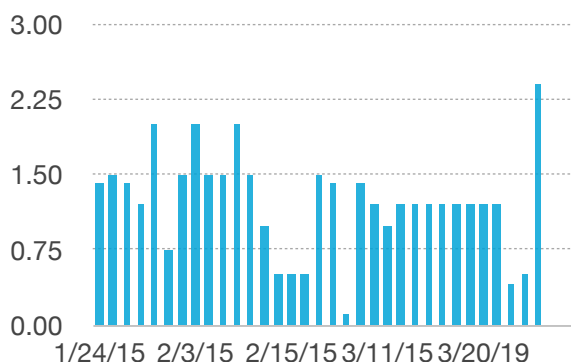
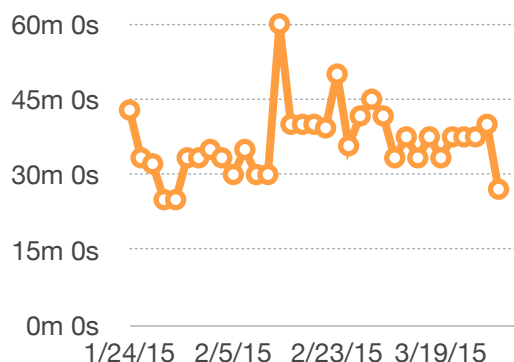


# MY RUNNING LOG

DISTANCE (MILES)



PACE (TIME / MILE)



AVERAGE DISTANCE (MI)

**1.22**

AVERAGE RUN TIME

**42m 35s**

AVERAGE PACE / MI

**36m 33s**

TOTAL DISTANCE (MI)

**40.25**

FARTHEST DISTANCE (MI)

**2.40**

FASTEST PACE / MI

**25m 0s**

DATE	TIME	DISTANCE (MILES)	PACE (TIME / MILE)	NOTES
1/24/15	60m 0s	1.40	42m 51s	Arcola Creek and back again
1/25/15	50m 0s	1.50	33m 20s	Geneva SP -23°F shoreline trail
1/27/15	45m 0s	1.40	32m 9s	Geneva SP -shoreline trail
1/28/15	30m 0s	1.20	25m 0s	Arcola Creek and back again
1/29/15	50m 0s	2.00	25m 0s	Arcola Creek and back again
1/30/15	25m 0s	0.75	33m 20s	Geneva SP -shoreline trail 18° and windy
2/2/15	50m 0s	1.50	33m 20s	Kernersville with Jerry Shive
2/3/15	70m 0s	2.00	35m 0s	Savannah, Ga with Deidre
2/4/15	50m 0s	1.50	33m 20s	Savannah with Deidre
2/5/15	45m 0s	1.50	30m 0s	Jekyll Island Ga. Beach and Trail
2/6/15	70m 0s	2.00	35m 0s	Jekyll Island Ga. Beach and Trail
2/7/15	45m 0s	1.50	30m 0s	Jekyll Island Ga. Beach and Trail
2/11/15	30m 0s	1.00	30m 0s	Venice, FI
2/12/15	30m 0s	0.50	60m 0s	Venice, FI
2/15/15	20m 0s	0.50	40m	Madison... street .... freaking cold
2/16/15	20m 0s	0.50	40m	Madison... street .... freaking cold
2/18/15	60m 0s	1.50	40m	To Arcola Creek 15°F
2/22/15	55m 0s	1.40	39m 17s 143ms	Arcola Creek
2/23/15	5m 0s	0.10	50m	2°F at Erie Bluffs..... wimped out
3/1/15	50m 0s	1.40	35m 42s 857ms	Arcola Creek and back again
3/3/15	50m 0s	1.20	41m 40s	to stop sign on Dock Road and back
3/11/15	45m 0s	1.00	45m	Hogsback Ridge... lots of snow
3/11/15	50m 0s	1.20	41m 40s	to the stop sign on Dock Road
3/13/15	40m 0s	1.20	33m 20s	to the stop sign on Dock Road
3/14/15	45m 0s	1.20	37m 30s	to the stop sign on Dock Road
3/16/15	40m 0s	1.20	33m 20s	to the stop sign on Dock Road with Deidre
3/17/15	45m 0s	1.20	37m 30s	to the stop sign on Dock Road
3/19/15	40m 0s	1.20	33m 20s	to the stop sign on Dock Road
3/20/19	45m 0s	1.20	37m 30s	to the stop sign on Dock Road
3/21/19	45m 0s	1.20	37m 30s	to the stop sign on Dock Road
3/22/15	15m 0s	0.40	37m 30s	cold and wind off lake... Breezwood Park w/D
3/23/15	20m 0s	0.50	40m	cold and wind off lake... Breezwood Park w/D
3/24/15	65m 0s	2.40	27m 5s	Austinburg Bike Trail 40°F