

Jamis Comet Log

<i>Date</i>	<i>Miles</i>	<i>Hours</i>	<i>MPH</i>	<i>Description</i>	<i>Comments</i>
11-Aug-10	10.9	0:39:21	16.6	Beaver Dam Road in Lewes, DE	First ride
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	22.8 mph in mile 11
19-Aug-10	10.2	0:36:35	16.8	Beaver Dam Road in Lewes, DE	Duathlon training
21-Aug-10	10.0	0:31:00	19.2	Wildwood Duathlon	First bike race on Comet
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	66 degrees
30-Aug-10	40.2	2:34:39	15.6	Beaver Dam Road in Lewes, DE	First long ride in a long while
1-Sep-10	40.1	2:38:08	15.2	Beaver Dam Road in Lewes, DE	Leaden legged
6-Sep-10	50.0	3:11:11	15.7	Beaver Dam Road in Lewes, DE	Last 4 miles averaged about 20 mph, chasing 2 guys who had passed
8-Sep-10	30.0			Beaver Dam Road in Lewes, DE	Windy, no GPS
13-Sep-10	20.0	1:15:58	15.8	Beaver Dam Road in Lewes, DE	3 segmented 20 milers today;
13-Sep-10	20.0	1:15:07	16.0	Beaver Dam Road in Lewes, DE	fell off bike with shoes jammed between pedal and road
13-Sep-10	20.0	1:13:13	16.5	Beaver Dam Road in Lewes, DE	shoeless mount/dismount not for me
15-Sep-10	20.0	1:08:28	17.6	Beaver Dam Road in Lewes, DE	Tapering for PDR, but some good splits
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	Fell off bike at end of ride, forgot to turn off watch for a while
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	5K run, 58 mile bike, 13.1 mile run - 6:16
7-Oct-10	10.3	0:33:32	18.3	Beaver Dam Road in Lewes, DE	Windy, last half over 20 mph
10-Oct-10	14.0	0:42:40	19.7	Cape Henlopen Duathlon	1.5 M run, 14 M bike, 5K run - 1:26
12-Oct-10	20.2	1:10:46	17.1	Beaver Dam Road in Lewes, DE	Beautiful day, slight wind
12-Oct-10	10.0	0:32:48	18.3	Beaver Dam Road in Lewes, DE	Windy, last half over 20 mph
16-Oct-10	37.4	2:40:25	14.0	Hilly roads outside Chapel Hill	Fell off bike at traffic light; Katie and Tom along on ride
2-Nov-10	23.0	1:17:29	17.8	Naples airport laps	Hot day; good to be back on the bike
5-Nov-10	13.2	0:49:21	16.0	Naples airport laps	Cool and very windy
11-Nov-10	13.1	0:49:29	15.9	Naples airport laps	Cool and breezy
14-Nov-10	19.5	1:09:26	16.9	Naples airport laps	Sunny, warm, and breezy
14-Nov-10	20.0	1:13:04	16.4	Naples airport laps	Sunny, warm, and breezy
16-Nov-10	20.0	1:14:02	16.2	Naples airport laps	Sunny, warm, and breezy
16-Nov-10	20.0	1:15:26	15.9	Naples airport laps	Sunny, warm, and breezy

2-Dec-10	10.1	0:39:23	15.4 Naples airport laps	Just an easy ride to get back in the saddle
5-Dec-10	20.4	1:13:08	16.7 Naples airport laps	Sunny, chilly, windy
5-Dec-10	20.2	1:10:18	17.3 Naples airport laps	Sunny, chilly, windy
8-Dec-10	3.0	0:13:33	13.6 Naples airport laps	Cold, windy, intolerable
8-Dec-10	19.9	1:18:12	15.3 Naples airport laps	Sunny, chilly, windy
8-Dec-10	20.2	1:12:29	16.7 Naples airport laps	Sunny, warmer, windy
11-Dec-10	20.1	1:17:42	15.5 Naples airport laps	Sunny, chilly becoming warm, slight breeze; took it easy
11-Dec-10	20.1	1:17:16	15.5 Naples airport laps	Sunny, cool, very windy from NW
17-Dec-10	60.0		Naples airport laps	Sunny, warm, pleasant, SE wind; pit stop and lunch break no GPS
13-Jan-11	20.0	1:18:15	15.4 Naples airport laps	Sunny, chilly and windy; recovering from Goofy Challenge
16-Jan-11	20.0		Naples airport laps	Beautiful morning, forgot to turn on GPS
16-Jan-11	20.0	1:13:43	16.3 Naples airport laps	Beautiful morning; legs felt good
19-Jan-11	20.0	1:09:27	17.3 Naples airport laps	Warm, humid, pesky west wind; part of 2 mile run - bike - 5K run
Total	1,013.4			