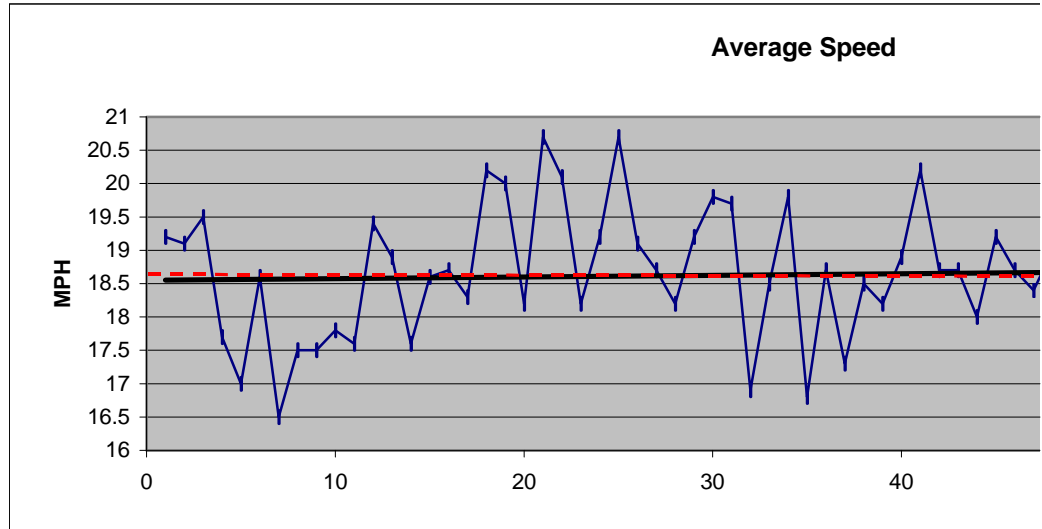


	Date	Average	Total Mins	Measured Ride Time	MAX		Miles	Difference
1	8-Jul	19.2	42.5			? miles ?	12.6	
2	13-Jul	19.1	41.5			? miles ?	12.6	
3	10-Aug	19.5	39.75		35.5		12.6	
4	11-Aug	17.7	45(?)	42.59	34.5		12.68	
5	12-Aug	17	47.4	44.32	33		12.64	
6	13-Aug	18.6	42.23	40.41	34.5	376.1	12.66	25.5
7	17-Aug	16.5	50	46.08	35.5	401.6	12.71	25.3
8	18-Aug	17.5	44.07	43	33.5	426.9	12.59	25.4
9	19-Aug	17.5	45.2	42.55	35	452.3	12.52	25.2
10	20-Aug	17.8	41.29	42.55	37	477.5	12.3	32
11	24-Aug	17.6	44.05	41.41	33	509.5	12.26	25.4
12	25-Aug	19.4	41.36	38.54	35	534.9	12.56	25.6
13	26-Aug	18.9	43.54	39.56	32	560.5	12.59	25.3
14	27-Aug	17.6	45.53	42.55	36	585.8	12.61	25.4
15	28-Aug	18.6	42.37	40.28	37	611.2	12.52	25.4
16	31-Aug	?	?	?	?	636.6	?	20.7
17	1-Sep	18.3	43.26	42.08	34	657.3	12.83	26.1
18	2-Sep	20.2	41.1	35.53	39	683.4	12.09	25.3
19	3-Sep	20	39.54	37.41	39	708.7	12.53	25.4
20	8-Sep	18.2	41.24	43.27	36.5	734.1	12.58	25.3
21	9-Sep	20.7	38.45	36.12	39	759.4	12.51	25.3
22	11-Sep	20.1	40.24	37.23	38	784.7	12.52	47.8
23	14-Sep	18.2 ?		41.25	34.5	832.5	12.56	25.9
24	21-Sep	19.2	40.51	39.19	37	858.4	12.57	28.7
25	23-Sep	20.7	38.44	36.48	37	887.1	12.64	33.2
26	24-Sep	19.1	42.18	39.25	34	920.3	12.57	
27	25-Sep ?	?	?	?	?		9+ ?	
28	28-Sep	18.2	43.36	41.59	33	969.8	12.61	49.5
29	29-Sep	19.2	42.11	39.22	39.5	995.8	12.58	26
30	30-Sep	19.8	39.43	38.06	34	1021.9	12.57	26.1
31	1-Oct	19.7	42.09	38.23	35	1056	12.59	34.1
32	2-Oct	16.9	47.06	45.21	29.7	1083.1	12.62	27.1
33	6-Oct	18.5	44.18	40.58	34	1109.1	12.61	26
34	7-Oct	19.8	41.04	38.06	38	1135.1	12.56	26
35	12-Oct	16.8	45.49	44.58	32	1160.9	12.56	25.8
36	13-Oct					1179.4	6.5	18.5
37	15-Oct	17.3	50.2	43.5	33.5	1205.3	12.63	25.9
38	16-Oct	18.5	44.42	39.45	35.5	1230.9	12.24	25.6
39	19-Oct	18.2	45.01	42.12	37	1257.1	12.82	26.2
40	20-Oct	18.9	40.44	39.58	36.5	1283	12.57	25.9
41	21-Oct	20.2	40.45	37.05	36	1309	12.47	26
42	22-Oct	?	?	?	?	1326.4	4.4	17.4
43	23-Oct	?	?	?	?	1352.4	12.5	26
44	26-Oct	18	42	41.17	39.5	1378.4	12.42	26
45	27-Oct	19.2	41.05	39.07	37	1404.4	12.51	26
46	2-Nov	?	?	?	?	1423.4	6.5	19
47	3-Nov	18.4	41.41	40.05	34	1449.4	12.28	26
48	6-Nov	19	41.21	39.04	34.5	1474.9	12.36	25.5
49	16-Nov	17.6	44.37	42.21	35	1500.8	12.46	25.9

50 17-Nov 17.1 49.32 45.19 35.5 1527.7 12.95 26.9

Weeks 10 Total Weeks 15 Miles/Week 78.473 Mi/Day



Calculated Riding Time

	39.38	19.2
	39.58	19.1
	38.77	19.5
	42.98	17.7
	44.61	17
	40.84	18.6
	46.22	16.5
	43.17	17.5
	42.93	17.5
	41.46	17.8
	41.80	17.6
	38.85	19.4
	39.97	18.9
	42.99	17.6
	40.39	18.6
?	cyclometer messed up	18.7
	42.07	18.3
	35.91	20.2
	37.59 <small>really19.9mph. Changed@stop</small>	20
	41.47	18.2
	36.26	20.7
	37.37	20.1
	41.41	18.2
	39.28	19.2
	36.64	20.7
	39.49 light rain	19.1
	rain & flat	18.7 rollerbladed 12 miles
	41.57 new tire	18.2
	39.31 17.4mph on way home	19.2
	38.09	19.8
	38.35 flat on way home	19.7
	44.80 raining	16.9
	40.90 bike dirty (rough ride)	18.5 rafting
	38.06	19.8
	44.86 raining, very wet	16.8 climbed Mt. Adams on the 10th
	falt tire, raining (about	18.7
	43.80 rain & dirty	17.3
	39.70	18.5
	42.26 cold	18.2
	39.90	18.9
	37.04	20.2
	flat (rear)	18.7
	2 flats (both)	18.7
	41.40 flat (front)	18
	39.09	19.2
?	flat (rear) rain	18.7
	40.04 dirty rain	18.4
	39.03 cold	19
	42.48 slow leak ti cold	17.6

45.44 cold

17.1

30.55 **AVERAGE SPEED** **18.614**

