(*) see sheet 2 for notes on the routes

Weight		(*) Bridge turnaround		(**) Wetlands Turnaround			San Antonio Loop		Cowper/Downtown		Dish				Campus Drive Loop		Patagonia 4 miler	
				22-Aug-95	43:58.0		1-Feb-02	58:48.5	21-Jan-02	31:18.2		date	laps	time	Laps at Paly time per lap	10-Apr-02	28:16.6	
				25-Aug-95	42:10.0		8-Jun-02	57:01.3	15-Apr-02	31:18.0 HI (hawaii)								
				2-Sep-95	45:56.0		23-Jun-02	56:30.9	16-Apr-02	31:18.0 HI								
				20-Sep-95	45:02.0				17-Apr-02	31:18.0 HI								
				1-Oct-95	46:04.0				19-Apr-02	31:18.0 HI								
				8-Oct-95	44:38.0													
				5-Nov-95	45:23.0													
		3-Feb-96	22:40.0	9-Dec-95	47:10.0													
				30-Dec-95	47:29.0													
				24-Mar-96	49:59.0													
				27-Apr-96	50:26.0													
				5-May-96	50:24.0													
27-Feb-99	214 1/2	6-Jan-98	24:59.5	26-Sep-97	56:25.1						3-Jul-98	39:56.0					30-Dec-99	41:20:00
1-Mar-99	213	16-Jan-98	24:58.2	27-Sep-97	52:31.3						5-Jul-98	38:45.5					1-Jan-99	41:54:00
2-Mar-99	211	1-Feb-98	23:47.3	1-Oct-97	53:34.4													
3-Mar-99	212	24-Feb-98	25:17.7	5-Oct-97	52:21.0								16-Aug-01	16	0:42:24	0:02:39		
4-Mar-99	209 1/2	2-Mar-98	23:50.4	12-Oct-97	51:32.2								22-Aug-01	16	0:39:37	0:02:29		
5-Mar-99	209 1/2	14-Mar-98	24:39.0	19-Oct-97	48:51.4													
6-Mar-99	208 3/4	5-Apr-98	24:35.6	26-Oct-97	51:07.5													
7-Mar-99	212 1/2	26-Apr-98	25:50.1	21-May-98	53:36.0													
8-Mar-99	212	4-May-98	27:45.4	24-May-98	53:26.5													
10-Mar-99	210	13-May-98	24:46.7	30-May-98	51:12.5													
12-Mar-99	211 1/4	28-Jun-98	25:08.0	7-Jun-98	52:30.1													
13-Mar-99	210	22-Aug-98	25:47.5	13-Jun-98	52:08.1													
14-Mar-99	211	28-Nov-98	26:49.3	4-Jul-99	56:18.5													
16-Mar-99	209	24-Dec-98	26:28.1	31-Jul-99	49:09.7													
17-Mar-99	209	1-Jan-99	24:55.4	6-Aug-99	49:41.8													
18-Mar-99	208 3/4	27-Jan-99	25:21.9	14-Aug-99	54:45.2													
19-Mar-99	209 3/4	19-Feb-99	25:14.2	24-Dec-99	54:18.5													
22-Mar-99	210 1/2	6-Mar-99	25:49.2	5-Jan-00	52:49.0													
23-Mar-99	211	30-Mar-99	24:05.1	9-Jan-00	49:43.6													
24-Mar-99	211	12-Apr-99	24:00.9	28-Feb-00	50:34.7													
25-Mar-99	210 1/4	15-Apr-99	25:08.6	26-Apr-00	54:34.4													
26-Mar-99	210 1/2	27-Apr-99	25:09.0	30-Apr-00	53:30.0													
27-Mar-99	212 1/2	22-May-99	25:54.8	7-May-00	54:23.2													
28-Mar-99	211 3/4	24-May-99	24:20.7	23-Jul-00	52:30.4													
29-Mar-99	211 3/4	1-Jun-99	24:34.7	28-Jul-00	51:59.1													
30-Mar-99	209 1/4	6-Jun-99	24:58.7	6-Aug-00	50:46.9													
1-Apr-99	211	10-Jun-99	24:22.0	4-Sep-00	52:43.2													
2-Apr-99	210 3/4	14-Jun-99	25:38.8	18-Nov-00	52:18.8													
3-Apr-99	210 3/4	15-Jun-99	24:35.7	20-Nov-00	51:06.8													
4-Apr-99	211 1/2	26-Jun-99	25:14.3	11-Apr-01	54:19.2													
6-Apr-99	211	2-Jul-99	23:33.0	7-May-01	58:46.0 hot				hot									
7-Apr-99	211	24-Jul-99	26:26.3	6-Jun-01	52:20.7													
12-Apr-99	212 1/4	25-Jul-99	26:41.2	28-Jun-01	50:43.5													
13-Apr-99	210 3/4	4-Aug-99	23:30.7	11-Jul-01	50:02.3													
14-Apr-99	212 3/8	10-Aug-99	22:35.9	10-Aug-01	49:39.5													
15-Apr-99	213	29-Aug-99	27:14.0	10-Sep-01	48:40.4													
16-Apr-99	212	17-Oct-99	24:22.1	16-Sep-01	48:44.8													
17-Apr-99	212	17-Nov-99	24:42.6	29-Sep-01	49:42.0													
19-Apr-99	213	10-Dec-99	25:00.0	1-Oct-01	48:35.8													
20-Apr-99	211 3/4	12-Dec-99	24:13.1	3-Oct-01	47:21.5													
21-Apr-99	211 1/2	8-Feb-00	22:46.4	8-Oct-01	46:43.7													
22-Apr-99	211 3/4	10-Apr-00	25:56.6	10-Oct-01	47:44.8													
24-Apr-99	210 3/4	20-Apr-00	23:40.9	12-Oct-01	49:25.2													
25-Apr-99	213 3/4	23-Apr-00	23:31.3	23-Oct-01	48:27.1													
26-Apr-99	212 1/4	2-May-00	24:27.6	28-Oct-01	48:50.9													
27-Apr-99	212	10-Jul-00	23:57.0	4-Nov-01	47:40.8													
28-Apr-99	211	14-Jul-00	23:20.4	7-Nov-01	46:22.0													
30-Apr-99	210 1/4	13-Nov-00	24:25.2	15-Nov-01	47:21.2													
1-May-99	210 1/2	17-Nov-00	24:26.2	20-Nov-01	48:03.5													
3-May-99	211 1/4	8-Dec-00	25:29.2	28-Nov-01	46:20.3													
6-May-99	209 3/4	21-Dec-00	24:28.5	11-Dec-01	48:21.3													
7-May-99	210 1/4	23-Dec-00	24:34.7	12-Dec-01	47:41.4													
10-May-99	211 3/4	6-Jan-01	23:50.9	24-Dec-01	46:53.3													
16-May-99	210	4-Feb-01	25:41.3	6-Jan-02	45:38.0		1-Jan-03	45:00.0										
17-May-99	210 1/2	11-Mar-01	25:37.4	8-Jan-02	47:45.0		6-Jan-03	45:00.0										
21-May-99	210 3/4	23-Mar-01	25:02.2	9-Jan-02	46:43.4		7-Jan-03	45:00.0										
23-May-99	211	26-Mar-01	24:09.5	23-Jan-02	46:36.5		11-Jan-03	45:00.0										
26-May-99	211 1/4	6-May-01	24:09.1	27-Jan-02	46:15.7		13-Jan-03	45:00.0										
27-May-99	210 7/8	15-May-01	24:50.0	3-Feb-02	45:50.7		18-Jan-03	45:00.0										
31-May-99	210 1/4	20-May-01	26:24.8	7-Feb-02	48:19.7 rain		25-Jan-03	45:00.0										
7-Jun-99	213 3/4	9-Jun-01	23:29.1	8-Feb-02	46:40.4		27-Jan-03	45:00.0										
9-Jun-99	212 1/2	15-Jun-01	25:32.7	11-Feb-02	47:21.3		2-Feb-03	45:00.0										
10-Jun-99	212	8-Jul-01	24:12.2	20-Feb-02	47:17.8		8-Feb-03	45:00.0										
11-Jun-99	211 1/2	9-Jul-01	23:25.3	16-Mar-02	47:46.4		18-Feb-03	45:00.0										
12-Jun-99	212	13-Jul-01	23:38.1	19-Mar-02	47:07.6		21-Feb-03	45:00.0										
14-Jun-99	211 3/4	19-Jul-01	22:56.4	28-Mar-02	47:18.5		26-Feb-03	43:42.8 cool cloudy										
17-Jun-99	213 1/4	6-Aug-01	23:29.3	5-Apr-02	46:37.8		1-Mar-03	44:36.0 Juana run 8K										
22-Jun-99	214	13-Aug-01	22:49.6	8-Apr-02	47:22.5		4-Mar-03	45:00.0										
23-Jun-99	212 1/2	15-Aug-01	24:34.2	21-Apr-02	45:18.5		6-Mar-03	45:00.0										
24-Jun-99	212 1/2	7-Sep-01	23:45.8	4-May-02	48:53.0 post surgery		8-Mar-03	45:00.0										
25-Jun-99	211 3/4	8-Sep-01	22:47.4	8-May-02	47:17.9		11-Mar-03	45:00.0										
26-Jun-99	213 1/2	13-Sep-01	22:47.0	11-May-02	46:56.0		16-Mar-03	45:00.0										
27-Jun-99	213 1/8	17-Sep-01	23:11.9	12-May-02	45:47.4		31-Mar-03	45:00.0										
28-Jun-99	211 1/2	21-Sep-01	22:56.6	15-May-02	45:34.8		4-Apr-03	45:00.0										
29-Jun-99	212 1/4	25-Sep-01	22:48.6	17-May-02	47:28.1		6-Apr-03	45:00.0										
1-Jul-99	212 1/4	14-Oct-01	23:27.2	19-May-02	48:25.5 rain		11-Apr-03	45:00.0										
2-Jul-99	210 3/4	15-Oct-01	23:18.9	29-May-02	49:29.0 hot		28-Apr-03	45:00.0										
3-Jul-99	210	16-Oct-01	22:07.0	31-May-02	47:45.3		2-May-03	45:00.0										
5-Jul-99	211 1/2	19-Oct-01	22:29.2	5-Jun-02	46:56.6		6-May-03	45:00.0										
6-Jul-99	213 1/4	22-Oct-01	22:12.4	11-Jun-02	45:50.8		10-May-03	45:00.0										
7-Jul-99	212 1/4	25-Oct-01	22:04.0	13-Jun-02	43:25.6 cool		15-May-03	45:00.0										
8-Jul-99	211 1/4	30-Oct-01	21:35.1	17-Jun-02	46:30.3		18-May-03	45:00.0 bay to breakers										
							23-May-03	45:00.0										
10-Jul-99	212 1/2	5-Nov-01	21:42.9	19-Jun-02	45:49.4		29-May-03	45:00.0										
11-Jul-99	211 1/4	9-Nov-01	22:11.9	10-Jul-02	46:28.0		31-May-03	45:00.0										
21-Jul-99	208 3/4	13-Nov-01	21:41.9	11-Jul-02	45:36.1		2-Jun-03	45:00.0										
22-Jul-99	206 3/4	16-Nov-01	22:31.5	13-Jul-02	45:30.3													
23-Jul-99	208	19-Nov-01	22:31.0	16-Jul-02	43:03.2													
24-Jul-99	207 3/4	23-Nov-01	22:31.0	19-Jul-02	45:38.8		14-May-04	53:00.0										
26-Jul-99	208 1/2	25-Nov-01	23:04.0	21-Jul-02	44:59.7		17-May-04	53:00.0										
27-Jul-99	207 1/2	26-Nov-01	21:33.8	24-Jul-02	43:25.3		25-May-04	53:00.0										
28-Jul-99	207 1/4	1-Dec-01	23:28.4	31-Jul-02	44:39.5		26-May-04	51:39.5										
29-Jul-99	205 3/4	10-Dec-01	23:31.7	2-Aug-02	43:39.7		28-May-04	49:30.8										
30-Jul-99	206	12-Jan-02	23:09.1	5-Aug-02	42:19.9		30-May-04	30:00:00 3.5 mi run with David N in Sacramento										
31-Jul-99	206 1/2	15-Jan-02	22:10.9	8-Aug-02	43:48.0		1-Jun-04	48:34.5										
1-Aug-99	206 3/4	16-Jan-02	21:45.1	10-Aug-02	45:12.7 hot													
2-Aug-99	205 1/8	5-Feb-02	22:23.4	11-Aug-02	44:32.0													
4-Aug-99	205 3/4	15-Feb-02	22:23.4	16-Aug-02	43:19.6													
5-Aug-99	205 3/4	17-Feb-02	23:00.0	19-Aug-02	41:52.7 cool													
7-Aug-99	206 1/4	18-Feb-02	23:00.0	21-Aug-02	44:31.5													
8-Aug-99	206 3/4	21-Feb-02	21:31.4	23-Aug-02	44:13.7													
9-Aug-99	206 1/2	31-Mar-02	23:56.6	27-Aug-02	44:41.2													
10-Aug-99	205 3/4	3-Apr-02	21:35.2	28-Aug-02	43:34.7													
11-Aug-99	204 1/2	10-May-02	22:05.1	30-Aug-02	42:44.7													
14-Aug-99	207	25-May-02	22:05.0	1-Sep-02	46:01.6 hot													
15-Aug-99	206 3/4	15-Jun-02	23:00.0	3-Sep-02	43:42.2													
17-Aug-99	207	22-Jun-02	23:00.0	5-Sep-02	42:43.8													
18-Aug-99	205 1/4	26-Aug-02	23:00.0	7-Sep-02	43:46.1													
19-Aug-99	204 1/2	22-Mar-03	23:00.0	10-Sep-02	46:11.5 warm													
20-Aug-99	205 1/4	24-Mar-03	23:00.0	12-Sep-02	43:44.9													
21-Aug-99	206	26-Mar-03	23:00.0	15-Sep-02	45:39.9													
22-Aug-99	207 3/4			17-Sep-02	43:37.0													
23-Aug-99	207 3/8			20-Sep-02	44:40.3													
24-Aug-99	207 1/2			22-Sep-02	43:24.2													
25-Aug-99	207			24-Sep-02	43:33.9													
27-Aug-99	207 3/4			26-Sep-02	42:03.6 cool													
28-Aug-99	207 1/4			28-Sep-02	43:40.2													
30-Aug-99	206 1/2			30-Sep-02	43:21.9													
1-Sep-99	206 3/4			1-Oct-02	42:40.5													
2-Sep-99	207			3-Oct-02	43:14.2													
7-Sep-99	208 3/4			5-Oct-02	44:51.5													
9-Sep-99	209 1/4			7-Oct-02	43:44.3													
10-Sep-99	209 1/2			10-Oct-02	42:41.6													
11-Sep-99	208			11-Oct-02	44:21.8													
12-Sep-99	207 1/4			14-Oct-02	43:23.4													
13-Sep-99	206 1/2			19-Oct-02	43:46.7													
14-Sep-99	209 1/4			21-Oct-02	42:41.5													
15-Sep-99	208 1/2			23-Oct-02	41:39.7 cool													
16-Sep-99	207 3/4			29-Oct-02	44:29.5													
20-Sep-99	206 1/2			1-Nov-02	50:01.3 walk/run													
22-Sep-99	208			4-Nov-02	43:46.7													
24-Sep-99	206 1/4			7-Nov-02	44:29.2 wet/windy													
25-Sep-99	207 1/4			11-Nov-02	44:19.0													
26-Sep-99	207 3/4			14-Nov-02	43:38.1													
27-Sep-99	206 3/4			17-Nov-02	43:38.5													
28-Sep-99	205 3/4			23-Nov-02	44:50.3													
29-Sep-99	205 3/4			3-Dec-02	44:37.9													
30-Sep-99	204 3/4			9-Dec-02	45:00.0 wet													
1-Oct-99	203 1/2			13-Dec-02	45:00.0 rain													
2-Oct-99	204			14-Dec-02	30:00.0 downtown													
3-Oct-99	204			16-Dec-02	45:00.0													
4-Oct-99	202 3/4			20-Dec-02	45:00.0													
5-Oct-99	202 1/4			24-Dec-02	45:00.0													
6-Oct-99	202			31-Dec-02	45:00.0													
				1-Jan-03	45:00.0													

see next column for continuation