

9-Jun-06		1
* Torre, Pacifica, Blaney, Rainbow, De Anza, Steven's Creek, Torre	4.0191	
* Torre, Pacifica, Blaney, Prospect, De Anza, Steven's Creek, Torre	5.0361	2
10-Jun-06		
* Torre, Pacifica, Blaney, Rainbow, De Anza, Steven's Creek, Torre	4.0191	
* Torre, Pacifica, Blaney, Prospect, De Anza, Steven's Creek, Torre	5.0361	3
11-Jun-06		
* Torre, Pacifica, Blaney, Rainbow, De Anza, Steven's Creek, Torre	4.0191	
* Torre, Pacifica, Blaney, Prospect, De Anza, Rainbow, Blaney, Pacifica, Torre	5.358	4
12-Jun-06		
* My house-Hunter's point-My house (Pacifica, de anza)	9.6	5
13-Jun-06		
* My house-Hunter's point-My house (Blaney, Prospect)	11.6138	6
14-Jun-06		
* Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Lawrence, Quito, Cox, Saratoga Sunnyvale, Prospect, Johnson, Rainbow, Blaney, Pacifica, Torre	10.4	7
15-Jun-06		
* Torre, Pacifica, Mclellan, Stelling, Rainbow, De Anza, Prospect, Hunter's point(1.2 trail), Prospect, Blaney, Steven's Creek, Ann Ct.	12	8
16-Jun-06		
*Torre, Steven's Creek, Miller, Bollinger, Blaney, Steven's Creek, Torre	3.1172	9
17-Jun-06		
*Torre, Pacifica, Blaney, Prospect, Creek Run, Bollinger, Johnson, Barnhart, Tantau, Pruneridge, Wolfe, Homestead, Blaney, Torre	9.6348	10
18-Jun-06		
*Torre, Pacifica, Blaney, Prospect, Miller, Rainbow, Blaney, Pacifica, Torre	5.4604	11
19-Jun-06		
*Torre, Pacifica, Blaney, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, Pacifica, Torre	11.7232	
*Torre, Pacifica, Blaney, Rainbow, Lynbrook, Rainbow, Blaney, Pacifica, Torre	5.3786	
*Lynbrook-Beginning of Creek Run	1.1328	12
20-Jun-06		
1 Mile at De Anza Track	1	13
21-Jun-06		
*Torre, Pacifica, Prospect, Creek Run, Bollinger, Blaney, Steven's Creek, Torre	7.4068	14
6/22/2006		
*Torre, Pacifica, Blaney, Rainbow, Johnson, Quito, Cox, Saratoga Sunnyvale, Prospect, Hunter's Point (0.8 mi), Prospect, Johnson, Rainbow, Blaney, Pacifica, Torre (some walking was done)	17.1631	

23-Jun-06		15
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, De Anza, Prospect, Hunter's Point (2.0 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	11.3	
24-Jun-06		16
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, De Anza, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	11.7659	
25-Jun-06		17
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, De Anza, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	11.7659	
26-Jun-06		18
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, Johnson, Prospect, English, Creek Run, Lawrence, Dentist, Lawrence, Creek Run, English, Prospect, Johnson, Rainbow, Blaney, John, Farallone, Pacifica, Torre	11.4	
27-Jun-06		19
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, Johnson, Prospect, Fremont Olders, Prospect, Blaney, John, Farallone, Pacifica, Torre	11	
28-Jun-06		20
No Run	0	
29-Jun-06		21
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, Johnson, Prospect, Blaney, John, Farallone, Pacifica, Torre	6.2184	
30-Jun-06		22
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	13.4	
1-Jul-06		23
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, Johnson, Prospect, Fremont Olders, Trail (0.5 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	11.5	
2-Jul-06		24
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	13.4	
3-Jul-06		25
No Run	0	
4-Jul-06		26
No Run	0	
5-Jul-06		27
Treadmill	3.7	
6-Jul-06		28
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	13.4	
7-Jul-06		29
*Torre, Pacifica, Blaney, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, Pacifica, Torre	11.7232	
8-Jul-06		30
Felt Lazy	0	

9-Jul-06		31
Felt Lazy	0	
10-Jul-06		32
* Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Lawrence, Quito, Cox, Saratoga Sunnyvale, Prospect, Johnson, Rainbow, Blaney, Pacifica, Torre	10.1	
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Blaney, John, Farallone, Pacifica, Torre	6.2184	
11-Jul-06		33
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica,	13.1	
12-Jul-06		34
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	13.4	
13-Jul-06		35
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (1.9 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre (got lazy and walked)	12.9	
14-Jul-06		36
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	13.4	
15-Jul-06		37
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	13.4	
16-Jul-06		38
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (1.5 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	12.5	
17-Jul-06		39
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	13.4	
18-Jul-06		40
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Fremont Olders, Prospect, Blaney, John, Farallone, Pacifica, Torre	11	
19-Jul-06		41
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	13.4	
20-Jul-06		42
*Torre, Pacifica, Blaney, Prospect, Hunter's Point	5.9	
21-Jul-06		43
* Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Lawrence, Quito, Cox, Saratoga Sunnyvale until Prospect	7.3	
22-Jul-06		44
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect till Blaney.	4	
23-Jul-06		45
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Fremont Olders, Prospect, Blaney, John, Farallone, Pacifica, Torre	11	
24-Jul-06		46
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect till Blaney.	4	
25-Jul-06		47
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	13.4	
26-Jul-06		48

1 mile Jog	1	
*West Valley College-Hunter's Point-My House	13.4	
27-Jul-06		49
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	13.4	
28-Jul-06		50
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	13.4	
29-Jul-06		51
Got Lazy	0	
30-Jul-06		52
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Fremont Olders, Prospect, Blaney, John, Farallone, Pacifica, Torre	11	
31-Jul-06		53
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, De Anza, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	11.7659	
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, De Anza, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	11.7659	
1-Aug-06		54
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, De Anza, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	11.7659	
2-Aug-06		55
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	13.4	
3-Aug-06		56
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Blaney, John, Farallone, Pacifica, Torre	6.2184	
Mile run at Los Gatos All Comer	1	
Two-Mile run at Los Gatos All Comer	2	
4-Aug-06		57
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, De Anza, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	11.7659	
5-Aug-06		58
*Torre, Pacifica, Blaney, Rainbow, Johnson, Prospect, Hunter's Point (2.4 mi), Prospect, Blaney, John, Farallone, Pacifica, Torre	13.4	
6-Aug-06		59
*Torre, Pacifica, Blaney, Prospect, Johnson, Rainbow, Blaney, Pacifica, Torre	6.2	
*Torre, Pacifica, Blaney, Prospect, Johnson, Rainbow, Blaney, Pacifica, Torre	6.2	
7-Aug-06		60
*Torre, Pacifica, Farallone, John, Blaney, Rainbow, Johnson, Prospect, English, Creek Run, Lawrence, Dentist, Lawrence, Creek Run, English, Prospect, Johnson, Rainbow, Blaney, John, Farallone, Pacifica, Torre	11.4	

valshehm on RM204-F3

Run\_Log(1).xls

8/7/2006 1:50 PM 5 /

601.192