

Jamis Comet Log

<i>Date</i>	<i>Miles</i>	<i>Hours</i>	<i>MPH</i>	<i>Description</i>
11-Aug-10	10.9	0:39:21	16.6	Beaver Dam Road in Lewes, DE
13-Aug-10	12.4	0:42:36	17.5	Beaver Dam Road in Lewes, DE
16-Aug-10	13.8	0:49:30	16.7	Beaver Dam Road in Lewes, DE
19-Aug-10	10.2	0:36:35	16.8	Beaver Dam Road in Lewes, DE
21-Aug-10	10.0	0:31:00	19.2	Wildwood Duathlon
23-Aug-10	20.4	1:14:45	16.4	Beaver Dam Road in Lewes, DE
25-Aug-10	20.0	1:11:44	16.8	Beaver Dam Road in Lewes, DE
30-Aug-10	40.2	2:34:39	15.6	Beaver Dam Road in Lewes, DE
1-Sep-10	40.1	2:38:08	15.2	Beaver Dam Road in Lewes, DE
6-Sep-10	50.0	3:11:11	15.7	Beaver Dam Road in Lewes, DE
8-Sep-10	30.0			Beaver Dam Road in Lewes, DE
13-Sep-10	20.0	1:15:58	15.8	Beaver Dam Road in Lewes, DE
13-Sep-10	20.0	1:15:07	16.0	Beaver Dam Road in Lewes, DE
13-Sep-10	20.0	1:13:13	16.5	Beaver Dam Road in Lewes, DE
15-Sep-10	20.0	1:08:28	17.6	Beaver Dam Road in Lewes, DE
20-Sep-10	20.0	1:21:00	15.0	Beaver Dam Road in Lewes, DE
20-Sep-10	20.0	1:13:25	16.4	Beaver Dam Road in Lewes, DE
22-Sep-10	40.0	2:22:48	16.8	Beaver Dam Road in Lewes, DE
26-Sep-10	21.6	1:39:30	13.1	Beaver Dam Road in Lewes, DE
26-Sep-10	21.1	1:21:18	15.5	Beaver Dam Road in Lewes, DE
3-Oct-10	58.0	3:14:27	17.9	Bassman Duathlon
7-Oct-10	10.3	0:33:32	18.3	Beaver Dam Road in Lewes, DE
10-Oct-10	14.0	0:42:40	19.7	Cape Henlopen Duathlon
12-Oct-10	20.2	1:10:46	17.1	Beaver Dam Road in Lewes, DE
12-Oct-10	10.0	0:32:48	18.3	Beaver Dam Road in Lewes, DE
16-Oct-10	37.4	2:40:25	14.0	Hilly roads outside Chapel Hill
2-Nov-10	23.0	1:17:29	17.8	Naples airport laps
5-Nov-10	13.2	0:49:21	16.0	Naples airport laps
11-Nov-10	13.1	0:49:29	15.9	Naples airport laps
14-Nov-10	19.5	1:09:26	16.9	Naples airport laps
14-Nov-10	20.0	1:13:04	16.4	Naples airport laps
16-Nov-10	20.0	1:14:02	16.2	Naples airport laps
16-Nov-10	20.0	1:15:26	15.9	Naples airport laps
2-Dec-10	10.1	0:39:23	15.4	Naples airport laps
5-Dec-10	20.4	1:13:08	16.7	Naples airport laps
5-Dec-10	20.2	1:10:18	17.3	Naples airport laps
8-Dec-10	3.0	0:13:33	13.6	Naples airport laps
8-Dec-10	19.9	1:18:12	15.3	Naples airport laps
8-Dec-10	20.2	1:12:29	16.7	Naples airport laps

Total 833.2

Comments

First ride

22.8 mph in mile 11
Duathlon training
First bike race on Comet

66 degrees
First long ride in a long while
Leaden legged
Last 4 miles averaged about 20 mph, chasing 2 guys who had passed
Windy, no GPS
3 segmented 20 milers today;
fell off bike with shoes jammed between pedal and road
shoeless mount/dismount not for me
Tapering for PDR, but some good splits

Fell off bike at end of ride, forgot to turn off watch for a while

5K run, 58 mile bike, 13.1 mile run - 6:16
Windy, last half over 20 mph
1.5 M run, 14 M bike, 5K run - 1:26
Beautiful day, slight wind
Windy, last half over 20 mph
Fell off bike at traffic light; Katie and Tom along on ride
Hot day; good to be back on the bike
Cool and very windy
Cool and breezy
Sunny, warm, and breezy
Sunny, warm, and breezy
Sunny, warm, and breezy
Sunny, warm, and breezy
Just an easy ride to get back in the saddle
Sunny, chilly, windy
Sunny, chilly, windy
Cold, windy, intolerable
Sunny, chilly, windy
Sunny, warmer, windy