

Date	Day	Miles	Time	Mile Pace	
1	Thu	6.2	0:55:06	08:53.2	
2	Fri	Rest Day			← 2" of fresh snow/ice
3	Sat	3.1	0:26:31	08:33.2	← Light powder on layer of ice
4	Sun	Rest Day			
5	Mon	3.1	0:26:49	08:39.0	
6	Tue	3.1	0:26:57	08:41.6	
7	Wed	3.1	0:26:51	08:39.7	
8	Thu	Rest Day			← On call for flood relief duty
9	Fri	Rest Day			
10	Sat	3.1	0:26:52	08:40.0	
11	Sun	Rest Day			
12	Mon	3.1	0:26:50	08:39.4	
13	Tue	3.1	0:26:53	08:40.3	
14	Wed	3.1	0:25:47	08:19.0	
15	Thu	Rest Day			
16	Fri	3.1	0:26:10	08:26.5	
17	Sat	3.1	0:26:12	08:27.1	
18	Sun	Rest Day			
19	Mon	3.1	0:26:23	08:30.6	
20	Tue	3.1	0:26:20	08:29.7	← Trial date
21	Wed	3.1	0:26:01	08:23.5	
22	Thu	3.1	0:26:45	08:37.7	← Trial continued/completed
23	Fri	Rest Day			
24	Sat	Rest Day			
25	Sun	Rest Day			
26	Mon	3.1	0:26:20	08:29.7	← Brrr... 21 degrees
27	Tue	3.1	0:26:32	08:33.5	← Snow again!
28	Wed	Rest Day			
29	Thu	3.1	0:26:01	08:23.5	
30	Fri	3.1	0:27:02	08:43.2	
31	Sat	Rest Day			← Men's Breakfast
		<b>Total Miles</b>	<b>Total Time</b>	<b>Avg Pace</b>	
		<b>62</b>	<b>8:52:22</b>	<b>08:34.2</b>	

Date	Day	Miles	Time	Mile Pace	
1	Sun	Rest Day			← Super Bowl Game
2	Mon	3.1	0:26:33	08:33.9	
3	Tue	3.1	0:26:25	08:31.3	
4	Wed	3.1	0:26:41	08:36.5	
5	Thu	Rest Day			
6	Fri	6.2	0:56:13	09:04.0	
7	Sat	Rest Day			← Drill Weekend
8	Sun	Rest Day			← Drill Weekend
9	Mon	3.1	0:26:31	08:33.2	
10	Tue	3.1	0:26:42	08:36.8	
11	Wed	Rest Day			
12	Thu	3.1	0:26:54	08:40.6	
13	Fri	3.1	0:27:26	08:51.0	
14	Sat	Rest Day			← Visit Ben
15	Sun	Rest Day			
16	Mon	3.1	0:25:51	08:20.3	
17	Tue	3.1	0:27:00	08:42.6	
18	Wed	3.1	0:27:07	08:44.8	← Dogs! 3x...
19	Thu	3.1	0:26:30	08:32.9	
20	Fri	Rest Day			← Oregon Trip
21	Sat	6.2	0:55:23	08:56.0	
22	Sun	Rest Day			
23	Mon	3.1	0:27:37	08:54.5	
24	Tue	3.1	0:27:15	08:47.4	← Final Hearing
25	Wed	3.1	0:27:07	08:44.8	
26	Thu	Rest Day			← Snow! :)
27	Fri	3.1			← Timer Malfunction...
28	Sat	6.2	0:57:35	09:17.3	← Men's Breakfast
		<b>Total Miles</b>	<b>Total Time</b>	<b>Avg Pace</b>	
		<b>65.1</b>	<b>9:04:50</b>	<b>08:44.0</b>	

Date	Day	Miles	Time	Mile Pace	
1	Sun	Rest Day			← Visit Philadelphia :)
2	Mon	Rest Day			
3	Tue	3.1	0:27:11	08:46.1	
4	Wed	Rest Day			
5	Thu	Rest Day			
6	Fri	3.1	0:26:22	08:30.3	
7	Sat	Rest Day			
8	Sun	Rest Day			
9	Mon	3.1	0:26:29	08:32.6	← Snow
10	Tue	Rest Day			
11	Wed	3.1	0:26:05	08:24.8	
12	Thu	3.1	0:26:59	08:42.3	
13	Fri	Rest Day			
14	Sat	Rest Day			← Oregon
15	Sun	Rest Day			← Snow
16	Mon	3.1	0:26:56	08:41.3	
17	Tue	3.1	0:26:39	08:35.8	
18	Wed	Sick			
19	Thu	Sick			
20	Fri	Sick			
21	Sat	Sick			
22	Sun	Sick			
23	Mon	Sick			
24	Tue	Sick			
25	Wed	Sick			
26	Thu	3.1			← Timer malfunction
27	Fri	Rest Day			← Oregon
28	Sat	Rest Day			← Oregon
29	Sun	Rest Day			← Oregon
30	Mon	3.1	0:26:47	08:38.4	
31	Tue	Rest Day			
		<b>Total Miles</b>	<b>Total Time</b>	<b>Avg Pace</b>	
		<b>27.9</b>	<b>3:33:28</b>	<b>08:36.5</b>	

Date	Day	Miles	Time	Mile Pace	
1	Wed	Rest Day			
2	Thu	3.1	0:26:55	08:41.0	
3	Fri	3.1	0:26:54	08:40.6	
4	Sat	Rest Day			
5	Sun	Rest Day			
6	Mon	3.1	0:26:54	08:40.6	
7	Tue	2.1	0:17:57	08:32.9	
8	Wed	3.1			
9	Thu	3.1	0:26:46	08:38.1	
10	Fri	Rest Day			
11	Sat	Rest Day			
12	Sun	Rest Day			← Easter
13	Mon	Rest Day			
14	Tue	2.1	0:17:49	08:29.0	
15	Wed	3.1	0:26:10	08:26.5	
16	Thu	3.1	0:26:45	08:37.7	
17	Fri	Sick			
18	Sat	Sick			
19	Sun	Sick			
20	Mon	Sick			
21	Tue	3.1	0:26:37	08:35.2	
22	Wed	3.1			
23	Thu	3.1			
24	Fri	Rest Day			
25	Sat	2	0:15:15	07:37.5	← Army PT Test
26	Sun	Rest Day			
27	Mon	Rest Day			
28	Tue	2.1	0:17:43	08:26.2	
29	Wed	3.1	0:26:23	08:30.6	
30	Thu	Rest Day			
		<b>Total Miles</b>	<b>Total Time</b>	<b>Avg Pace</b>	
		<b>42.4</b>	<b>4:42:08</b>	<b>08:29.7</b>	

Date	Day	Miles	Time	Mile Pace	
1	Fri	3.1	0:26:04	08:24.5	
2	Sat	Rest Day			
3	Sun	Rest Day			
4	Mon	Rest Day			
5	Tue	3.1	0:26:40	08:36.1	
6	Wed	Rest Day			
7	Thu	Rest Day			
8	Fri	Rest Day			
9	Sat	Rest Day			← Moscow, ID visit
10	Sun	Rest Day			← Moscow, ID visit
11	Mon	Rest Day			
12	Tue	Rest Day			
13	Wed	Rest Day			
14	Thu	Rest Day			
15	Fri	Rest Day			← WOPD Symposium
16	Sat	Rest Day			← WOPD Symposium
17	Sun	Rest Day			← WOPD Symposium
18	Mon	Rest Day			
19	Tue	Rest Day			
20	Wed	3.1	0:26:49	08:39.0	
21	Thu	3.1	0:27:23	08:50.0	
22	Fri	Rest Day			
23	Sat	Rest Day			
24	Sun	Rest Day			
25	Mon	Rest Day			←-- Memorial Day/Visit Ben
26	Tue	Rest Day			
27	Wed	3.1	0:26:38	08:35.5	
28	Thu	Rest Day			
29	Fri	3.1	0:26:32	08:33.5	
30	Sat	3.1	0:27:23	08:50.0	
31	Sun	Rest Day			
		<b>Total Miles</b>	<b>Total Time</b>	<b>Avg Pace</b>	
		<b>21.7</b>	<b>3:07:29</b>	<b>08:38.4</b>	

Date	Day	Miles	Time	Mile Pace
1	Mon	Rest Day		
2	Tue	3.1	0:27:31	08:52.6
3	Wed	3.1	0:26:56	08:41.3
4	Thu	Rest Day		
5	Fri	3.1	0:26:48	08:38.7
6	Sat	3.1	0:26:45	08:37.7
7	Sun	Rest Day		
8	Mon	Rest Day		
9	Tue	3.1	0:26:26	08:31.6
10	Wed	Rest Day		
11	Thu	Rest Day		
12	Fri	Rest Day		
13	Sat	Rest Day		
14	Sun	Rest Day		
15	Mon	Rest Day		
16	Tue	3.1	0:26:55	08:41.0
17	Wed	Rest Day		
18	Thu	3.1	0:27:42	08:56.1
19	Fri	Rest Day		
20	Sat	Rest Day		
21	Sun	Rest Day		
22	Mon	3.1	0:26:47	08:38.4
23	Tue	3.1	0:27:03	08:43.5
24	Wed	3.1	0:27:17	08:48.1
25	Thu	Rest Day		
26	Fri	Rest Day		
27	Sat	Rest Day		
28	Sun	Rest Day		
29	Mon	2.1	0:18:14	08:41.0
30	Tue	Rest Day		

← New shoes...

← Allergy attack

← Mt. Rainier / Father's Day

**Total Miles**  
33.1

**Total Time**  
4:48:24

**Avg Pace**  
08:42.7

Date	Day	Miles	Time	Mile Pace
1	Wed	Rest Day		
2	Thu	Rest Day		
3	Fri	Rest Day		
4	Sat	Rest Day		
5	Sun	Rest Day		
6	Mon	2.1	0:18:26	08:46.7
7	Tue	Rest Day		
8	Wed	3.1	0:26:56	08:41.3
9	Thu	3.1	0:26:57	08:41.6
10	Fri	Rest Day		
11	Sat	6.2	0:55:46	08:59.7
12	Sun	Rest Day		
13	Mon	3.1	0:27:00	08:42.6
14	Tue	3.1	0:27:29	08:51.9
15	Wed	Rest Day		
16	Thu	3.1	0:26:54	08:40.6
17	Fri	3.1	0:26:52	08:40.0
18	Sat	6.2	0:56:58	09:11.3
19	Sun	Rest Day		
20	Mon	Rest Day		
21	Tue	3.1	0:27:04	08:43.9
22	Wed	Rest Day		
23	Thu	Rest Day		
24	Fri	Rest Day		
25	Sat	Rest Day		
26	Sun	Rest Day		
27	Mon	Rest Day		
28	Tue	Rest Day		
29	Wed	Rest Day		
30	Thu	Rest Day		
31	Fri	Rest Day		

Quarterly Picnic  
Sandy, OR Trip

← Family Reunion

**Total Miles**    **Total Time**    **Avg Pace**  
**36.2**            **5:20:22**        **08:48.0**

Date	Day	Miles	Time	Mile Pace
1	Sat	Rest Day		
2	Sun	Rest Day		
3	Mon	Rest Day		
4	Tue	Rest Day		
5	Wed	Rest Day		
6	Thu	Rest Day		
7	Fri	3.1	0:25:36	08:15.5
8	Sat	Rest Day		
9	Sun	Rest Day		
10	Mon	Rest Day		
11	Tue	Rest Day		
12	Wed	Rest Day		
13	Thu	Rest Day		
14	Fri	Rest Day		
15	Sat	Rest Day		
16	Sun	Rest Day		
17	Mon	Rest Day		
18	Tue	Rest Day		
19	Wed	Rest Day		
20	Thu	Rest Day		
21	Fri	2.1	0:18:40	08:53.3
22	Sat	3.1	0:27:41	08:55.8
23	Sun	Rest Day		
24	Mon	Rest Day		
25	Tue	Rest Day		
26	Wed	Rest Day		
27	Thu	Rest Day		
28	Fri	Rest Day		
29	Sat	Rest Day		
30	Sun	Rest Day		
31	Mon	2.1	0:19:30	09:17.1

← Wedding Day :-)

← Wedding Reception

**Total Miles**  
**10.4**

**Total Time**  
**1:31:27**

**Avg Pace**  
**08:50.4**

Date	Day	Miles	Time	Mile Pace	
1	Tue	3.1	0:27:49	08:58.4	
2	Wed	Rest Day			← First Day of School
3	Thu	Rest Day			← Toby's B-Day
4	Fri	3.1	0:27:08	08:45.2	
5	Sat	3.1	0:27:55	09:00.3	
6	Sun	Rest Day			← Todd's B-Day
7	Mon	Rest Day			
8	Tue	3.1	0:27:17	08:48.1	
9	Wed	Rest Day			
10	Thu	Rest Day			← Christine, Dave's B-Day
11	Fri	Rest Day			
12	Sat	6.2	0:58:10	09:22.9	
13	Sun	Rest Day			← Israel's B-Day
14	Mon	3.1	0:28:05	09:03.5	
15	Tue	2.1	0:18:40	08:53.3	
16	Wed	Rest Day			
17	Thu	2.1	0:18:41	08:53.8	
18	Fri	Rest Day			
19	Sat	Rest Day			
20	Sun	Rest Day			
21	Mon	3.1	0:27:41	08:55.8	
22	Tue	Rest Day			
23	Wed	2.1	0:18:26	08:46.7	
24	Thu	Rest Day			← Ben's B-Day
25	Fri	3.1	0:27:28	08:51.6	
26	Sat	Rest Day			
27	Sun	Rest Day			
28	Mon	2.1	0:18:48	08:57.1	
29	Tue	3.1	0:27:04	08:43.9	
30	Wed	Rest Day			
		<b>Total Miles</b>	<b>Total Time</b>	<b>Avg Pace</b>	
		<b>39.4</b>	<b>5:53:12</b>	<b>08:55.4</b>	

Date	Day	Miles	Time	Mile Pace	
1	Thu	2.1	0:17:55	08:31.9	
2	Fri				
3	Sat	Rest Day			
4	Sun	Rest Day			
5	Mon	Rest Day			
6	Tue	3.1	0:27:27	08:51.3	
7	Wed	Rest Day			
8	Thu	3.1	0:26:59	08:42.3	
9	Fri	Rest Day			
10	Sat	Rest Day			
11	Sun	3.1	0:27:38	08:54.8	
12	Mon	Rest Day			
13	Tue	3.1	0:27:49	08:58.4	
14	Wed	Rest Day			
15	Thu	3.1			
16	Fri	Rest Day			
17	Sat	2	0:14:40	07:20.0	← Army PT Test
18	Sun	Rest Day			
19	Mon	3.1	0:27:08	08:45.2	
20	Tue	Rest Day			
21	Wed	2.1	0:17:49	08:29.0	
22	Thu	3.1	0:27:47	08:57.7	
23	Fri				
24	Sat				
25	Sun				
26	Mon	3.1	0:27:31	08:52.6	
27	Tue				
28	Wed	3.1	0:27:32	08:52.9	← Ed's B-Day
29	Thu				
30	Fri				
31	Sat				
		<b>Total Miles</b>	<b>Total Time</b>	<b>Avg Pace</b>	
		<b>34.1</b>	<b>4:30:15</b>	<b>08:39.6</b>	

Date	Day	Miles	Time	Mile Pace
1	Sun	Rest Day		
2	Mon	3.1	0:27:15	08:47.4
3	Tue	Rest Day		
4	Wed	Rest Day		
5	Thu	Rest Day		
6	Fri	Rest Day		
7	Sat	Rest Day		
8	Sun	Rest Day		
9	Mon	Rest Day		
10	Tue	Rest Day		
11	Wed	3.1	0:27:19	08:48.7
12	Thu	Rest Day		
13	Fri	Rest Day		
14	Sat	Rest Day		
15	Sun	Rest Day		
16	Mon	Rest Day		
17	Tue	2.1	0:18:31	08:49.0
18	Wed	Rest Day		
19	Thu	3.1	0:27:17	08:48.1
20	Fri	Rest Day		
21	Sat	Rest Day		
22	Sun	Rest Day		
23	Mon	Rest Day		
24	Tue	2.1	0:18:41	08:53.8
25	Wed	3.1	0:28:14	09:06.5
26	Thu	Rest Day		
27	Fri	Rest Day		
28	Sat	Rest Day		
29	Sun	3.1	0:27:33	08:53.2
30	Mon	Rest Day		

← Thanksgiving Day

**Total Miles**  
19.7

**Total Time**  
2:54:50

**Avg Pace**  
08:52.4

Date	Day	Miles	Time	Mile Pace
1	Tue	2.1	0:18:37	08:51.9
2	Wed	Rest Day		
3	Thu	Rest Day		
4	Fri	3.1	0:28:07	09:04.2
5	Sat	Rest Day		
6	Sun	Rest Day		
7	Mon	Rest Day		
8	Tue	Rest Day		
9	Wed	3.1	0:28:17	09:07.4
10	Thu	Rest Day		
11	Fri	Rest Day		
12	Sat	Rest Day		
13	Sun	Rest Day		
14	Mon	Rest Day		
15	Tue	3.1	0:27:54	09:00.0
16	Wed	Rest Day		
17	Thu	3.1	0:28:22	09:09.0
18	Fri	Rest Day		
19	Sat	2.1	0:18:06	08:37.1
20	Sun	Rest Day		
21	Mon	Rest Day		
22	Tue	Rest Day		
23	Wed	Rest Day		
24	Thu	Rest Day		
25	Fri	Rest Day		
26	Sat	2.1	0:19:21	09:12.9
27	Sun	Rest Day		
28	Mon	3.1	0:28:37	09:13.9
29	Tue	Rest Day		
30	Wed	3.1	0:27:32	08:52.9
31	Thu	Rest Day		

← Israel arrived

← Sick

**Total Miles**  
24.9

**Total Time**  
3:44:53

**Avg Pace**  
09:01.0