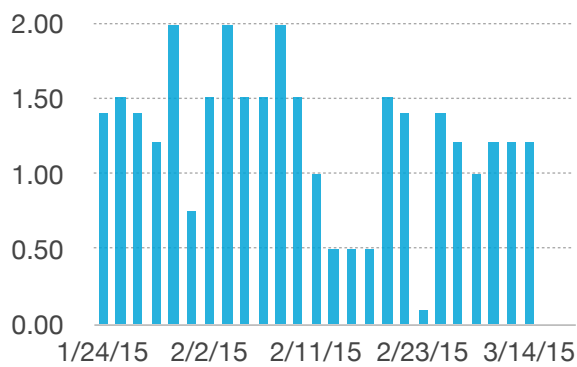
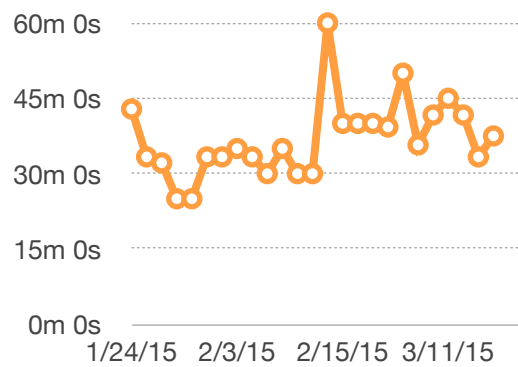


MY RUNNING LOG

DISTANCE (MILES)



PACE (TIME / MILE)



AVERAGE DISTANCE (MI)

1.24

AVERAGE RUN TIME

43m 36s

AVERAGE PACE / MI

36m 54s

TOTAL DISTANCE (MI)

30.95

FARTHEST DISTANCE (MI)

2.00

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, Fl
2/12/15	30m 0s	0.50	60m 0s	Venice, Fl
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