

RUNNING LOG

SHUT UP &
RUN!



JANUARY

DAY	TYPE	NAME	DAY	TIME
1	Run	WIDE DEMONSTRATION		1:50:00
2	Run	WIDE RICE 10 OFF		1:51:00
3	Run	WIDE RICE 10 OFF		2:50:00
4	Run	WIDE RICE 10 OFF		2:51:00
5	Run	WIDE RICE 10 OFF		2:52:00
6	Run	WIDE RICE 10 OFF		2:53:00
7	Run	WIDE RICE 10 OFF		2:54:00
8	Run	WIDE RICE 10 OFF		2:55:00
9	Run	WIDE RICE 10 OFF		2:56:00
10	Run	WIDE RICE 10 OFF		2:57:00
11	Run	WIDE RICE 10 OFF		2:58:00
12	Run	WIDE RICE 10 OFF		2:59:00
13	Run	WIDE RICE 10 OFF		3:00:00
14	Run	WIDE RICE 10 OFF		3:01:00
15	Run	WIDE RICE 10 OFF		3:02:00
16	Run	WIDE RICE 10 OFF		3:03:00
17	Run	WIDE RICE 10 OFF		3:04:00
18	Run	WIDE RICE 10 OFF		3:05:00
19	Run	WIDE RICE 10 OFF		3:06:00
20	Run	WIDE RICE 10 OFF		3:07:00
21	Run	WIDE RICE 10 OFF		3:08:00
22	Run	WIDE RICE 10 OFF		3:09:00
23	Run	WIDE RICE 10 OFF		3:10:00
24	Run	WIDE RICE 10 OFF		3:11:00
25	Run	WIDE RICE 10 OFF		3:12:00
26	Run	WIDE RICE 10 OFF		3:13:00
27	Run	WIDE RICE 10 OFF		3:14:00
28	Run	WIDE RICE 10 OFF		3:15:00
29	Run	WIDE RICE 10 OFF		3:16:00
30	Run	WIDE RICE 10 OFF		3:17:00
31	Run	WIDE RICE 10 OFF		3:18:00

KEY: ■ FL BODYWEIGHT ■ Run FL/NEC