1:07:18	11.5	25.2	597	80	200	129
	4/7/2008	13.13	1.07.10	11.5	20.2	597	00	220	101
total	4/1/2000	93.41	6:53:09	52.5		5073	420	1060	461
					24.20				
avg	4/0/0000	23.35	1:43:17	13.13	34.38	1268	105	265	115
	4/8/2008	44.45	1.04.14	40.4	24.2	4000	100	200	00
	4/9/2008	11:45	1:34:11	13.4	34.3	1082	100	260	98
	4/10/2008	22.23	1:28:37	14.8	32.9	1099	100	280	114
	4/11/2008	26.00	2.07.42	10.0	20.6	1750	140	400	107
	4/12/2008	36.00	2:07:42	16.6	39.6	1758	140	400	127
	4/13/2008 4/14/2008								
أعذما	4/14/2008	70 70	5.40.20	44.0		2020	240	0.40	220
total		79.72	5:10:30	44.8	0.5.00	3939	340	940	339
avg		26.57	1:43:30	14.93	35.60	1313	113	313	113
	4/15/2008								
	4/16/2008								
	4/17/2008								
	4/18/2008								
	4/19/2008								
	4/20/2008								
	4/21/2008								
total		0	0:00:00	0		0	0	0	0
avg		0.00	0:00:00	0.00	0.00	0	0	0	0
	4/22/2008								
	4/23/2008								
	4/24/2008								
	4/25/2008								

r		r		r					
	4/26/2008								
	4/27/2008								
	4/28/2008								
total		0	0:00:00	0		0	0	0	0
avg		0.00	0:00:00	0.00	0.00	0	0	0	0
	4/29/2008								
	4/30/2008								
	5/1/2008								
	5/2/2008								
	5/3/2008	6							
	5/4/2008 5/5/2008	16.29	1:11:41	12.4	20.4	620	00	240	
totol	5/5/2008			13.4	28.4	<b>629</b>	80		0
total		22.29	1:11:41	13.4	00.40	629	80	240	0
avg	_ /_ /	11.15	1:11:41	13.40	28.40	629	80	240	0
	5/6/2008	6.00	0:30:00	15.00	28	350	100	220	
	5/7/2008	16.55	1:09:05	14.10	29.7	718	100	280	
	5/8/2008	19.05	1:39:21	11.13	35.4	1348	80	240	128
	5/9/2008	21.56	1:29:17 2:40:43	14.20	30	1069	100 120	240	123
	5/10/2008 5/11/2008	39.03	2:40:43	14.3 13.7	35.8	2493 1745		300 280	134 124
	5/11/2008	30.15 21.3	1:33:40	13.7	36.4 37.5	1745	100 80	280	124
total	5/12/2008	153.64	11:11:10	95.83	37.3	8920	680	1780	614
					22.00				
avg	= / 1 0 / 0 0 0 0	21.95	1:35:53	13.69	33.26	1274	97	254	123
	5/13/2008	25.42	1:50:41	13.50	29.7	1102	80	260	103
	5/14/2008	25.00	1:40:00	27.00	36.5	600	268	700	120
	5/15/2008	35.35	2:09:16	16.10	43.1	1712	120	360	130
	5/16/2008 5/17/2009	20.87	1:29:50	13.70	42.4	1141	100	280	111
	5/18/2009								
	5/19/2008	13	1:00:17	13.3	33.4	610	80	200	97
total	0/10/2000	119.64	8:10:04	83.6	00.4	5165	648	1800	561
		23.93	1:38:01	16.72	37.02	1033	130	360	112
avg	E/20/2008								
	5/20/2008 2/21/2008	21.39	1:39:09 2:15:15	13.70	36	1349 3215	100 120	240 280	109
	5/22/2008	31.07 35.10	2:34:20	13.50 13.40	37.9 37.6	3215	120	260	136 116
	5/23/2008	33.10	2.34.20	13.40	57.0		100	200	110
	5/24/2008	55.35	4:04:06	13.4	36.4	4183	100	280	116
	5/25/2008	54.97	3:57:03	13.7	38.9	3982	100	300	110
	5/26/2008	54.6	4:00:36	13.4	39.4	4078	100	360	108
total		252.48	18:30:29	81.1		16807	620	1720	
avg		42.08	3:05:05	13.52	37.70	3361	103	287	117
arg	5/27/2008	12.00	0.00.00	10.02	01110	0001	100	201	
<u> </u>	5/28/2008	26.13	1:45:16	14.60	41.3	1364	120	320	112
	5/29/2008	35.14	2:02:41	16.90	40.9	1797	120	380	142
	5/30/2008	48.37	3:16:35	14.50	39	2706	120	300	128
	5/31/2008	57.66	3:43:12	16.2	49.7	3477	160	400	127
	6/1/2008	24	1:30:00	23	32	600	268	705	162
	6/2/2008	15.13	1:18:01	11.4	21	856	60	360	83
total		206.43	13:35:45	96.6		10800	848	2465	754
avg		34.41	2:15:57	16.10	37.32	1800	141	411	126

#### 6/3/2008 2:30:05 36.9 2598 100 300 35.35 13.90 117 240 1200 100 106 6/4/2008 25.00 1:40:00 14.00 30 6/5/2008 15.00 0:49:00 14.00 30 700 100 200 108 6/6/2008 1:12:00 6/7/2008 6/8/2008 6/9/2008 total 75.35 6:11:05 41.9 4498 300 740 331 1499 32.30 100 247 110 25.12 1:32:46 13.97 avg 152 400 6/10/2008 25.00 1:35:00 24.00 35 0 200 6/11/2008 30.00 1:35:00 24.00 35 200 400 142 6/13/2008 6/14/2008 6/15/2008 6/16/2008 24 1:15:00 114 6/17/2008 total 79 4:25:00 48 0 400 800 408 400 136 26.33 1:28:20 24.00 35.00 0 200 avg 6/18/2008 6/19/2008 6/20/2008 6/21/2008 6/22/2008 6/23/2008 6/24/2004 total 0:00:00 0 0 0 0 0 0 0.00 avg 0.00 0:00:00 0.00 0 0 0 0 6/25/2008 31.24 2:53:25 10.60 50 4658 140 300 138 44.2 127 6/26/2008 39.00 3:45:00 10.20 5840 120 320 460 22 6/27/2008 25.40 42.6 2:13:25 11.20 3077 140 6/28/2008 7.46 0:45:54 9.60 38.3 1240 60 180 78 6/30/2008 42.00 4:16:11 9.7 45.8 6325 140 340 135 7/1/2008 7/2/2008 145.10 13:53:55 21140 1600 500 total 51.30 600 2:46:47 10.26 36.82 4228 avg 29.02 120 320 100 7/3/2008 2:54:21 15.70 2493 360 127 46.74 38.3 120 7/3/2008 30.36 1:56:12 15.40 31.1 816 100 300 113 7/4/2008 43.43 2:19:28 18.30 35.7 1614 140 680 138 7/4/2008 52.37 2:44:34 18.80 36 1548 140 380 140 7/5/2008 3:23:46 2211 120 380 132 58.87 17 34.3 7/6/2008 52.88 2:46:35 18.7 41.1 1788 140 420 140 7/7/2008 32.8 17.68 1:26:44 12 505 80 240 118 115.90 10975 840 908 total 302.33 17:31:40 2760 avg 43.19 2:30:14 16.56 35.61 1568 120 394 130 7/8/2008 7/9/2008 13.90 27.5 593 240 93 16.56 1:10:20 100 7/10/2008 42.00 2:23:59 16.40 39.2 1942 120 460 122 7/11/2008 12.40 0:30:06 300 268 615 155 33 7/11/2008 12.4 0:58:00 12 32 300 120 240 100

	7/12/2008	56.49	4:03:36	13.7	36.8	3842	80	280	116
	7/13/2008	57.55	4:12:50	13.4	41.7	4885	100	300	110
total	1/10/2000	197.40	13:18:51	69.40	71.7	11862	788	2135	707
avg		32.90	2:13:08	13.88	35.03	1977	131	356	118
avy	7/14/2008	52.90	2.13.00	13.00	55.05	1977	151	550	110
	7/15/2008	42.55	2:21:20	17.77	43.4	1975	160	380	140
	7/16/2008	22.88	1:47:17	12.50	43.4	1085	80	220	140
	7/17/2008	36.93	2:18:09	12.30	31.2	1666	120	460	129
	7/18/2008	13	0:50:00	13.70	31	200	120	240	123
	7/18/2008	12.4	0:30:08	24	33	300	268	675	154
	7/19/2008	60	3:54:10	14.5	41.5	4540	100	360	129
total		187.76	11:41:04	96.47		9766	828	2335	765
avg		31.29	1:56:51	16.08	36.52	1628	138	389	128
J	7/20/2008	81.69	5:53:34	13.60	41	7073	100	280	118
	7/21/2008	01.00	0.00.01	10.00			100	200	
	7/22/2008	38.70	1:51:18	20.50	37.8	1801	200	480	151
	7/23/2008	30.00	2:37:00	12.00	44	3700	120	240	108
	7/24/2008	33.43	1:51:36	17.6	40.7	1561	140	420	130
	7/25/2008								
	7/26/2006	77.32	5:23:26	14.2	41.7	7000	100	460	128
total		261.14	17:36:54	77.90		21135	660	1880	635
avg		52.23	3:31:23	15.58	41.04	4227	132	376	127
Ŭ	7/27/2008	30.71	2:26:09	12.40	37.8	1587	80	440	96
	7/28/2008								
	7/29/2008	42.50	2:19:30	18.00	42.4	1534	220	480	129
	7/30/2008	25.00	1:20:00	26.00	34	300	270	600	138
	7/31/2008	38.00	2:00:00	17.00	35	1781	120	270	125
	8/1/2008	25.56	1:35:15	15.8	42.5	1164	120	300	112
	8/2/2008	98.31	6:34:04	14.6	40.7	7011	100	460	129
total		260.08	16:14:58	103.80		13377	910	2550	729
avg		43.35	2:42:30	17.30	38.73	2230	152	425	122
	8/3/2008	84.7	5:25:15	15.3	33.4	3205	100	300	107
	8/4/2008		0:00:00						
	8/5/2008	43.25	2:45:36	15.40	35	1988	140	380	102
	8/6/2008	25.00	1:21:00	22.00	35	600	220	575	109
	8/7/2008	36.58	2:07:32	16.90	40.9	1781	120	460	125
	8/8/2008	26.45	1:32:38	16.8	39.6	2034	160	440	134
	8/9/2008	57.34	3:14:00	17.4	39.5	3339	200	420	121
total		273.32	16:26:01	103.80		12947	940	2575	698
avg		45.55	2:20:52	17.30	37.23	2158	157	429	116
	8/10/2008	44.74	3:12:07	13.7	44.1	4900	140	320	112
	8/11/2008								
	8/12/2008	41.74	2:15:09	18.20	39.7	1958	200	480	125
	8/13/2008	26.03	1:50:10	13.90	34.4	1040	80	240	93
	8/14/2008	36.87	2:12:43	16.40	40.3	1594	100	440	125
	8/14/2008	13.78	0:53:02	15.3	26	213	100	200	100
	8/15/2008	83.25	6:26:15	12.7	42.5	9520	120	280	123
1 - 1	8/16/2008	59.63	4:40:56	12.5	39.6	6443	140	300	112
total		306.04	21:30:22	102.70	00.00	25668	880	2260	790
avg		43.72	3:04:20	14.67	38.09	3667	126	323	113

	8/17/2008	63.49	4:20:35	14.30	42.5	6036	100	400	114
	8/18/2008								
	8/19/2008	18.17	1:16:06	14.00	37.9	1184	120	280	102
	8/20/2008								
	8/21/2008								
	8/22/2008								
	8/23/2008	48.29	2:47:56	16.9	38.8	1436	120	360	97
total		129.95	8:24:37	45.20		8656	340	1040	313
avg		43.32	2:48:12	15.07	39.73	2885	113	347	104
	8/24/2008	47.79	2:43:51	17.2	43.9	1850	120	400	125
	8/24/2008	13.19	0:54:38	14.5	24.5		117	462	62
	8/25/2008	21	1:15:00	17.4	28.2	400	160	320	108
	8/25/2008	49.83	2:17:35	24	44	1814	140	480	160
	8/26/2008	35.18	1:54:17	18.5	38.5	400	134	549	112
	8/26/2008	25.13	1:42:57	14.3	33.6	925	100	220	104
	8/27/2008	14	1:05:00	16	28	100	100	545	95
	8/27/2008	12.4	0:30:03	24	38.5		275	722	160
	8/27/2008	16.44	1:10:52	14.4	24.8	104	118	496	95
	8/28/2008	15	1:15:00	10	22	150	100	120	94
	8/28/2008	45	1:48:39	27	48	1814	140	480	154
	8/29/2008	52.47	2:57:38	15.6	39.6	1171	120	540	103
-	8/30/2008	31.83	2:21:58	13.2	36	2654	100	1120	98
total		379.26	21:57:28	226.10		11382	1724	6454	1470
avg		29.17	1:41:21	17.39	34.58	1035	133	496	113
	8/31/2008								
	9/1/2008	20.61	1:27:51	13.80	33.1	1328	120	280	112
	9/2/2008	44.00	2:24:01	18.00	45.8	2050	160	440	102
	9/3/2008	25.00	1:21:00	25.00	31.9	600	280	665	154
	9/4/2008	37.42	2:10:29	18.00	43	1683	180	460	120
	9/5/2008	8	0:30:00	_					
	9/6/2008	30	1:39:00	25	33.8	600	268	745	164
total		165.03	9:32:21	99.80		6261	1008	2590	652
avg		27.51	1:35:23	19.96	37.52	1252	202	518	130
	9/7/2008	25	1:15:00	26	35.5	600	278	828	164
	9/8/2008								
	9/9/2008	41.03	2:04:12	19.50	39	1988	220	440	133
	9/10/2008								
	9/11/2008	50.92	3:32:21	15.10	43.4	3870	140	360	125
	9/12/2008		2:03:14						113
	9/13/2008	58.62	4:31:49	12.7	47.8	7770	120	320	130
total		175.57	13:26:36	73.30		14228	758	1948	665
avg		43.89	2:41:19	18.33	41.43	3557	190	487	133
	9/14/2008	80.65	5:22:42	14.6	36	5446	120	240	114
	9/15/2008		1:24:55						121
	9/16/2008	20.00	1:00:00	22.00	34	0			134
	9/17/2008	25.00	1:25:00	19.10	35.8	3156	180	380	150
	9/18/2008	15.00	1:00:00			0			125
	9/19/2008	48.02	2:03:14	16.2	40.9	2742	120	460	113
	9/20/2008	54.06	3:36:57	14.6	37.4	2887	120	460	
total		242.73	15:52:48	86.50		14231	540	1540	757

avg		40.46	2:16:07	17.30	36.82	2372	135	385	126
- 3	9/21/2008	52.82	3:45:05	13.8	40.1	4511	140	320	114
	9/22/2008	02.02	0.10.00	10.0	10.1	1011		020	
	9/23/2008	15.00	1:15:00	28.00	33	0			140
	9/24/2008	24.00	1:25:00	19.20	36	3500	180	420	156
	9/25/2008	15.00	1:00:00			0			125
	9/26/2008	15	1:04:00						162
	9/27/2008	104	5:32:00	18.1	39.7	4225	120	340	128
total		225.82	14:01:05	79.10		12236	440	1080	825
avg		37.64	2:20:11	19.78	37.20	2447	147	360	138
	9/28/2008	49.41	3:48:17	12.7	40.3	3221	100	240	103
	9/29/2008	12.00	2:30:12			0			106
	9/30/2008	52.60	3:49:14	13.50	53.1	4278	140	460	109
	10/1/2008	20.00	1:36:00			0			112
	10/2/2008	25.00	1:29:00	18.00	36	0			116
	10/3/2008	75.52	5:41:13	13	57	8000	140	440	117
	10/4/2008								
total		234.53	18:53:56	57.20		15499	380	1140	663
avg		39.09	3:08:59	14.30	46.60	3100	127	380	111
Ŭ	10/5/2008	32	2:15:00	15	36	600			108
	10/6/2008	36.00	2:45:00	15.00	38.8	2191	120	340	121
	10/7/2008	7.00	2:04:16	13.60	38.3	0	180	380	140
	10/8/2008	25.00	1:43:16	26.00	38	600			140
	10/9/2008	10.00	1:32:20	15.00	33	0			127
	10/10/2008	38.37	2:22:16	17.2	48.6	2106	140	400	134
	10/11/2008	6	1:00:15			700			110
total		154.37	13:42:23	101.80		6197.00	440.00	1120.00	880.00
avg		22.05	1:57:29	16.97	38.78	885.29	146.67	373.33	125.71
Ŭ	10/12/2008	25	2:06:24			1800			121
	10/13/2008	5.00	0:32:00			700			121
	10/14/2008	7.00	2:04:16	13.60	38.3	0	180	380	140
	10/15/2008								
	10/16/2008								
	10/17/2008	6	0:55:00			700	100	200	
	10/18/2008								
total		43.00	5:37:40	13.60		3200.00	280.00	580.00	382.00
avg		10.75	1:24:25	13.60	38.30	800.00	140.00	290.00	127.33
	10/19/2008								
	10/20/2008	15.29	1:01:14	14.7	33.5	700	100	260	115
	10/21/2008	14.56	1:00:00	14.3	32.4	587	100	240	111
	10/22/2008	12.9	0:48:22	15.7	33.1	574	120	240	114
	10/23/2008	15	1:00:00						
	10/24/2008	15.75		13.9	36.7	905	100	280	124
	10/25/2008	72.11	4:07:17	17.2	45.9	3766	120	440	124
	10/26/2008	20.8	1:33:19	13.1	32.5	613	100	240	52
total		166.41	9:30:12	88.90		7145.00	640.00	1700.00	640.00
avg		23.77	1:35:02	14.82	35.68	1190.83	106.67	283.33	106.67
	10/27/2008	22.1	1:32:02	14.2	36.8	1171	100	260	109
	10/00/0000	4450	4.00.04	444	24.4	700	100	260	79
	10/28/2008	14.53	1:03:34	14.1	34.4	700	100	200	13

10/30/2008	35.8	2:04:58	16.9	38.9	1669	120	380	132
10/31/2008	30.0	2.04.36	10.9	30.9	1009	120	300	132
11/1/2008	69.14	4:09:02	16.4	46.5	3809	100	480	121
11/2/2008	10	1:16:46	10.4	40.5	5009	100	400	103
total	176.57	11:06:22	81.20		7949.00	604.00	2014.00	670.00
avg	29.43	1:51:04	16.24	38.24	1589.80	120.80	402.80	111.67
11/3/2008	29.43	1:06:00	10.24	50.24	1303.00	120.00	402.00	104
11/4/2008	15	1.00.00						104
11/5/2008	8							122
11/6/2008	4							109
11/7/2008	15	1:47:18						133
11/8/2008	64.88	3:44:34	17	44.1	3179	120	480	137
11/9/2008	6	0.1.101			0.1.0			
total	112.88	6:37:52	17.00		3179.00	120.00	480.00	605.00
avg	18.81	2:12:37	17.00	44.10	3179.00	120.00	480.00	121.00
11/10/2008	10101	2.12.01			0110100	120100	100100	121100
11/11/2008	12	1:02:00						103
11/12/2008	27	1:22:00	24	33	600	248	711	128
11/13/2008	12	1:42:04	21	00	000	210	, , , ,	114
11/14/2008								133
11/15/2008	64.88	3:44:34	17	44.1	3179	120	480	137
11/16/2008	6							
total	121.88	7:50:38	41.00		3779.00	368.00	1191.00	615.00
avg	24.38	1:57:39	20.50	38.55	1889.50	184.00	595.50	123.00
11/17/2008	15	1:06:00						104
11/18/2008								
11/19/2008								
11/20/2008								
11/21/2008								
11/22/2008	50.52	3:03:06	16.2	38.8	2178	100	400	120
11/23/2008	45.9	3:06:47	14.5	41.1	3280	140	280	112
total	111.42	7:15:53	30.70		5458.00	240.00	680.00	336.00
avg	37.14	2:25:18	15.35	39.95	2729.00	120.00	340.00	112.00
11/24/2008	24.26	1:29:28	13.3	34.7	1100	100	280	104
11/25/2008	35.16	2:25:04	14.3	38.2				
11/26/2008	12	1:05:32						159
11/27/2008	41.88	2:08:51	16.4	42.5	1673	100	380	105
11/28/2008								
11/29/2008	38.17	2:20:07	16.1	39	1728	120	400	117
11/30/2008								
total	151.47	9:29:02	60.10		4501.00	320.00	1060.00	485.00
avg	30.29	1:53:48	15.03	38.60	1500.33	106.67	353.33	121.25
12/1/2008	23.85	1:34:36	14.8	39.6	1286	120	260	123
12/2/2008								
12/3/2008	- ·							
12/4/2008	21.78	1:24:00	15.3	36.8	1243	120	260	139
12/5/2008	19	1:15:00	14	38	1024	120	260	128
12/6/2008	20.05	4.50.44	40.0		4400	0.0	0.40	04
12/7/2008	30.85	1:50:11	13.8	33.9	1102	80	240	91
total	95.48	6:03:47	57.90		4655.00	440.00	1020.00	481.00

avg	23.87	1:30:57	14.48	37.08	1163.75	110.00	255.00	120.25
12/8/2008	18.08	1:13:59	14.4	35.9	1240	100	280	113
12/9/2008								
12/10/2008	25.81	1:41:02	15.1	36	1249	120	260	110
12/11/2008	17.47	1:06:48	15.4	37.1	741	120	240	104
12/12/2008	15	1:50:08			1000			
12/13/2008								
12/14/2008	61.62	3:53:10	14	39	3713	100	320	120
total	137.98	9:45:07	58.90		7943.00	440.00	1100.00	447.00
avg	27.60	1:57:01	14.73	37.00	1588.60	110.00	275.00	111.75
12/15/2008								
12/16/2008	24.1	1:36:04	14.8	32	1062	100	260	120
12/17/2008								
12/18/2008	37	2:34:31	13.6	37.7	2828	120	280	116
12/19/2008	34.75	2:35:09	13.2	37.8	1757	80	300	112
12/20/2008	49.48	3:08:00	15.5	38.2	2847	80	440	125
12/21/2008	40.69	3:03:23	13.1	40.4	4281	100	300	117
total	186.02	12:57:07	70.20		12775.00	480.00	1580.00	590.00
avg	37.20	2:35:25	14.04	37.22	2555.00	96.00	316.00	118.00
12/22/2008								
12/23/2008								
12/24/2008								
12/25/2008								
12/26/2008								
12/27/2008								
12/28/2008	25	2:00:00	13.1					
total	25.00	2:00:00	13.10		0	0	0	0
avg	25.00	2:00:00	13.10	0.00	0	0	0	0
12/29/2008	21.56	1:49:51	11.5	40.7	1863	80	220	93
12/30/2008	9.64	1:00:30	11.4	29	800			121
12/31/2008	23.12	2:47:16	8.2	30.8	2700			103
total	54.32	5:37:37	31.10		5363.00	80.00	220.00	317.00
avg	18.11	1:52:32	10.37	33.50	1787.67	80.00	220.00	105.67
YEAR TOTALS	8710.66	624.21	3276.04		476531.00	27495.00	78682.00	29854.00
WEEKLY AVERAGES FOR 2008	31	6	14	34	1952	124	371	110

Max Heart	Avg	Energy		Lowest	Highest		Maria	Weight
Rate	Cadence	Expenditure	% Fat	temp	temp	Swimming	Yoga	Room
169		1763	40%					0.45.00
163		1252	50%					0:45:00
169		1760	30%				1.00	
173		2878	30%				1:00	
175		2070	30 /8					
151		650	65%					0:45:00
825	0	8303	00,0			0.00.00	1:00:00	1:30:00
165	0	1661	43%			0:00	1:00	0:4
142	0	450	65%			0.00	0:45:00	0.1
142	98	850	30%				0.40.00	
175		1394	50%					
			0070					0:45:0
177		3302	40%					
171	96	604	10%					
101		123	60%					0:4
935	194	6723				0:00:00	0:45:00	1:30:0
156	97	1121	43%			0:00	0:45	0:4
137		559	60%					0:30:0
169	95	1363	30%					
159		1409	55%					
155		2505	50%					
								0:45:0
157		2020	45%					0:45:0
777	95	7856				0:00:00	0:00:00	2:00:0
155.4	95	1571	48%			0:00	0:00	0:4
156		2374						
150		725	50%					
306		3099					0:00:00	0:00:0
153		1550	50%			0:00	0:00	0:0
150		450	50%					
152		1023	50%					o 1= -
161		982	50%					0:45:0
164		1927	40%					0:30:0
164			40%			0.00.00	0.00.00	
627	0	4382	400/				0:00:00	1:15:0
157	0	1096	48%			0:00	0:00	0:3
163		1661	50%	49.00	60.00			
165		862	30%	50.00	53.00			
166		1968	50%	49.00	71.00			

160		1906	40%	57.00	84.00			
159		1188	50%	60.00	78.00			
172	96	698	25%					
148		952	50%	66.00	89.00			0:45:00
1133	174	9235				0:00:00	0:00:00	0:45:00
162	87	1319	42%	55.17	72.50	0:00	0:00	0:4
160	0.	1910	45%	49.00	82.00	0.00	0.00	0111
167	96	1200	40%	58.00	65.00			
107	50	1200	+0 /0	30.00	00.00			
157		1340	50%	58.00	75.00			
107		1010	0070	00.00	10.00			
172		2940	30%	59.00	77.00			
656		7390				0:00:00	0:00:00	0:00:0
164.00	96	1848	41%	56.00	74.75	0.00	0.00	0.0
149	50	1254	50%	51.00	62.00	0.00	0.00	0.0
149	70	450	50%	51.00	02.00			0:25:0
152	70	1241	50%	55.00	66.00			0.25.0
177		2628	45%	49.00	62.00			
175		2337	43 <i>%</i> 50%	53.00	64.00			
175		1923	45%	49.00	69.00			
150		1379	55%	64.00	80.00			0:45:0
1119	70	11212	0070	321.00	403.00	0	0	1:10:0
160	70	1602	49%	53.50	403.00 67.17	0:00	0:00	0:3
	70					0.00	0.00	0.5
152	00	2391	55%	58.00	84.00			
182	98	1291	30%	44.00	00.00			0.0
157		1350	55%	44.00	62.00			0:2
157		1583	55%	58.00	82.00			0:30:0
156	05	2336	50%	49.00	66.00			
172	95	<b>672</b>	<b>25%</b>	58.00	64.00			
139	100	200	55%	78.00	80.00			
1115	193	9823		345.00	438.00		0:00:00	0:50:0
159	96.5	1403	46%	57.50	73.00	0:00	0:00	0:25:0
154		802	50%	57.00	64.00			
149		1363	50%	57.00	71.00			
157		1146	50%	48.00	69.00			
169		3379	45%	48.00	85.00			
152		2450	55%					
142		581	50%					0:30:0
142		581	50%					0:30:0
1065	0	10302		210.00	289.00	0:00:00	0:00:00	1:00:0
152	0	1472	50%	52.50	72.25	0:00	0:00	0:30:0
150		2004	55%					
167		3433	55%					
172		1412	45%	46.00	66.00			
152		2401	55%	48.00	84.00			
176		1613	35%	0 1 0 0	450.00	0.00.05	0.00.00	0.00
817	0	10863		94.00	150.00	0:00:00	0:00:00	0:00:0

181		2055	35%					
173		912	45%					
179		1431	55%	69.00	100.00			0.00.0-
147		590	50%	51.00	71.00			0:30:00
168		3536	50%	44.00	87.00			
152 135		3426 444	40% 55%	53.00 76.00	94.00 109.00			
1135	0	12394	55%	293.00	461.00	0.00.00	0:00:00	0:30:00
162	0	12394	47%		461.00 92.20	0:00	0:00	0:30:00
	0	1822		58.60		0.00	0.00	0.30.00
156 133		258	50% 55%	69.00	103.00			
		200	0070					
289	0	2080		69.00	103.00	0:00:00	0:00:00	0:00:00
145	0	1040	53%	69.00	103.00	0:00	0:00	0:00:00
161		1033	45%	66.00	80.00			0:30:00
164		604	55%	64.00	75.00			0:30:00
157		1493	50%	64.00	80.00			
140		340	55%	64.00	71.00			
622	0	3470				0.00.00	0:00:00	1:00:00
156	0	868	51%			0:00	0:00	0:30:00
100	U	000	0170			0.00	0.00	0.00.00
146				67.00	76.00			
159				67.00	89.00			
176		1499	35%	53.00	91.00			
10.1		1 100						
481	0	1499	0.50/				0:00:00	0:00:00
160	0	1499	35%			0:00	0:00	0:00:00
0	0	0	0%			0.00.00	0:00:00	0:00:00
0	0	0	0%			0:00	0:00	0:00:00
	<u> </u>	Ű	0,0			0.00	0.00	0.0000

						0:30:00		
						0:30:00		
						0:30:00		0:30:00
0	0	0	0%			1:30:00	0:00:00	0:30:00
0	0	0	0%			0:30	0:00	0:30:00
_	_					0:30:00		0:30:00
						0:30:00		0:30:00
						0:30:00		
						0:30:00		
						0:30:00		
				55.00	73.00	0:20:00		0:20:00
0	0	0	0%			2:50:00	0:00:00	1:20:00
0	0	0	0%	55.00	73.00	0:28	0:00	0:26:40
_	_	_				0:30:00		0:20:00
				62.00	69.00	0.000.00		0.20100
160		918	50%	60.00	85.00			0:20:00
162		857	40%	57.00	66.00			
166		1248	40%	58.00	75.00	0:30:00		
162		1492	45%	64.00	78.00			
141		760	55%	53.00	69.00			0:20:00
791	0	5275				1:28:00	0:00:00	1:00:00
158	0	1055	46%			0:30	0:00	0:20:00
156		992	55%	44.00	71.00			
173		939	40%	44.00	71.00			0:20:00
171		1162	35%	57.00	75.00			0.20.00
150		824	50%	67.00	78.00			
						0:30:00		
143		395	55%	60.00	78.00			
793	101	4312				0:30:00	0:00:00	0:20:00
159	101	862	47%			0:30	0:00	0:20:00
152		775	55%	57.00	78.00			0:20:00
174			0070	78.00	91.00			0:30:00
154		1538	50%	66.00	80.00			0.00100
163		2971	50%	49.00	76.00			
156		2384	45%	57.00	80.00			
161				64.00	82.00			
960	0	7668				0:00:00	0:00:00	0:50:00
160		1917	50%			0:00		0:25:00
								0:30:00
161		1013	45%	46.00	66.00			0:30:00
171			2.0	46.00	60.00	0:20:00		
162		2232	55%	71.00	96.00			0:20:00
170		2633	40%	53.00	80.00			
169		900						
123		383	60%	75.00	94.00			
956	95	7161				0:20:00	0:00:00	1:20:00
159		1432	50%			0:20		0:26:40

153		1432	45%	58.00	71.00			
148		796	55%					
143		415	55%					
444	0	2643				0:00:00	0:00:00	0:00:00
148	0	881	52%			0:00	0:00	0:00:00
179		923	25%		95.00			
181		1298	30%		95.00			
						0:20		
						0:30		
						0:30		0:30
175		711	40%			0:30		
535	0	2932				1:50:00	0:00:00	0:30:00
178	0	977	32%			0:27	0:00	0:30:00
	-							
0	0	0				0:00:00	0:00:00	0:00:00
0	0	0	0%			0:00	0:00	0:00:00
165	U	2149	30%	64.00	105.00	0.00	0.00	0.00.00
161		3088	30%	74.00	92.00			
163		1572	45%	66.00	96.00			
121		1372	4370	66.00	94.00			
162		2432	35%	55.00	111.00			
102		2432	5570	33.00	111.00			
772	0	9241				0.00.00	0:00:00	0:00:00
154	0	2310	36%	65.00	99.60	0:00:00	0.00.00	0:00:00
	U					0.00.00	U	0.00.00
171		2303	35%	71.00	96.00			
158		1124	50%	78.00	93.00			
171 171		2300 2800	35% 35%	75.00	85.00 91.00			
168		2800	<b>3</b> 5%	73.00 78.00	109.00			
168			35%					
148		2800 450	35% 55%	64.00 67.00	78.00 75.00			
	~		JJ 70	07.00	13.00	0.00.00	0.00.00	0.00.00
1158	0	14577	4407	70.00	00.57		0:00:00	0:00:00
165	0	2082	41%	72.29	89.57	0:00:00	0	0:00:00
		601	55%	76.00	89.00			
139			1/10/	60.00	71.00			
168		1796	40%					
		<b>494</b> 437	<b>25%</b>	<b>68.00</b>	<b>75.00</b> 75.00			

450	1	0404	E00/	74.00	04.00		, I	
152		2421	50%	71.00	94.00			
156		2721	50%	67.00	102.00	0.00.00	0.00.00	0.00.00
922		8470	400/	00.00	04.00		0:00:00	0:00:00
154	0	1412	46%	68.33	84.33	0:00:00	0	0:00:00
			1 - 0 /					0:30:00
171		1374	45%	67.00	85.00			0:30:00
140		698	55%	96.00	00.00			
175		1296	40%	60.00	89.00			
143		396	55%	60.00	67.00			
168 218		493 2842	25% 40%	60.00 60.00	67.00 84.00	0.20.00		
			40%	60.00	64.00	0:20:00		1.00.00
1015		7099	100/	07.47	70.40	0:20:00		1:00:00
169	0	1183		67.17	78.40	0:20:00	0	0:30:00
151		2310	45%	62.00	93.00			
	1015			07.00	0.5.00			0:20:00
175		25	550/	67.00	85.00			
133		1332	55%	67.00	80.00			
172		1432	40%	53.00	75.00			
173		3916	45%	67.00	105.00	0:20		
				67.00	105.00			0.00.00
804		9015			07.00		0:00:00	0:20:00
161		1803	46%	63.20	87.60	0:20:00	0	0:20:00
171		886	55%	76.00	93.00			
			0.001			0:20		0:20:00
185		1600	30%	62.00	80.00			0:20:00
169		863	30%	60.00	80.00			0:20:00
170		1435	45%	62.00	85.00			0.00.00
155 173		764 4000	<u>55%</u> 45%	73.00 62.00	84.00 102.00			0:20:00
			43%	62.00	102.00	0.00.00	0.00.00	1.00.00
1023		9548	100/	05.00	07.00		0:00:00	1:20:00
171		1591	43%	65.83	87.33	0:20:00	0	0:20:00
148		2627	55%	66.00	100.00			
			450/					0:20:00
166		1340	45%	69.00	89.00			0.00.00
163		717	45%	75.00	85.00			0:20:00
170 168		1435 <b>1136</b>		62.00 <b>66.00</b>	93.00 <b>82.00</b>			
169		2102	40%	62.00	85.00			
984		6730	-+U /0	02.00	00.00	0:00:00	0:00:00	0:40:00
			4 4 0 /	66.00	00.00			
164	0	1346	44%	66.80	86.80	0:00:00	0	0:20:00
161		1532	50%	57.00	91.00			0.20.00
470		4000	200/	66.00	00.00			0:20:00
173 131		1680 641	<u>30%</u> 60%	66.00 84.00	82.00			0:20:00 0:20:00
131		1447	40%	60.00	94.00 74.00		├	0.20.00
173		354	40% 60%	93.00	102.00		├	
140		4094	45%	33.00	111.00			
154		2518	43 % 55%	78.00	102.00			
1083		10734	0070	76.00	102.00	0.00.00	0:00:00	1:00:00
155			48%	76.00	94.17	0:00:00		0:20:00
155	0	1789	40%	10.20	94.17	0.00:00	U	0.20.00

170		2509	40%	57.00	89.00			
								0:15:00
136		581	55%	71.00	89.00			
454				55.00	70.00			
154				55.00	73.00			0.45.00
460	0	3090					0:00:00	0:15:00
153	0	1545	48%	61.00	83.67	0:00:00	0	0:15:00
172		1768	40%	57.00	80.00			
108	72	367	60%					
163		419	40%	66.00	73.00			
179		1757	25%	69.00	87.00			
158	84	914						
139		816	55%	71.00	85.00			
154	95	375	60%					
177	90	479	25%	75.00	00.00			
138	74	353	50%	75.00	89.00			
119		256	60%	73.00	98.00			
180		1817	25%	73.00	98.00			
172 171		1628	45%	69.00	93.00			
	445	973	60%	66.00	94.00	0 00 00	0.00.00	0.00.00
2030	415	11922					0:00:00	0:00:00
156	83	917	45%	68.78	88.56	0:00:00	0	0:00:00
153		839	50%	80.00	98.00			
166		1340	45%	69.00	85.00			0:20:00
169	101	900	30%					
165		1408	45%	58.00	84.00			
474	100	4000	050/					
171	103	1200	25%					
824	204	5687					0:00:00	0:20:00
165	102	1137	39%	69.00	89.00	0:00:00	0	0:20:00
169	103	670	25%					
								0:20:00
169		1620	30%	64.00	78.00			
170		1435	50%	142.00	76.00			
159		1150	45%	74.00	04.00			
153		3396	40%	71.00	94.00		0.06.55	
820	0	7601					0:00:00	0:20:00
164	0	1900	41%	92.33	82.67	0:00:00	0	0:20:00
141	103	3273	50%	55.00	94.00			
152		902	45%					
168		500	30%					
168		947	25%	57.00	76.00			
159		1150	45%	55.00	73.00			
		3396	40%	69.00	94.00			
788	103	6895					0:00:00	0:00:00

158	103	1379	37%	60.33	81.00	0:00:00	0	0:00:00
				71.00	85.00			
			45%					
171		500	30%					
168		972	30%	64.00	76.00			
171								
174		4121	40%	42.00	98.00			
684	0	5593				0:00:00	0:00:00	0:00:00
171	0	1864	36%	53.00	87.00	0:00:00	0	0:00:00
134	103	1761	60%	44.00	96.00			
213		1182	50%					
220		2036	60%	60.00	85.00			
158		857	49%					
154		772	40%					
148		3466	55%	53.00	78.00			
1027	103	8313				0:00:00	0:00:00	0:00:00
171	103	1663	51%	56.50	81.50	0:00:00	0	0:00:00
136		945	55%				-	
152		1421	40%	69.00	87.00			
172		1083	30%	73.00	87.00			
170		1144	30%					
173		913	42%					
176		1472	35%	58.00	87.00			
165		490	40%					
1144.00	0	6523				0:00:00	0:00:00	0:00:00
163.43	0	1087	36%	66.67	87.00	0:00:00	0	0:00:00
165		1237	35%					
172		448	30%	46.00				
172		1083	30%	73.00	87.00			
								0:30:00
509.00	0	1531				0:00:00	0:00:00	0:30:00
169.67	0	766	30%	59.50	87.00	0:00:00	0	0:30:00
154		443	50%	69.00	82.00			0:30:00
148		635	50%	71.00	89.00			0:30:00
146		559	40%	76.00	84.00			
148		624	50%	75.00	112.00			0:30:00
171		2458	40%	62.00	98.00			2.00.00
138		612	50%	58.00	89.00			
905.00	0	5331				0:00:00	0:00:00	1:30:00
150.83	0	889	47%	68.50	92.33	0:00:00	0	0:30:00
156		858	55%	69.00	102.00	0.00.00	Ŭ	0:30:00
114		240	60%	55.00	69.00			0:30:00
170	85	758	40%	00.00	30.00			0:30:00

		I						
170		17	35%	57.00	71.00			
174		2777	45%	58.00	73.00			
147		627	55%		. 0.00			
931.00	85	4419				0:00:00	0:00:00	1:30:00
155.17	85	884	47%	56.67	71.00	0:00:00	0	0:30:00
145		538	50%					0:30:00
148		259	50%					0:30:00
167		249	50%					0:30:00
166		1349	35%					
177		2694	35%	69.00	91.00			
803.00	0	4551				0:00:00	0:00:00	1:30:00
160.60	0	1138	43%	69.00	91.00	0:00:00	0	0:30:00
100.00	U	1100	+3 /0	05.00	51.00	0.00.00	0	0.00.00
156		509	50%					
169	100	939	15%					
160		995	45%					0:30:00
166		1349	35%					
177		2694	35%	69.00	91.00			
828.00	100	6486				0:00:00	0:00:00	0:30:00
165.60	100	1297	36%	69.00	91.00	0:00:00	0	0:30:00
145		538	50%					
170		2109	45%	62.00	87.00			
159		1773	55%	51.00	71.00			
474.00	0	3882				0:00:00	0:00:00	0:00:00
158.00	0	1941	50%	56.50	79.00	0:00:00	0	0:00:00
145		538	50%	60.00	69.00			
168		975	25%					
170		1986	50%	53.00	67.00			
161		1629	55%	62.00	82.00			
644.00	0	4590	<u> </u>	<u> </u>		0:00:00	0:00:00	0:00:00
161.00	0	1530	43%	57.50	74.50	0:00:00	0	0:00:00
160		1169	40%	73.00	87.00		Ī	0:30:00
								0:30:00
								0:30:00
159		400	50%	64.00	71.00			0:30:00
152		300	55%	68.00	72.00			0:30:00
146		1048	60%	60.00	67.00			
617.00	0	1748				0.00.00	0:00:00	2:30:00

154.25	0	583	55%	64.00	70.00	0:00:00	0	0:30:00
163		984	45%	60.00	69.00			0:30:00
								0:30:00
153		992	60%	60.00	71.00			0:30:00
145		603	50%	67.00	80.00			0:30:00
171		2468	45%	55.00	62.00			
632.00	0	4063	43 /0	55.00	02.00	0.00.00	0:00:00	2:00:00
158.00	0	1354	52%	60.67	71.00	0:00:00	0.00.00	0:30:00
130.00	0	1334	JZ /0	00.07	71.00	0.00.00	0	0:30:00
159		1032	50%	51.00	62.00			0:30:00
158		1629	45%	46.00	66.00			0:30:00
164		1550	50%	51.00	66.00			0.00.00
181		2383	40%	51.00	69.00			
155		2022	45%	39.00	78.00			
817.00	0	8616				0:00:00	0:00:00	1:30:00
163.40	0	1723	46%	47.60	68.20	0:00:00	0	0:30:00
0	0	0				0:00:00	0:00:00	0:00:00
0	0	0	0%	0.00	0.00	0:00:00	0	0:00:00
132		715	60%	64.00	93.00			0:30:00
165		689	40%					0:30:00
161	55	1601	50%					
458.00	55.00	2290	ĺ			0:00:00	0:00:00	1:00:00
152.67	55.00	1145	45%	64.00	93.00	0:00:00	0	0:30:00
9537.00	3602.00	317166.90				10:28:00	1:45:00	35:05:00
148	57	1296	41%	43	57	0:04:20	0:02:01	0:16:31

					1	
Comments						
rode Angeles crest with Mike Lukich	, scary wind	ly				
mtn biked		Í				
Did the morning group ride from Stat	bucks on K	anan and T	O Blvd. real	lly cold. Wa	is in the top	5 in both th
					·	
Simi ride but it rained a lot yesterday	so only 11	of us. I hun	a in with the	e aroup on a	all the climb	s even Norv
TT was rained out wrote all day			5			
Want to get 100 situps Got 60 today						
Did TT with Miles and Dahma Llaad w	in de caraire a	haali Dahi				
Did TT with Mike and Debra. Head v					Mike's seat	came undo
Morning ride, freezing, 3rd on the hil		ething wrong	g with my bi	ke.		
Getting close to 100 sit-ups. Did 70		l <u></u>				
Simi ride, did pretty well and stayed					Ļ	
Got 1st in the public 45+ class. Ve		2 minutes	out but aim	nost 20 min	utes comin	ig back leg
waisted from the weekend took it rea	al easy					
finally got 80 sit ups today then start						
Really windy so rode the MTB bike a	and flatted d	own "Back	Bone" so ha	ad to walk a	nd then roa	d the flat fro
rode from the gym to las virgenes to	pch, encina	al back to gy	/m. Windy c	on the way h	nome but be	autiful day.
Taught my class						
Taught my class						
rode from home to Is virgenes to end	inal in the c	old 55 deau	ees and rai	n saw lucki	ch for a min	ute
poured rain						late
poured rain and I drove to pleasanto	n					
poured rain						
Taught my class						
Taught my class						
rode with Greg Isaaccs and Mike Lu	kich in St M	onica Free	zing Kind of	sick		
Tode with Greg Isadoos and Mike Ed				SIGK		
sick						
went to the doctor. I have bronchitis.		ics				
don't feel well. It was only 53degrees						
cold and windy. Saw the entire CSC	team trainir	ng for the to	ur of califor	nia and I sa	iy Tyler Harr	nilton. Felt w
raining and cold + it was super bowl						
trained with Tina Payne and the did	the Rock St	ore				
Climbed the rock store						
					-	
	s from boing	a sick and r	ot training b	hecause of	the rain	
Rode my TT bike. Lost a lot of fitnes Rode the rock store	s from bein	g sick and r	ot training t	because of	the rain.	

beautfirul day. About time!	
Raced Lake Piru TT, Won my category for 30.51	
tired from shooting all weekend	
beautfirul day. Rode from home-kanan-cornell-mulhulland-lalibu cyn-pch- encinal-home	
practiced my TT on the cold bch, Saw the CSC team. Real windy	
REST DAY	
felt tired from not sleeping on Valentines Day	
Taught my class	
Taught my class	
My chain broke 5 miles from home. Debra gave me a ride, started again. Did potrero to Malibu C	WD SOW
iny chain broke 5 miles nom nome. Debra gave me a nue, staneu again. Diu potrero to Malibu C	,yn. Saw
very cool but nice	
Felt like crap from filming last night with no sleep	
gears broke so I had to stop at a bike shop to fix them	
it poured on me. Cold, wet and windy. Was not fun	
rode wth a big group to see the tour of california at balcom canyon	
Got rained on again	
beautiful day. Starting to feel some fitness	
vigenes to encinal	
Did 20 mile with lukich and Debra. Went fast	
Did the morning group ride from Starbucks on Kanan and TO Blvd. really cold. Got a flat right be	fore the c
rained on me the whole way. Flatted twice again! Just put on new tires yesterday too	
Lake Piru Time Trial - super windy 45-50 mph gusts. Pulled my back picking up Mufasa be	fore the
Back was killing me today, My body was crooked, never saw my body like that before	
rode with Debra. My back still hurting a lot. Can't put any power in the pedals	
back still hurtng. Weak	
back still hurting	- Pal (bass)
did the Solvang century with Kristi Queypo. If she hadn't been here I would have gone. I'm glad	ala thou
rode all the way to the marina, winding and all I had was my 39x23	
recovering	
recovering	
went real easy, something wrong with the drive train so I had to cut the ride short. 4th bike in the	shop!!!
rode to Hollywood for rehearsal	2
left at 5:45am in the pitch black and cold. Got 4th on the hill in the group ride.	
rode with Lukich up encinal canyon. Have a little saddle sore	
Taught my class; Back is killing me	
Taught my class	
Rode with Eric and Mike IN Monecito; back hurts alot	

Rode group ride with my brother Eric						
Did TT with debra and Mike on my r	iew Speciali	zed transitio	on. Was tire	d from the o	day before	
did the rock store						
just rode to the gym						
Sundance Group ride. Noone could		climbs Carr	ne up Porter	o 17% in a	head wind a	at 4 mph AR
beautiful day. It is Easter. Did Piuma	a,					
Just rode home for lunch						
rode malibu and rock store						
leaving for Brazil today so rode my	TT bike for a	while				
Travelled to Brazil						
Travelled to Brazil						
Worked in Brazil and torqued my kn	ee bad					
Worked in Brazil						
Worked in Brazil						
Worked in Brazil						
Worked in Brazil						
		varaiaa and	oto liko o n	a in Brazil		
Felt like a swollen blow fish from no	sieep, no ez	kercise and	ate like a p	ig in Brazil		
exhausted						
Knee is swollen and killing me			and reat			
knee is very swollen and painful. Co knee is swollen	ulan tinde. I		and rest.			
knee is swollen						
knee still swollen						
knee still swollen						
Knee still swollen and road with deb						
knee swollen got MRI need knee su						
Was registered for the Mulhulland C	hallenge so	did some c	of it. Knee is	really swol	len now	
knee swollen						
knee swollen						
Got knee surgery						
recouperating						
recouperating						
recouperating				L		
recouperating						
recouperating						
recouperating						
J						
recouperating						
recouperating						
recouperating						
recouperating	<u> </u>					

	1	1	T			1
recouperating						
recouperating						
recouperating						
Still have weird clicking and inflam	nation					
rode to Dan Petersons						
finally could ride a little 19 days	after my sur	derv.				
Infairy could fide a fittle 19 days	alter my sur					
was tired today, back was hurting						
just happy to ride						
feeling better						
Could stand up on the pedals toda	ay					
Road with a sweet woman from E	ngland named	d Naomi and	d then got to	swim with	Debra	
had a great ride						
it drizzled on me the whole time at	t 5:30am					
	1	İ.				
		<u> </u>				
Did a 10k TT today. Went pretty						l
Did the Thursday morning group r			me, got arc	pped in the		e sprint and
knee was sore from the last two d	ays so took it	easy				
Taught my certification course		L .		L <u></u>		<u> </u>
Taught my certification course but		emely sore i	from the me	dicine ball o	demonstatio	n, swam wi
rode, but super tired and knee bot	nered me					
tired as hell						
Rode Piuma and Schurren with Lu	ukich. Felt hea	avv and out	of shape bu	t the knee h	neld up	
did the rock store		1				
took a rest. Stressed at work, tired	and knee wa	s sore				
saw Terry Holbrook today, rode M			vn			
almost same exact ride as yester			1 I			
did the same ride. Las virgenes to		nal home				
Gave the knee a rest						
Did the Thursday morning group						
Met Mike Lukich with his client Lin	ida and ran in	to Kim Lyon	is. What a s	sweet girl.		
Did Sundance group ride. Very ha	rd					
Did Sundance group ride. Very ha Did Piru TT. Time was 31:29. No		 e but my kr	l nee held up	and doesr	l n't hurt. Got	t the call fro
		e but my kr	nee held up	and doesr	ן ו't hurt. Got	t the call fro
		e but my kr	nee held up	and doesr	n't hurt. Got	the call fro
		e but my kr	nee held up	and doesr	n't hurt. Got	the call fro

	1	1	1	I	I	
did the rock store						
was really tired and stressed about I		atar and the	en italy			
had no time and was flying that day						
rode the stationary in Qatar. It sucke						
waisted		na ta bad l'n				
waisted jet lag is brutal. When I'm su					a versa	
fell asleep at 4:30pm and woke up a	it Tam. Didn	t know wha		myseii		
Rode today with the junior national of						
Really windy and hot, but at least my	y body wasr	n't so swolle	n. Stayed w	ith everyon	e and even	contested th
Ran into Ahmed (Jassims frined at t						
Almost tore my left pec off during bu	rpees with a	a bunch of y	oung Qatar	is. That nev	er happene	d to me bef
Left Qatar						
Arrived in Venice, Italy						
Hung out in Venice, hary						
Thing out in venice super theu						
Rode the Passo Valparola then the						
Rode the Stelvio, the highest paved				but epic!		
Rode the Gardena to the base of Pa						
Felt very tired. Just rode into town w						
MARATONA DLES DOLOMITES 8				course. M	y knee, bac	k and ches
drove from the dolomites to venice v	vith Eric and	I Mike Topp	ell			
drove from Venice to Lake Como						
Brent told me where the group ride v	was so I rod	e with abou	t 10 people	to Lugano i	n Switzerla	nd
second ride of the day alone lake Co						
Rode with the group ride to Minaggi						
Rode with 12 guys; Italy, Switzerland		<i>i</i>	2		no	
Rode with Tiziano to Porlezza and L						
Did the group ride. Brent rode too. It				It was exci	tina	
Last day and last ride by myself in C						
fly home from Lake Como to LA. Wa			pht			
Jet Lag big time. Rode easy to the g						
did group ride but head hurt from the						
TT with Mike and Cathy, not a bac		ot trying to	hard or to	uching my	TT bike for	over a mor
warm and cool down for the above T						

felt sick last night almost had a fever and was congested so went easy    did Mulhulland, Las Virgines and Latigo, rode a few miles with Cathy and Mike Lukich    was tired so took the day off    Did the Las Casitas Group ride: FAST .Two good attacks but paid for it later. Coldn't contest the s    Got up late so didn't go the mountains as planned. Was pretty fried from yesterday so I took it eas    Did the group ride. Got 7th in the climb and 8th in the sprint. Better than last week. Hungry all the swarmup and cool down for my TT. Very overcast and almost raining	n vint on
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Did the group ride. Got 7th in the climb and 8th in the sprint. Better than last week. Hungry all the	
watting and cool down tor my LL, very overcast and almost faining	
2 seconds slower than last week. Kathy and Mike weren't there. Did the TT on my own	
Sundance Group ride. Got 3rd up West Lake, 1st down Mulholland and fourth up yuerbabuena.Cr	ashed b
Got up late, so didn't go as far as I had planned. Las Virgines to Topanga to Mulhulland, up Stunt,	, down F
did a little core in the gym	
Did Las Casitas group ride. It was faster than last week. Threw up again. Got 4th in the spint	
Angeles Crest with Mike Lukich. Just beautiful. Easy climbing day. Left early	
Thursday morning group ride. 6th in the hill, 3rd in the sprint. Waking up in the middle of the night	with leg
Flew to Oakland to teach "Functional Training" in Pleasanton	Ŭ
Did the Sundance ride. Got 3rd on first climb (piuma), 1st down Stunt, 2nd in the spring and 3rd up	n Rock S
legs were really fatigued from yesterday. Met up with a group and did a couple good efforts but wa	as tired s
day off of the bike	
Did the Las Casitas Group ride: FAST .6th in the hill and 3rd in the sprint. The lead out was at 38.	0 mph a
TT on PCH did a 28:57!!!	
Tuesday morning ride got 6th on the hill put go dropped on the sprint	
rode easy with Kimball Theoret today but I fell on my Mtn bike but only got some road rash on my	left fore
Sundance Ride. Did 50 miles with the group so I did Portrero, Pch, climbed Mulhulland, down enc	inal up l
	·
and a house would be deliver a conflict in Or. Marries I had formed all which is her than the device form	
rode by myelf to deliver a wallet in St, Monica I had found climbing latigo the day before.	
rest day	
Las Casitas ride. Felt tired and flatted so no one waits, ended up riding alone	
TT terrible time. Too tired from being up with Ron visiting	
Thursday morning ride, everyone was out. Got 9th on the hill and almost won the sprint.	
Did my first Fast Friday ride! Very fun They have 5 different sprint section where you get po	ints. Di
Sundance ride to Somas. No one could climb with me. In the rollers, I dropped the 5-man break. F	elt good
Dada Tuna Canuan with Cabriel and Hanny Tuna has sertions that an 100/1	
Rode Tuna Canyon with Gabriel and Henry. Tuna has sections that are 18%!	
rested	
Las Casitas ride. Felt great. 2nd first hill, third second hill and then WON the SPRINT!	
Took it easy today	
Thursday morning ride, got 4th in the hill and had the wrong gear for the sprint but got third	
rode in portervillewille with Kimball and Mike. HOT	
rode from Badger to Kings Canyon with Mike and Kimball. Left knee started to hurt at 5 hours and	d 7500 f
Rode from California hot springs to Ponderosa with Mike Lukich and Kimball at high elevation.	

MY Birthday. Rode with Jack, Chuck	and Stuart	from The "F	- Fast Friday	team Rod	e Piuma an	d Latino
rested. Was beat from the last week			astrinaay			
Metabolic Testing with Dr. Falsetti	RHR 29 b	pm, VO2 5	5.4. Max wa	atts 400. A	[ [ 154 bpm ;	at 300 watts
Travelled to St. Johan, Austria for the						
Travelled to St. Johan, Austria for the						
rode the Worlds course in the rain wi						
		Glain				
Did the course twice with Eric and Gr		-				
easy spin on the TT bike with Grant a			age worked	d on the bike	e position	
rodes to the bike store with Grant and						
1st race. Did great, but cramped or						
rode with Eric , Grant and Kenny Full				-time world	champion o	on the TT co
rode the course alone and took photo	os. Good fa	t burning ric	le			
warm up for time trial						
TT was a nigthmare. Water bottle of	cage came	loose in th	e warm-up	. For some	reason, m	y front bral
cool down						
warm-up before Master World road ra						
Master World Road Race. Attacked	three time	es but coul	dn't catch	the break		
last day in Austria. Rode with a an ita	alian girl na	med Lina. N	lice girl			
travelled from Austria to LA					1	
rode easy with Mike Lukich						
Las Casitas ride. Felt tired and flatted	and no or	e waits en	ded un ridin	a alone		
Did a 29:19 TT with Mike Lukich. Fel					ack	
Thursday morning ride Got 7th on th						
Just rode the stationary in Pleasanto				Program F	Desian	
Had the fasted time at the Lake Pir						
		01 i <u>1</u> iiiy op				
					<b></b>	
Won my category with a 29:07 time				e range but	t went out t	o fast. My s
took the day off which was a mistake						
Las Casitas ride. Legs felt like lead. I	should've	ridden yeste	erday. Got e	oth in the sp	rint though	
drove to park city utah						
rode to Hamas very beatuiful, then di						
Did a mountain bike ride, it was beau						
Did Little Cottonwood Cyn and Big C	ottonwood	Cyn. Little C	Cottonwood	is shorter a	ind steeper	with 5 up to
rode to hamas and then the SR 152 t	owards Mir	ror lake. Be	autiful arad	ual climb of	f about 1-2%	6. You climb
Crashed on the downhill and broke m						
Depresing day. Lasted only 15 min						
Better day, DMV crit in Category B						,
Tried to to a Time Trial at the Salt Air						lot
Did Fast Friday ride at home. Got 5th						
Tried to find the Simi Valley ride but r						

rode to Malibu then climbed Latigo	with greg Isa	acs and ca	me home w	estlake blvo	l. knee still s	sore and kni
Did the crit at the speedway agair						
Better day. DMV crit, was in the fr	ont for a w	hile but stil	l don't reco	over quickly	y enough fo	or the attac
Some many things went wrong betw	veen the car	pet cleaners	s, no hot wa	iter and wai	ting 2.5 hou	irs at the bik
Did the Salt Air Time Trial course wi						
Did the Heber Century. When I got i	in they aske	d me if I had	d done the 6	62 miles? N	ope. The 50	) miles? Nor
Tried to ride to Mirror lake with Erik	Schlobohm	and Natalie	but her bac	k was hurti	ng and so w	as my knee
Did the "13 Scout Camp" MTN Bike						
Road to Cedar Breaks National Mor						
Haven't been sleeping because of the						
Did 3030 second intervals in sets						
long hard ride at high altitude in the						
The bike shop locked my bikes up a						
					the police i	
finally got my bikes back. Did and e						
Met Cathy and Mike in St. George a		<u> </u>				2
Won the GOLD MEDAL in the Hill						
Won the Gold medal and set a new						
Won the Gold Medal in the Criteri						
Won the Gold Medal in Road Race			all but they	/ caught m	e. then bro	ke away aq
Rode the mtn bike hill climb and dow	wn hill couse	e in the cold	and the rai			
Rode the mtn bike hill climb and do	wn hill couse	e in the cold	and the rai			
Rode the mtn bike hill climb and do	wn hill couse	e in the cold	and the rai			
				n. It was Mu	ıfasa's first ı	mtn bike ride
Rode the mtn bike cross country firs	st with Mufas	sa; 11.5 mile	es, he was t	n. It was Mu ired so put	ufasa's first i him away ar	mtn bike ride
	st with Mufas t <b>the gold b</b>	sa; 11.5 mile <b>by .14 seco</b> l	es, he was t n <b>ds. Wore</b> i	n. It was Mu ired so put <b>my full mot</b>	ufasa's first him away ar orcyle leat	mtn bike ride nd did the co hers on the
Rode the mtn bike cross country firs Crashed on the hill climb amd los Was in the lead at first but washe	st with Mufas st the gold b d out in a c	sa; 11.5 mile by .14 seco orner.kept	es, he was t n <b>ds. Wore i</b> t <b>he leader</b> i	n. It was Mu ired so put my full mot in my sight	ufasa's first him away ar orcyle leath s but flatte	mtn bike ride nd did the co hers on the
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Did the Thursday morning ride. Not		all. Could I	parely get o	ut of bed at	5:20am to i	ride in the da
couldn't get motivated to do anything						
Did the Simi Valley ride. Almost four	hours in the	e pouring ra	in!			
mtn biked with Cathy and Michael						
not motivated today was supposed t	o race a TT	but it was r	aining			
didn't ride			Ŭ			
Tried to do a tt but terribly windy						
on a mtn bike ride and a ranger gav	e me a \$50 t	for riding m	v bike on a	trail. My bac	k tire blew	up so it cost
Mtn biked. Saw a little coyote						
Simi Valley Ride. Flatted before the	rest stop so	had to time	e trial to get	back on, Sa	aw Mike bef	ore the hill s
super windy and got up really, really						
euper mildy and get up really, really						
		L .				
Couldn't ride because the Indian pro						
Just mountain biked with Mufasa in	vvildwood (t	ne end of m	ny street)			
Did a TT but just not motivated						
on a mtn bike by the house and saw	a waterfall					
Mtn biked. Saw a little coyote						
Simi Valley Ride. Flatted before the		had to time	trial to get	back on. Sa	aw Mike bef	ore the hill s
super windy and got up really, really	late					
went to NY						
Went to NY						
Went to Ny						
Simi valley ride but wasn't very stror	na. Didn't do	verv well P	inched nerv	e in my low	er back	
Road with Henry and Gabe and did						
•						
Just rode and did some errands. Re	ad a littla wi	th Dohra It	waa aald P	ook io killing	r mai aan bi	aroly lift my
Rock store but back still hurts.		In Debra. II			, me, can b	arely int my
mtn biked in the rain. Back is still kil						
Did the group ride Back is annoying		h may Matha	-			
Back is killing me. Took the day and						
Tried to do the Simi Ride but back w	as killing m	e				
Couldn't ride back killing me						
Couldn't ride back killing me						
Couldn't ride back killing me						
Back is murder						
back is still hurting						
back is still hurting						
back still hurts, road with Debra						

Just rode around the back is bad stil						
Didn't ride, too windy and back is hu	rting					
back still hurts						
just rode to the gym						
went on a mtn bike with Mike and Ca	athy					
just tooled around on the mtn bike w	ith Mufasa					
finally feeling better beautiful day bu	t cold					
Just rode around the back is bad stil						
went easy						
Didn't ride, It was windy, freezing an	d raining					
Did the Rock Store	u raining					<u> </u>
	d the Muter		o way to the		oo firat tim	<u></u>
Rode home through hidden valley ar		sa ian ali th	e way to the	e gynn (o mil I	ies, nist um	e)
Simi valley ride but didn't do the who		o Enginal	- Mulhullar-	4		
Rode with Henry and Gabe up Rock	Store, dow	n ⊨ncinai up	o wununan	u		
Xmas vacation						
Xmas vacation						
Xmas vacation						
Xmas vacation						
Xmas vacation						
Xmas vacation						
rode with Eric						
Rode with Lukich on the beach and	mot Danilo (	Jolucal Falt	t roally woo			
			Teally wear			
Mtn biked by the house motn biked with Mufasa then Mike L	ukioh					
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# e hill and the sprint vegian grade ne s were fried from yesterday ). Debra rode as well. Mike had a dentist appointment ont tire. Not fun /eak

cathy and Mike limb then another flat on the way home. AARGH race. Won my category 33:51 ph. Front brake flew off at 40+ and hit me in the face. Luckily I grabbed and it didn't go into the front whe GH

couldn't catch back on th Debra om Qatar

and 95 degrees and windy made it really tough. My heartrates were through the roof. Of course since th he sprint. ore. Can barely lift my arm now. Just not my year. Rode with the team again. Thank god these guys don t were killing. My brother saved me the whole day! nth

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y threw up once!							
s stll hurting							
eting is rough							
y myself going upl	hill. Hurt my peo	<mark>again</mark> . Wha	at an idiot.				
viuma to Mulhullan	d up the Rock	Store down	Westlake	home Wak	ing up in the	a middle of t	the night wit
					ing up in the		
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Store and then rod	A with Mike and	I I Cathy un ⊑	ncinal Hot	dav.			
		a ⊖aury up ⊏		udy			
so came home							
nd I didn't have the	e gears to go a	round					
arm then she fell ju							
atigo, down to rock	< store back up	rock store b	out started to	cramp so o	climbed Kar	nan to Sund	ance to picł
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dn't get any beca	use I didn't kn	ow where the	hey were. H	ad a great	time Got d	unked for a	a body Fat
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eet. Had a blow ou	it on the back ti	re, but was l	uckily going	uphill not c	ownhill and	mike was t	nere with ca

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ie almost c	rashed. Ma	ybe top 15						
urse. What				ons and lear	ned a lot. G	rant helped	me with my	position ar
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ce started s	schreechng	like a mor	nkey. Chain	ring got lo	cked up in	the start h	ouse then	locked up a
split was 13	3:14 so I pa	id for it on	the way ba	ack				
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14% Knoo	s hurt a little							
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) from 6000			I did 24 of th	nem				
, actually ev	eything is p	oretty sore		halast 14				
wollen kne	e and fast	category. S	SUCKED! On	iy lasted 1	s minutes.	vepressing		
	won the day	un hill onrigi	L					
e way) and v		wit nill sprin	L					

umb Igh to stay with the pack. Depressing ks. Haven't trained that way all year. The Daugherty's came and Rosie too e shop I couldn't get motivated to ride so I came home iced the knee (it still hurts! And I'm tired of it) ast I went. I think I did 10 miles in 24:30. knee felt much better be. 100 miles? Yep. Wow, you're one of the first people, let us give you a pin. Knee hurt a little after that Beautiful day jot lost twice and fell three times. Beautiful scenery and saw a deer. the last 15 miles I couldn't get into my two easiest gears for the uphill and the last four harderst gears for I't let me out of bed. Almost felt naucious. Drove 30 miles to Cedar City to fix the bike, drove back to Par nd the climbed back. The last 5 miles were brutal. Grades of up 15% with a head wind, cold, over 9000 ail. Then it snowed about 12 inches so no ride today. % of my max) MHR 170 bpm 15% fat. Very challenging course; hilly, windy and crappy road surfa sed a turn and went off the course. It took me two laps to catch the pack! ain with another guy on the downhill but they caught us before the sprint. I outsprinted everyone e though and he loved it. Very gnarly course. Extremely technical ourse again, plus the hill climb and down hill again. Beautiful today1 downhill. Was a mistake because I could barely move. Lost Gold by .54 seconds and silver by .1 ginning of the last lap. New tire so I couldn't get the tire off and then broke my tire iron getting ib ne overal ne overal

ark. Crawled up the hill but got fourth in the sprint. me a bunch or money today to not ride so went back with him so went back with him legs

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neir all arou	nd 17 years	old they st	art out like a	hat out of l	hall. The firs	st 20k was d	lone in abo	it 24 minute
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h leg ache up Kimball who had been dropped earlier in the ride. Great workout! Fest. 157 lbs at 3.5 % pretty sick. On 4/30 after right before knee surgery i was 10.1% which was the ar to save me. all of this was at hight altitude in the Sequuias.

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or the dowr	hill							
	a TT but af	ter 30 minu	tes of warm	ing up on m	y trainer i h	ad a flat tire	. A brand n	ew sow up!
ft of elevati	ion and at 7	0 miles. Bai	rely could ke	eep 4 miles	per hour!			
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for the wi	n! This one	was close						
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9 seconds	. Got the br lad to take	the tire off	to find the	vollen and I	OOKS really	wiera. Ice	a, compres	Sed and el
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es and that y	was it for me	e. I flatted n	ny front tire	going arour	d a corner i	in a tail wind	d but manac	ied to stav i
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he worst bodyfat test of my life

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!! I had to drive up to Brian head to get my other wheel then drive 30 miles back to Cedar City to get it gl evated rest of the day. took Advil every three hours. е

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ıpright. It ga	ive me the e	excuse I ne	eded to bow	/ out and sp	in with the i	rest of the te	eam that wa	s going eas
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ued! What a waste of a day. Couldn't get my heart rate over 158 bpm but filt like 180!

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