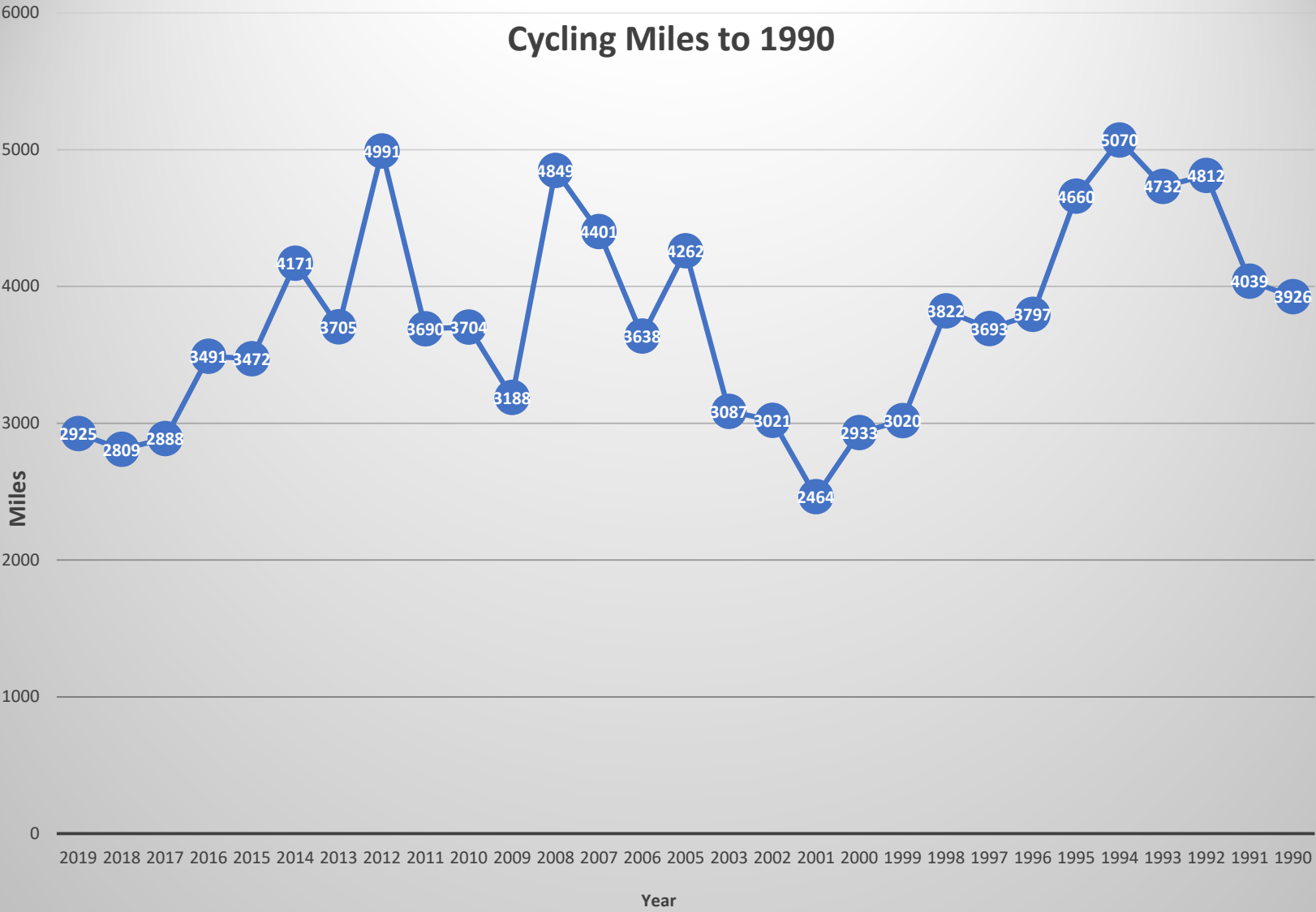


# Cycling Miles to 1990



| <b>Year</b> | <b>Miles</b> |
|-------------|--------------|
| 2019        | 2925         |
| 2018        | 2809         |
| 2017        | 2888         |
| 2016        | 3491         |
| 2015        | 3472         |
| 2014        | 4171         |
| 2013        | 3705         |
| 2012        | 4991         |
| 2011        | 3690         |
| 2010        | 3704         |
| 2009        | 3188         |
| 2008        | 4849         |
| 2007        | 4401         |
| 2006        | 3638         |
| 2005        | 4262         |
| 2003        | 3087         |
| 2002        | 3021         |
| 2001        | 2464         |
| 2000        | 2933         |
| 1999        | 3020         |
| 1998        | 3822         |
| 1997        | 3693         |
| 1996        | 3797         |
| 1995        | 4660         |
| 1994        | 5070         |
| 1993        | 4732         |
| 1992        | 4812         |
| 1991        | 4039         |
| 1990        | 3926         |
|             | 109253.5     |

Monthly and Annual Summary

| Month             | Mileage | Yearly Total   |
|-------------------|---------|----------------|
| November          | 55.5    |                |
| October           | 323.9   |                |
| September         | 413.6   |                |
| August            | 373.2   |                |
| July              | 446.2   |                |
| June              | 329.3   |                |
| May               | 157.2   |                |
| April             | 289.1   |                |
| March             | 94      |                |
| February          | 344     |                |
| January           | 98.8    |                |
| <b>2019 Total</b> |         | <b>2924.80</b> |
| December          | 20.9    |                |
| November          | 19.5    |                |
| October           | 237     |                |
| September         | 401.3   |                |
| August            | 422.2   |                |
| July              | 474.7   |                |
| July              | 370.8   |                |
| May               | 430.3   |                |
| April             | 142     |                |
| March             | 20.6    |                |
| February          | 229.3   |                |
| January           | 40.4    |                |
| <b>2018 Total</b> |         | <b>2809.00</b> |
| September         | 255.1   |                |
| August            | 509.5   |                |
| July              | 495.2   |                |
| June              | 455     |                |
| May               | 321.9   |                |
| April             | 289.4   |                |
| March             | 48.4    |                |
| February          | 219.3   |                |
| January           | 294.2   |                |

Monthly and Annual Summary

**2017 Total** **2888.00**

|           |       |
|-----------|-------|
| November  | 93.3  |
| October   | 286.7 |
| September | 494.1 |
| August    | 395.9 |
| July      | 606.6 |
| June      | 333.2 |
| May       | 243.8 |
| April     | 215.4 |
| March     | 254.1 |
| February  | 218   |
| January   | 349.4 |

**2016 Total** **3490.50**

|           |       |
|-----------|-------|
| December  | 56.4  |
| November  | 126.5 |
| October   | 334   |
| September | 460.5 |
| August    | 665.9 |
| July      | 592.7 |
| June      | 95.6  |
| May       | 81.4  |
| April     | 470.2 |
| March     | 39.5  |
| February  | 273.5 |
| January   | 275.3 |

**2015 Total** **3471.50**

|           |       |
|-----------|-------|
| November  | 92.8  |
| October   | 308.6 |
| September | 649.1 |
| August    | 654.3 |
| July      | 558.3 |
| June      | 510.9 |
| May       | 755.2 |
| April     | 516.4 |

Monthly and Annual Summary

|                   |       |                |
|-------------------|-------|----------------|
| March             | 103.5 |                |
| February          | 21.4  |                |
| <b>2014 Total</b> |       | <b>4170.50</b> |

|                   |       |                |
|-------------------|-------|----------------|
| November          | 55.1  |                |
| October           | 62.6  |                |
| September         | 603.6 |                |
| August            | 411.9 |                |
| July              | 562.5 |                |
| June              | 573.5 |                |
| May               | 467.4 |                |
| April             | 552.8 |                |
| March             | 95.2  |                |
| January           | 319.9 |                |
| <b>2013 Total</b> |       | <b>3704.50</b> |

|                   |       |                |
|-------------------|-------|----------------|
| December          | 90.7  |                |
| November          | 245.4 |                |
| October           | 431.5 |                |
| September         | 608.6 |                |
| August            | 568.9 |                |
| July              | 619.2 |                |
| June              | 462.8 |                |
| May               | 775.5 |                |
| April             | 467.7 |                |
| March             | 347.8 |                |
| February          | 372.4 |                |
| <b>2012 Total</b> |       | <b>4990.50</b> |

|           |       |  |
|-----------|-------|--|
| December  | 43.7  |  |
| November  | 267   |  |
| October   | 163.3 |  |
| September | 471.7 |  |
| August    | 567.4 |  |
| July      | 596.3 |  |
| June      | 524.5 |  |
| May       | 553.5 |  |

Monthly and Annual Summary

|                   |       |                |
|-------------------|-------|----------------|
| April             | 502.5 |                |
| <b>2011 Total</b> |       | <b>3689.90</b> |
| November          | 119.4 |                |
| October           | 411.1 |                |
| September         | 553.2 |                |
| August            | 448.3 |                |
| July              | 495.5 |                |
| June              | 481.8 |                |
| May               | 451.8 |                |
| April             | 420.3 |                |
| March             | 322.1 |                |
| <b>2010 Total</b> |       | <b>3703.50</b> |
| October           | 77.1  |                |
| September         | 568.3 |                |
| August            | 412.1 |                |
| July              | 458.5 |                |
| June              | 481.7 |                |
| May               | 496.5 |                |
| April             | 361.4 |                |
| March             | 332.5 |                |
| <b>2009 Total</b> |       | <b>3188.10</b> |
| November          | 117.7 |                |
| October           | 200.2 |                |
| September         | 529.4 |                |
| August            | 386.6 |                |
| July              | 464.3 |                |
| June              | 546.6 |                |
| May               | 651.2 |                |
| April             | 553   |                |
| March             | 444.6 |                |
| February          | 544.3 |                |
| January           | 410.9 |                |
| <b>2008 Total</b> |       | <b>4848.80</b> |

Monthly and Annual Summary

|                   |       |                |
|-------------------|-------|----------------|
| November          | 91.1  |                |
| October           | 423.9 |                |
| September         | 404.4 |                |
| August            | 652   |                |
| July              | 554.8 |                |
| June              | 372.9 |                |
| May               | 578.5 |                |
| April             | 261.9 |                |
| March             | 223.3 |                |
| February          | 416.6 |                |
| January           | 421.2 |                |
| <b>2007 Total</b> |       | <b>4400.60</b> |

|                   |       |                |
|-------------------|-------|----------------|
| December          | 43.4  |                |
| November          | 252.7 |                |
| October           | 127.8 |                |
| September         | 445.1 |                |
| August            | 391.7 |                |
| July              | 641.2 |                |
| June              | 525.6 |                |
| May               | 535.1 |                |
| April             | 491.9 |                |
| February          | 105.6 |                |
| Janaury           | 77.4  |                |
| <b>2006 Total</b> |       | <b>3637.50</b> |

|                   |       |                |
|-------------------|-------|----------------|
| November          | 219   |                |
| October           | 454.5 |                |
| September         | 516   |                |
| August            | 754.1 |                |
| July              | 571.1 |                |
| June              | 625.6 |                |
| May               | 743   |                |
| April             | 378.4 |                |
| <b>2005 Total</b> |       | <b>4261.70</b> |

|          |     |  |
|----------|-----|--|
| February | 115 |  |
|----------|-----|--|

Monthly and Annual Summary

|                   |        |                |
|-------------------|--------|----------------|
| March             | 168    |                |
| April             | 448.64 |                |
| May               | 434.83 |                |
| June              | 291.97 |                |
| July              | 632.92 |                |
| August            | 606.55 |                |
| September         | 389.17 |                |
| <b>2003 Total</b> |        | <b>3087.08</b> |

|                   |        |                |
|-------------------|--------|----------------|
| January           | 34.3   |                |
| February          | 67.35  |                |
| March             | 173.6  |                |
| April             | 205.52 |                |
| May               | 381.67 |                |
| June              | 224.66 |                |
| July              | 516.7  |                |
| August            | 576.67 |                |
| September         | 500.4  |                |
| October           | 242.7  |                |
| November          | 97.15  |                |
| <b>2002 Total</b> |        | <b>3020.72</b> |

|                   |       |                |
|-------------------|-------|----------------|
| March             | 12    |                |
| April             | 65.4  |                |
| May               | 366.4 |                |
| June              | 409.3 |                |
| July              | 628.4 |                |
| August            | 401   |                |
| September         | 322.6 |                |
| October           | 74    |                |
| November          | 138.5 |                |
| December          | 46    |                |
| <b>2001 Total</b> |       | <b>2463.60</b> |

|          |    |
|----------|----|
| January  | 20 |
| February | 31 |
| March    | 63 |



Monthly and Annual Summary

|                   |        |                |
|-------------------|--------|----------------|
| April             | 350.6  |                |
| May               | 443    |                |
| June              | 348    |                |
| July              | 546.4  |                |
| August            | 445.1  |                |
| September         | 428.51 |                |
| October           | 201    |                |
| November          | 56     |                |
| <b>2000 Total</b> |        | <b>2932.61</b> |

|                   |       |                |
|-------------------|-------|----------------|
| March             | 120   |                |
| April             | 498   |                |
| May               | 383   |                |
| June              | 434.5 |                |
| July              | 450.1 |                |
| August            | 543.5 |                |
| September         | 459.2 |                |
| October           | 103   |                |
| December          | 29    |                |
| <b>1999 Total</b> |       | <b>3020.30</b> |

|                   |       |                |
|-------------------|-------|----------------|
| January           | 20    |                |
| February          | 184   |                |
| March             | 144   |                |
| April             | 329.5 |                |
| May               | 553.4 |                |
| June              | 493   |                |
| July              | 588.5 |                |
| August            | 530.6 |                |
| September         | 518.5 |                |
| October           | 233.7 |                |
| November          | 199   |                |
| December          | 28    |                |
| <b>1998 Total</b> |       | <b>3822.20</b> |

|          |       |  |
|----------|-------|--|
| February | 89    |  |
| March    | 159.4 |  |

Monthly and Annual Summary

|                   |       |                |
|-------------------|-------|----------------|
| April             | 590.8 |                |
| May               | 541.6 |                |
| June              | 534.2 |                |
| July              | 677   |                |
| August            | 700   |                |
| September         | 249.6 |                |
| October           | 136   |                |
| November          | 15    |                |
| <b>1997 Total</b> |       | <b>3692.60</b> |

|                   |       |                |
|-------------------|-------|----------------|
| January           | 10    |                |
| February          | 40    |                |
| March             | 75    |                |
| April             | 366   |                |
| May               | 508   |                |
| June              | 583.3 |                |
| July              | 615   |                |
| August            | 551.1 |                |
| September         | 522.5 |                |
| October           | 392   |                |
| November          | 89    |                |
| December          | 45    |                |
| <b>1996 Total</b> |       | <b>3796.90</b> |

|                   |       |                |
|-------------------|-------|----------------|
| January           | 52.6  |                |
| February          | 147.6 |                |
| March             | 365.1 |                |
| April             | 567.4 |                |
| May               | 555.3 |                |
| June              | 551.2 |                |
| July              | 673.4 |                |
| August            | 756.1 |                |
| September         | 518.6 |                |
| October           | 358.4 |                |
| November          | 68.8  |                |
| December          | 45    |                |
| <b>1995 Total</b> |       | <b>4659.50</b> |

Monthly and Annual Summary

|                   |       |                |
|-------------------|-------|----------------|
| February          | 70    |                |
| March             | 185.8 |                |
| April             | 643.9 |                |
| May               | 709.6 |                |
| June              | 688.7 |                |
| July              | 563.4 |                |
| August            | 687.6 |                |
| September         | 604.2 |                |
| October           | 469.4 |                |
| November          | 308.3 |                |
| December          | 139.2 |                |
| <b>1994 Total</b> |       | <b>5070.10</b> |

|                   |        |                |
|-------------------|--------|----------------|
| January           | 149    |                |
| February          | 98     |                |
| March             | 210.6  |                |
| April             | 553.8  |                |
| May               | 862.1  |                |
| June              | 811.8  |                |
| July              | 847.8  |                |
| August            | 1021.7 |                |
| September         | 102.8  |                |
| October           | 54.9   |                |
| November          | 19.1   |                |
| <b>1993 Total</b> |        | <b>4731.60</b> |

|           |       |  |
|-----------|-------|--|
| January   | 67    |  |
| February  | 198   |  |
| March     | 139   |  |
| April     | 291   |  |
| May       | 746   |  |
| June      | 707.1 |  |
| July      | 702.6 |  |
| August    | 1028  |  |
| September | 489.2 |  |
| October   | 260.5 |  |

Monthly and Annual Summary

|                    |       |                  |
|--------------------|-------|------------------|
| November           | 132   |                  |
| December           | 52    |                  |
| <b>1992 Total</b>  |       | <b>4812.40</b>   |
| January            | 127   |                  |
| February           | 150   |                  |
| March              | 239   |                  |
| April              | 313   |                  |
| May                | 580   |                  |
| June               | 545.5 |                  |
| July               | 627   |                  |
| August             | 552   |                  |
| September          | 478   |                  |
| October            | 187   |                  |
| November           | 240   |                  |
| <b>1991 Total</b>  |       | <b>4038.50</b>   |
| February           | 35    |                  |
| March              | 311   |                  |
| April              | 405   |                  |
| May                | 332   |                  |
| June               | 446   |                  |
| July               | 693   |                  |
| August             | 670   |                  |
| September          | 503   |                  |
| October            | 290   |                  |
| November           | 136   |                  |
| December           | 105   |                  |
| <b>1990 Total</b>  |       | <b>3926.00</b>   |
| <b>Grand Total</b> |       | <b>109253.51</b> |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment   | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---|------------|--------|--------|---------|---------|
| 2019-11-26 |        |       | 19 last vville game farm                          | 695        | 156    | 116    | 12.133  | 26.2    |
| 2019-11-05 |        |       | 21.8 vville trail                                 | 686        | 156    | 121    | 13.8963 | 27.5    |
| 2019-11-03 |        |       | 14.7 close and cold no hr no power                | 510        |        |        | 11.9037 | 27.4    |
|            | Nov-19 | 55.5  |   |            |        |        |         |         |
| 2019-10-30 |        |       | 15.9 font grove                                   | 531        | 149    | 111    | 12.2784 | 21.7    |
| 2019-10-29 |        |       | 16.9 meads and more                               | 615        | 149    | 112    | 12.1678 | 26.3    |
| 2019-10-28 |        |       | 21.6 rail trail ostrander country club font grove | 897        | 153    | 115    | 11.895  | 27.9    |
| 2019-10-26 |        |       | 15.2 trail 144 wemple                             | 520        | 143    | 126    | 12.2629 | 31.5    |
| 2019-10-25 |        |       | 25.3 308 rupert                                   | 1222       | 163    | 123    | 12.2748 | 28.3    |
| 2019-10-24 |        |       | 19.6 trail swift                                  | 752        |        |        | 11.1884 | 22.4    |
| 2019-10-19 |        |       | 19.1 game farm vville trail                       | 738        | 154    | 117    | 11.5761 | 26.3    |
| 2019-10-15 |        |       | 27.1 onesquethaw and north, rock hill             | 1169       | 174    | 127    | 12.3657 | 24.8    |
| 2019-10-14 |        |       | 19.4 game farm vville 19.4                        | 745        | 152    | 111    | 12.0002 | 25.4    |
| 2019-10-13 |        |       | 19.2 game farm 19.2                               | 702        | 155    | 120    | 11.8448 | 22.1    |
| 2019-10-12 |        |       | 21.5 Sensor 2 finally worked right 21 miles       | 843        | 162    | 116    | 12.6043 | 25.6    |
| 2019-10-11 |        |       | 0.8 Neighborhood testing .8                       | 26         | 127    | 114    | 12.0891 | 13.9    |
| 2019-10-11 |        |       | 21 Through the country club with Sensor drop      | 816        | 162    | 125    | 12.8336 | 20.6    |
| 2019-10-10 |        |       | 8.4 Samsung return 8.4                            | 345        | 145    | 112    | 11.9759 | 24.2    |
| 2019-10-10 |        |       | 1 samsung 1 mile                                  | 23         | 143    | 133    | 13.7345 | 15.8    |
| 2019-10-10 |        |       | 1 Samsung 1 mile                                  | 20         | 129    | 121    | 13.1387 | 14.8    |
| 2019-10-10 |        |       | 3.7 Samsung to school 3.7 miles                   | 130        | 114    | 94     | 11.1872 | 16.9    |
| 2019-10-09 |        |       | 22.4 22.4 miles testing                           | 631        | 165    | 129    | 12.2163 | 25.1    |
| 2019-10-08 |        |       | 0.8 .8 in neighborhood                            | 28         | 118    | 107    | 11.4581 | 14.3    |
| 2019-10-08 |        |       | 0.8 .8 miles testing                              | 25         | 117    | 109    | 11.1355 | 13.7    |
| 2019-10-08 |        |       | 19.5 Testing 19.5 miles                           | 626        | 156    | 113    | 12.1544 | 19.3    |
| 2019-10-06 |        |       | 3.9 Neighborhood test 3.9 miles                   | 107        |        |        | 11.6373 | 16.0    |
| 2019-10-05 |        |       | 19.8 v ille                                       | 761        | 157    | 115    | 11.9881 | 22.4    |
|            | Oct-19 | 323.9 |   |            |        |        |         |         |
| 2019-09-30 |        |       | 19.5 River route 144 19.5                         | 665        | 157    | 116    | 13.4619 | 23.9    |
| 2019-09-29 |        |       | 27.4 trail plus guilderland 27.4                  | 842        | 154    | 119    | 12.984  | 21.6    |
| 2019-09-27 |        |       | 20.4 trail  | 714        | 154    | 114    | 12.41   | 20.0    |
| 2019-09-26 |        |       | 27.6 vville with mark g.                          | 846        | 152    | 117    | 12.979  | 23.2    |
| 2019-09-22 |        |       | 19.6 font grove trail loop                        | 648        |        |        | 12.6    | 22.0    |
| 2019-09-22 |        |       | 3.4 gps fix                                       |            |        |        |         |         |
| 2019-09-21 |        |       | 18.9 swift vville                                 | 684        | 157    | 122    | 12.8    | 28.2    |
| 2019-09-20 |        |       | 25.3 no bottle apple farm                         | 562        | 158    | 120    | 15.5    | 19.6    |

Frank Kelly's cycling mileage

| Date       | totals    | Miles  | comment                      | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|-----------|--------|------------------------------|------------|--------|--------|---------|---------|
| 2019-09-18 |           | 25.7   | onesquethaw rock hill        | 1023       | 166    | 120    | 13.0    | 23.9    |
| 2019-09-17 |           | 17.9   | 144 trail                    | 655        | 152    | 107    | 12.0    | 25.8    |
| 2019-09-16 |           | 20.5   | trail ostrander              | 719        | 157    | 123    | 12.2    | 27.2    |
| 2019-09-14 |           | 31     | boehm memorial               | 1292       | 163    | 137    | 13.2    | 28.0    |
| 2019-09-13 |           | 25.5   | trail plus meadowdale        | 674        | 160    | 123    | 13.0    | 21.8    |
| 2019-09-11 |           | 19.7   | down relyea                  | 718        | 158    | 121    | 12.3    | 39.7    |
| 2019-09-07 |           | 3      | 25 gps failed                |            |        |        |         |         |
| 2019-09-07 |           | 22.6   | MHCC 25                      | 807        | 174    | 150    | 13.3    | 80.0    |
| 2019-09-06 |           | 16.4   | creble 308                   | 770        | 158    | 123    | 11.7    | 27.7    |
| 2019-09-05 |           | 20.4   | Ostrander Country Club       | 774        | 148    | 116    | 12.0    | 26.4    |
| 2019-09-03 |           | 27.8   | with mark crow ridge bullock | 1091       | 160    | 122    | 12.0    | 26.4    |
| 2019-09-01 |           | 21     | 102 rupert rarick rowe       | 938        | 170    | 120    | 12.4    | 24.5    |
|            | September | 413.60 |                              |            |        |        |         |         |
| 2019-08-31 |           | 29.6   | Almost altamont              | 830        | 155    | 129    | 13.0    | 34.9    |
| 2019-08-29 |           | 18.5   | trail to 144                 | 601        | 163    | 121    | 12.3    | 25.4    |
| 2019-08-28 |           | 19.8   | game farm vville             | 727        | 149    | 108    | 11.9    | 28.2    |
| 2019-08-27 |           | 28.6   | mark g                       | 1042       | 159    | 128    | 12.1    | 33.3    |
| 2019-08-25 |           | 0.9    | end 8/25                     | 9          |        |        |         |         |
| 2019-08-25 |           | 24.6   | crow ridge down              | 967        | 167    | 126    | 12.7    | 25.3    |
| 2019-08-24 |           | 11.5   | creble                       | 392        | 157    | 123    | 13.0    | 23.3    |
| 2019-08-24 |           | 2      | lollipop rest                | 56         | 108    | 93     | 12.2    | 17.2    |
| 2019-08-24 |           | 2.7    | to lot                       | 93         | 94     | 85     | 10.5    | 16.3    |
| 2019-08-22 |           | 21     | rr trackd                    | 529        | 149    | 122    | 15.3    | 25.8    |
| 2019-08-20 |           | 20.8   | trail ostrander              | 727        | 154    | 125    | 12.3    | 27.6    |
| 2019-08-15 |           | 19.7   | rail                         | 572        | 149    | 121    | 13.8    | 23.8    |
| 2019-08-12 |           | 21.3   | rupert and Johns ride        | 869        | 164    | 118    | 13.0    | 29.2    |
| 2019-08-10 |           | 5.7    | completion                   | 145        |        |        |         |         |
| 2019-08-10 |           | 13     | trail clear                  | 492        | 167    | 120    | 12.1    | 24.4    |
| 2019-08-09 |           | 20.6   | Trail and Ostrander          | 734        | 152    | 119    | 11.8    | 32.6    |
| 2019-08-07 |           | 18.9   | pearl and out                | 632        | 156    | 121    | 12.9    | 27.4    |
| 2019-08-06 |           | 25.2   | Trail to Meadowdale          | 695        | 151    | 118    | 13.0    | 25.3    |
| 2019-08-04 |           | 22.2   | trail crow ridge             | 814        | 168    | 127    | 13.1    | 26.3    |
| 2019-08-03 |           | 21.4   | Trail KOONZ Hennessy         | 560        | 155    | 124    | 13.8    | 27.6    |
| 2019-08-01 |           | 25.2   | Bridge to onesquethaw        | 1151       | 101    | 58     | 12.5    | 24.4    |
|            | August    | 373.20 |                              |            |        |        |         |         |
| 2019-07-31 |           | 19.5   | Trail and 144                | 636        | 100    | 64     | 13.0    | 26.7    |

Frank Kelly's cycling mileage

| Date       | totals | Miles  | comment                   | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|--------|---------------------------|------------|--------|--------|---------|---------|
| 2019-07-30 |        | 19.7   | vville game farm          | 691        | 162    | 119    | 12.2    | 26.7    |
| 2019-07-29 |        | 19.7   | vville                    | 580        | 152    | 121    | 11.6    | 21.8    |
| 2019-07-28 |        | 25.4   | Onesquethaw And North     | 1149       | 165    | 127    | 15.3    | 25.6    |
| 2019-07-28 |        | 1.1    | correction                |            |        |        |         |         |
| 2019-07-27 |        | 25.3   | Trail and KOONZ           | 839        | 174    | 130    | 12.2    | 26.2    |
| 2019-07-24 |        | 27.2   | Rail trail plus big loop  | 762        |        |        | 12.4    | 23.9    |
| 2019-07-21 |        | 21.3   | Real trail plus loop      | 550        | 162    | 135    | 13.1    | 23.0    |
| 2019-07-20 |        | 17.8   | River in the heat         | 608        | 165    | 122    | 12.1    | 26.2    |
| 2019-07-17 |        | 20.5   | Avoid rain                | 755        | 165    | 120    | 12.7    | 26.0    |
| 2019-07-16 |        | 18.8   | Hilton                    | 643        | 164    | 130    | 12.7    | 24.1    |
| 2019-07-14 |        | 21.4   | River                     | 790        | 163    | 125    | 12.7    | 26.3    |
| 2019-07-13 |        | 19.9   | vville                    | 763        | 163    | 130    | 12.1    | 25.5    |
| 2019-07-11 |        | 23.2   | ONESQ Bridge              | 1137       | 169    | 124    | 12.4    | 30.2    |
| 2019-07-09 |        | 23     | Trail and Country Club    | 785        | 160    | 126    | 12.9    | 27.4    |
| 2019-07-07 |        | 22.4   | j and d                   | 887        | 155    | 121    | 12.8    | 28.7    |
| 2019-07-06 |        | 21.9   | Real trail and bike path  | 567        | 169    | 125    | 12.5    | 19.0    |
| 2019-07-04 |        | 44.6   | July 4th plus to and from | 1319       | 168    | 143    | 13.6    | 28.7    |
| 2019-07-03 |        | 0.3    |                           | 3          |        |        | 13.4    | 20.2    |
| 2019-07-03 |        | 21.2   | Rupert rarick             | 952        | 160    | 126    | 12.2    | 25.3    |
| 2019-07-02 |        | 32     | july 4 modified           | 1606       | 162    | 122    | 11.8    | 25.2    |
|            | July   | 446.20 |                           |            |        |        |         |         |
| 2019-06-29 |        | 18.3   | 144 weisheit              | 659        | 156    | 112    | 12.2    | 26.6    |
| 2019-06-27 |        | 26.5   | country club              | 1028       | 172    | 125    | 12.6    | 28.6    |
| 2019-06-26 |        | 18.2   | over the tracks           | 661        | 155    | 123    | 11.7    | 29.6    |
| 2019-06-24 |        | 18.8   | rail trail                | 517        | 148    | 116    | 12.0    | 28.2    |
| 2019-06-23 |        | 33.2   | 143                       | 1798       | 173    | 132    | 12.5    | 27.5    |
| 2019-06-22 |        | 26.7   | longer                    | 1204       | 164    | 123    | 11.6    | 24.1    |
| 2019-06-19 |        | 22.5   | trail closed              | 823        | 161    | 124    | 12.6    | 24.4    |
| 2019-06-18 |        | 12.4   | around                    | 407        | 157    | 121    | 12.5    | 20.2    |
| 2019-06-17 |        | 21.2   | path + relyea             | 809        | 169    | 131    | 12.1    | 29.1    |
| 2019-06-14 |        | 22.5   | path                      | 678        | 158    | 116    | 12.2    | 22.1    |
| 2019-06-12 |        | 20.8   | vville                    | 825        | 160    | 117    | 12.1    | 25.6    |
| 2019-06-08 |        | 21.1   | carolyn                   | 548        |        |        | 10.6    | 17.7    |
| 2019-06-07 |        | 30.5   | ptown                     | 1444       | 157    | 126    | 12.3    | 25.2    |
| 2019-06-05 |        | 19.4   | swift (not so)            | 763        | 158    | 126    | 11.7    | 24.0    |
| 2019-06-02 |        | 17.2   | recover                   | 572        | 146    | 110    | 12.0    | 25.0    |

Frank Kelly's cycling mileage

| Date       |       | totals | Miles | comment                    | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|-------|--------|-------|----------------------------|------------|--------|--------|---------|---------|
|            | June  | 329.30 |       |                            |            |        |        |         |         |
| 2019-05-31 |       |        | 23.3  | fell                       | 719        | 165    | 124    | 12.7    | 27.2    |
| 2019-05-30 |       |        | 21.2  | jim mark                   | 560        | 168    | 134    | 13.0    | 27.0    |
| 2019-05-29 |       |        | 21.1  | river                      | 721        | 155    | 114    | 12.2    | 25.8    |
| 2019-05-27 |       |        | 19.5  | more                       | 771        | 157    | 118    | 11.9    | 22.6    |
| 2019-05-26 |       |        | 19.7  | 5/26/2019                  | 735        | 160    | 125    | 12.3    | 27.2    |
| 2019-05-06 |       |        | 19.7  | swift                      | 726        | 168    | 113    | 11.4    | 25.1    |
| 2019-05-04 |       |        | 32.7  | Spring Kick off: Bozenkill | 2292       | 176    | 145    | 13.1    | 29.1    |
|            | May   | 157.20 |       |                            |            |        |        |         |         |
| 2019-04-29 |       |        | 20.7  | path                       | 564        | 146    | 113    | 11.6    | 21.4    |
| 2019-04-25 |       |        | 33.2  | 143                        | 1917       | 168    | 128    | 12.3    | 26.9    |
| 2019-04-23 |       |        | 30.3  | out                        | 1370       | 162    | 115    | 11.9    | 25.6    |
| 2019-04-21 |       |        | 24.3  | vllle                      | 1379       | 173    | 143    | 14.3    | 29.0    |
| 2019-04-21 |       |        | 12.7  | pre                        | 431        | 118    | 99     | 11.6    | 16.0    |
| 2019-04-17 |       |        | 28.4  | vallatie                   | 1469       | 178    | 138    | 13.4    | 30.6    |
| 2019-04-15 |       |        | 13.1  |                            | 319        | 149    | 105    | 11.7    | 24.5    |
| 2019-04-13 |       |        | 27.6  |                            | 597        | 160    | 115    | 12.1    | 28.0    |
| 2019-04-11 |       |        | 19.7  |                            | 558        | 151    | 119    | 11.1    | 27.6    |
| 2019-04-10 |       |        | 12.6  |                            | 304        | 123    | 97     | 11.2    | 22.5    |
| 2019-04-09 |       |        | 19.4  |                            | 520        | 143    | 108    | 11.2    | 23.1    |
| 2019-04-07 |       |        | 21.8  |                            | 516        | 173    | 141    | 14.1    | 26.6    |
| 2019-04-07 |       |        | 7.2   |                            | 182        | 114    | 94     | 10.6    | 17.3    |
| 2019-04-03 |       |        | 18.1  |                            | 360        | 141    | 108    | 11.2    | 22.0    |
|            | April | 289.10 |       |                            |            |        |        |         |         |
| 2019-03-30 |       |        | 17.5  |                            | 465        | 158    | 122    | 12.1    | 25.9    |
| 2019-03-27 |       |        | 23    |                            | 523        | 150    | 96     | 11.2    | 26.7    |
| 2019-03-25 |       |        | 14.3  |                            | 327        | 149    | 115    | 11.1    | 22.7    |
| 2019-03-24 |       |        | 19.7  |                            | 503        | 144    | 113    | 11.5    | 26.9    |
| 2019-03-20 |       |        | 19.5  |                            | 563        | 144    | 112    | 11.4    | 26.1    |
|            | March | 94.00  |       |                            |            |        |        |         |         |
| 2019-02-28 |       |        | 22.9  |                            | 743        | 150    | 117    | 12.1    | 25.7    |
| 2019-02-27 |       |        | 23.4  |                            | 1050       | 165    | 118    | 10.9    | 23.1    |
| 2019-02-24 |       |        | 26.3  |                            | 890        | 160    | 119    | 11.5    | 23.7    |
| 2019-02-23 |       |        | 16.7  |                            | 332        | 137    | 111    | 10.8    | 21.9    |
| 2019-02-22 |       |        | 18.4  |                            | 673        | 173    | 133    | 11.8    | 22.4    |
| 2019-02-19 |       |        | 13.9  |                            | 690        | 159    | 113    | 9.9     | 20.8    |



Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment                        | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|--------------------------------|------------|--------|--------|---------|---------|
| 2019-02-18 |         | 22.9  |                                | 799        | 143    | 118    | 12.5    | 22.8    |
| 2019-02-15 |         | 24.7  |                                | 1045       |        |        | 10.7    | 24.4    |
| 2019-02-13 |         | 11.1  |                                | 258        | 141    | 106    | 10.2    | 16.4    |
| 2019-02-12 |         | 26.1  |                                | 881        |        |        | 13.3    | 25.6    |
| 2019-02-11 |         | 12.4  |                                | 261        | 151    | 113    | 10.9    | 18.3    |
| 2019-02-11 |         | 0.7   |                                | 34         |        |        |         |         |
| 2019-02-10 |         | 18.6  |                                | 792        | 159    | 105    | 10.5    | 20.7    |
| 2019-02-09 |         | 23.9  |                                | 847        | 164    | 127    | 11.9    | 24.6    |
| 2019-02-07 |         | 27.1  |                                | 1505       | 163    | 95     | 10.8    | 26.1    |
| 2019-02-06 |         | 23.3  |                                | 872        | 159    | 116    | 10.9    | 25.7    |
| 2019-02-01 |         | 31.6  |                                | 1107       | 162    | 123    | 11.7    | 25.2    |
| February   | 344.00  |       |                                |            |        |        |         |         |
| 2019-01-30 |         | 19.7  |                                | 1232       | 152    | 104    | 10.6    | 27.7    |
| 2019-01-29 |         | 21.2  |                                | 1117       | 158    | 109    | 10.6    | 29.1    |
| 2019-01-28 |         | 31.4  |                                | 1212       |        |        | 12.0    | 26.0    |
| 2019-01-26 |         | 23.7  |                                | 834        | 165    | 127    | 12.3    | 24.5    |
| 2019-01-25 |         | 2.8   |                                | 175        | 147    | 125    | 8.8     | 17.9    |
| January    | 98.80   |       |                                |            |        |        |         |         |
| 2019 Total | 2924.80 |       |                                |            |        |        |         |         |
| 2018-12-03 |         | 20.9  |                                | 664        | 143    | 104    | 11.6    | 28.1    |
| December   | 20.90   |       |                                |            |        |        |         |         |
| 2018-11-07 |         | 19.5  |                                | 549        | 152    | 116    | 11.1    | 24.8    |
| November   | 19.50   |       |                                |            |        |        |         |         |
| 2018-10-31 |         | 10.2  |                                | 129        | 117    | 94     | 10.7    | 18.9    |
| 2018-10-24 |         | 13.4  |                                | 314        | 137    | 103    | 10.7    | 24.6    |
| 2018-10-20 |         | 31.2  | Guilderland 32 miler with club |            |        |        | 14.3    |         |
| 2018-10-19 |         | 23.5  |                                | 859        | 154    | 118    | 11.8    | 23.2    |
| 2018-10-17 |         | 20    |                                | 605        | 154    | 104    | 11.5    | 26.7    |
| 2018-10-14 |         | 25.1  |                                | 804        | 146    | 111    | 11.6    | 29.8    |
| 2018-10-10 |         | 27.6  |                                | 787        | 153    | 106    | 12.0    | 29.2    |
| 2018-10-09 |         | 24.2  |                                | 600        | 159    | 109    | 11.8    | 26.4    |
| 2018-10-06 |         | 34.6  |                                | 1334       | 166    | 135    | 13.9    | 31.6    |
| 2018-10-06 |         | 2.7   |                                | 70         | 110    | 93     | 9.7     | 16.3    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2018-10-04 |        | 24.5  |         | 932        | 163    | 108    | 10.5    | 26.8    |
| October    | 237.00 |       |         |            |        |        |         |         |
| 2018-09-30 |        | 36.8  |         | 1479       | 171    | 145    | 13.7    | 27.3    |
| 2018-09-29 |        | 20.5  |         | 645        | 155    | 110    | 11.5    | 23.3    |
| 2018-09-27 |        | 39.1  |         | 815        | 155    | 105    | 12.4    | 23.6    |
| 2018-09-26 |        | 28.9  |         | 1225       | 176    | 139    | 13.6    | 30.1    |
| 2018-09-26 |        | 4     |         | 63         | 113    | 98     | 9.9     | 16.7    |
| 2018-09-24 |        | 20.4  |         | 707        | 167    | 113    | 11.3    | 26.8    |
| 2018-09-22 |        | 30.8  |         | 969        | 170    | 120    | 13.6    | 27.4    |
| 2018-09-21 |        | 20    |         | 529        | 153    | 110    | 11.3    | 26.1    |
| 2018-09-19 |        | 27.3  |         | 987        | 173    | 120    | 13.5    | 30.4    |
| 2018-09-19 |        | 2.5   |         | 44         | 113    | 96     | 11.0    | 16.8    |
| 2018-09-17 |        | 19.6  |         | 573        | 161    | 115    | 12.2    | 28.1    |
| 2018-09-16 |        | 21.5  |         | 862        | 175    | 124    | 12.5    | 25.9    |
| 2018-09-15 |        | 23.9  |         | 868        |        |        | 12.5    | 29.6    |
| 2018-09-12 |        | 28.2  |         | 1184       | 179    | 144    | 13.2    | 30.6    |
| 2018-09-12 |        | 5.1   |         | 48         | 121    | 108    | 11.1    | 17.2    |
| 2018-09-09 |        | 25.5  |         | 779        | 161    | 128    | 12.8    | 27.1    |
| 2018-09-02 |        | 25    |         | 642        | 168    | 109    | 12.1    | 28.2    |
| 2018-09-01 |        | 22.2  |         | 641        | 152    | 111    | 11.9    | 25.6    |
| September  | 401.30 |       |         |            |        |        |         |         |
| 2018-08-31 |        | 20    |         | 503        | 152    | 107    | 11.7    | 28.5    |
| 2018-08-30 |        | 33.2  |         | 1483       | 172    | 126    | 12.2    | 32.6    |
| 2018-08-28 |        | 18.5  |         | 460        | 170    | 123    | 12.7    | 24.3    |
| 2018-08-27 |        | 33.3  |         | 696        | 169    | 140    | 12.3    | 31.5    |
| 2018-08-26 |        | 19.6  |         | 540        | 165    | 123    | 12.3    | 28.8    |
| 2018-08-23 |        | 22.3  |         | 521        | 158    | 111    | 12.3    | 26.9    |
| 2018-08-21 |        | 30.7  |         | 870        | 155    | 120    | 12.2    | 26.7    |
| 2018-08-16 |        | 21.2  |         | 634        | 157    | 109    | 11.2    | 24.1    |
| 2018-08-14 |        | 18.8  |         | 468        |        |        | 12.7    | 28.3    |
| 2018-08-13 |        | 20.3  |         | 631        | 146    | 111    | 11.8    | 30.3    |
| 2018-08-12 |        | 28.4  |         | 1172       | 173    | 122    | 12.2    | 27.3    |
| 2018-08-10 |        | 27.9  |         | 1055       | 177    | 144    | 13.7    | 31.8    |
| 2018-08-08 |        | 27.8  |         | 1213       | 174    | 132    | 13.2    | 28.3    |
| 2018-08-08 |        | 3     |         | 41         | 113    | 96     | 10.3    | 16.4    |
| 2018-08-07 |        | 26.6  |         | 1312       | 167    | 124    | 11.2    | 27.2    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2018-08-06 |        | 20.7  |         | 611        | 163    | 125    | 11.9    | 29.9    |
| 2018-08-05 |        | 29.5  |         | 504        | 151    | 114    | 12.6    | 21.5    |
| 2018-08-02 |        | 20.4  |         | 477        | 169    | 119    | 12.7    | 27.8    |
| August     | 422.20 |       |         |            |        |        |         |         |
| 2018-07-31 |        | 23.3  |         | 1046       | 171    | 128    | 12.0    | 28.2    |
| 2018-07-30 |        | 20.8  |         | 766        | 170    | 113    | 12.1    | 24.6    |
| 2018-07-29 |        | 19.6  |         | 541        | 155    | 114    | 12.2    | 24.4    |
| 2018-07-27 |        | 19.4  |         | 514        | 156    | 119    | 12.4    | 25.1    |
| 2018-07-24 |        | 20.5  |         | 646        | 158    | 124    | 11.7    | 27.6    |
| 2018-07-22 |        | 18    |         | 459        | 162    | 124    | 12.7    | 27.1    |
| 2018-07-21 |        | 25.2  |         | 828        | 140    | 140    | 12.0    | 24.2    |
| 2018-07-20 |        | 26.9  |         | 1135       | 166    | 107    | 12.0    | 24.2    |
| 2018-07-18 |        | 24.1  |         | 817        | 169    | 133    | 13.9    | 32.2    |
| 2018-07-18 |        | 4.5   |         | 60         | 131    | 113    | 11.7    | 16.8    |
| 2018-07-16 |        | 21.4  |         | 658        | 159    | 116    | 12.5    | 29.6    |
| 2018-07-15 |        | 21.6  |         | 621        | 159    | 115    | 12.1    | 28.9    |
| 2018-07-13 |        | 28.5  |         | 1064       | 176    | 129    | 12.0    | 27.7    |
| 2018-07-11 |        | 24.1  |         | 661        | 174    | 147    | 14.8    | 27.1    |
| 2018-07-09 |        | 25.9  |         | 1055       | 162    | 111    | 12.2    | 29.3    |
| 2018-07-08 |        | 22.8  |         | 716        | 157    | 110    | 12.2    | 28.4    |
| 2018-07-07 |        | 25.5  |         | 1069       | 169    | 126    | 11.9    | 28.4    |
| 2018-07-06 |        | 17.4  |         | 361        | 149    | 107    | 11.3    | 24.6    |
| 2018-07-04 |        | 25.2  |         | 1185       | 173    | 149    | 13.6    | 27.5    |
| 2018-07-03 |        | 20.6  |         | 509        | 158    | 122    | 12.2    | 29.0    |
| 2018-07-02 |        | 18.8  |         | 434        | 153    | 119    | 12.6    | 24.6    |
| 2018-07-01 |        | 20.6  |         | 666        | 158    | 123    | 12.2    | 29.0    |
| July       | 474.70 |       |         |            |        |        |         |         |
| 2018-06-29 |        | 18.6  |         | 448        | 161    | 119    | 12.8    | 24.5    |
| 2018-06-27 |        | 28.2  |         | 1169       | 178    | 145    | 14.1    | 31.0    |
| 2018-06-27 |        | 2.7   |         | 70         | 124    | 102    | 11.4    | 17.3    |
| 2018-06-26 |        | 18.5  |         | 631        | 151    | 115    | 11.8    | 23.4    |
| 2018-06-25 |        | 29.7  |         | 1095       | 171    | 121    | 12.1    | 27.2    |
| 2018-06-22 |        | 31.9  |         | 1110       | 165    | 119    | 12.3    | 28.5    |
| 2018-06-21 |        | 19.9  |         | 584        | 163    | 117    | 12.3    | 26.2    |
| 2018-06-20 |        | 29.4  |         | 1086       | 179    | 143    | 13.8    | 29.9    |
| 2018-06-19 |        | 20.6  |         | 859        | 153    | 116    | 11.6    | 30.4    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment            | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|--------------------|------------|--------|--------|---------|---------|
| 2018-06-16 |        | 24.3  |                    | 475        | 164    | 133    | 13.4    | 21.8    |
| 2018-06-11 |        | 8.5   |                    | 204        | 146    | 109    | 13.3    | 19.9    |
| 2018-06-10 |        | 34    |                    | 1741       | 161    | 124    | 12.6    | 29.5    |
| 2018-06-09 |        | 28.9  |                    | 1213       | 163    | 124    | 12.5    | 29.4    |
| 2018-06-07 |        | 27.2  |                    | 913        | 148    | 104    | 11.8    | 30.4    |
| 2018-06-06 |        | 27.7  |                    | 1208       | 169    | 123    | 12.4    | 29.5    |
| 2018-06-02 |        | 17.2  |                    | 752        | 153    | 116    | 11.8    | 30.1    |
| 2018-06-02 |        | 3.5   | didnt start Garmin |            |        |        |         |         |
| July       | 370.80 |       |                    |            |        |        |         |         |
| 2018-05-29 |        | 14.4  |                    | 571        | 157    | 112    | 12.0    | 24.9    |
| 2018-05-28 |        | 33.3  |                    | 1250       | 160    | 126    | 12.5    | 26.6    |
| 2018-05-26 |        | 21.3  |                    | 627        | 156    | 115    | 12.0    | 30.5    |
| 2018-05-24 |        | 24.1  |                    | 1099       | 168    | 130    | 13.9    | 28.5    |
| 2018-05-23 |        | 25.1  |                    | 1023       | 176    | 139    | 14.0    | 29.4    |
| 2018-05-23 |        | 4.9   |                    | 70         | 136    | 107    | 11.8    | 18.4    |
| 2018-05-21 |        | 21.8  |                    | 842        | 153    | 112    | 12.0    | 30.1    |
| 2018-05-18 |        | 24.5  |                    | 1053       | 158    | 117    | 12.0    | 28.4    |
| 2018-05-16 |        | 28.5  |                    | 1429       | 176    | 138    | 13.4    | 29.1    |
| 2018-05-16 |        | 2.7   |                    | 48         | 117    | 106    | 11.1    | 16.5    |
| 2018-05-15 |        | 18.5  |                    | 681        | 154    | 104    | 13.1    | 28.9    |
| 2018-05-14 |        | 28.6  |                    | 1669       | 168    | 120    | 11.7    | 27.4    |
| 2018-05-13 |        | 23.2  |                    | 1096       | 159    | 118    | 12.3    | 29.8    |
| 2018-05-11 |        | 28.7  |                    | 1349       | 164    | 115    | 12.1    | 30.9    |
| 2018-05-10 |        | 22.1  |                    | 1213       | 164    | 120    | 11.8    | 24.5    |
| 2018-05-08 |        | 33.4  |                    | 1789       | 172    | 125    | 12.5    | 29.0    |
| 2018-05-05 |        | 26.8  |                    | 1361       | 163    | 118    | 11.9    | 30.9    |
| 2018-05-02 |        | 24.6  |                    | 1108       | 178    | 141    | 13.1    | 29.7    |
| 2018-05-02 |        | 4.6   |                    | 139        | 120    | 99     | 11.3    | 17.1    |
| 2018-05-01 |        | 19.2  |                    | 685        | 163    | 117    | 10.0    | 21.6    |
| May        | 430.30 |       |                    |            |        |        |         |         |
| 2018-04-28 |        | 25    |                    | 1118       | 157    | 125    | 11.5    | 24.0    |
| 2018-04-24 |        | 25.4  |                    | 1383       | 156    | 116    | 11.3    | 28.0    |
| 2018-04-23 |        | 14.3  |                    | 330        | 136    | 112    | 11.8    | 18.1    |
| 2018-04-22 |        | 20.9  |                    | 1011       | 159    | 118    | 11.5    | 25.2    |
| 2018-04-21 |        | 20.4  |                    | 976        | 167    | 120    | 11.6    | 27.7    |
| 2018-04-13 |        | 11.7  |                    | 410        | 139    | 109    | 11.6    | 24.5    |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment                     | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|-----------------------------|------------|--------|--------|---------|---------|
| 2018-04-12 |         | 10.4  |                             | 332        | 152    | 109    | 10.7    | 20.1    |
| 2018-04-11 |         | 13.9  | Shari Charley Dick          | 521        | 156    | 115    | 11.3    | 27.1    |
| April      | 142.00  |       |                             |            |        |        |         |         |
| 2018-03-31 |         | 20.6  |                             | 915        | 154    | 124    | 12.0    | 27.3    |
| March      | 20.60   |       |                             |            |        |        |         |         |
| 2018-02-24 |         | 20.9  |                             | 1246       | 171    | 130    | 9.6     | 26.9    |
| 2018-02-21 |         | 8.9   |                             | 934        | 170    | 124    | 8.3     | 18.2    |
| 2018-02-20 |         | 13    |                             | 1377       | 164    | 131    | 8.9     | 24.9    |
| 2018-02-17 |         | 9.4   |                             | 286        | 164    | 125    | 11.8    | 26.2    |
| 2018-02-17 |         | 2.2   | start of 2/17 ride          | 576        |        |        |         |         |
| 2018-02-15 |         | 23.2  |                             | 1645       | 172    | 131    | 10.1    | 23.7    |
| 2018-02-13 |         | 19.2  |                             | 454        | 140    | 111    | 10.7    | 17.7    |
| 2018-02-12 |         | 17.7  |                             | 1442       | 168    | 95     | 9.5     | 20.3    |
| 2018-02-10 |         | 12.6  |                             | 177        | 135    | 107    | 10.2    | 25.3    |
| 2018-02-09 |         | 11.5  |                             | 907        |        |        | 9.8     | 22.5    |
| 2018-02-07 |         | 17    |                             | 916        | 156    | 120    | 10.2    | 23.7    |
| 2018-02-06 |         | 3.7   |                             | 631        | 169    | 144    | 7.4     | 29.0    |
| 2018-02-05 |         | 28.2  |                             | 1815       |        |        | 11.0    | 25.0    |
| 2018-02-03 |         | 8.5   |                             | 713        | 171    | 136    | 9.2     | 23.8    |
| 2018-02-02 |         | 8.7   |                             | 477        | 146    | 108    | 9.1     | 17.4    |
| 2018-02-01 |         | 24.6  |                             | 1742       |        |        | 10.5    | 26.0    |
| February   | 229.30  |       |                             |            |        |        |         |         |
| 2018-01-29 |         | 16.4  |                             | 878        |        |        | 10.1    | 22.9    |
| 2018-01-27 |         | 24    | Fat Man riding Torrey Pines | 1585       | 169    | 137    | 11.4    | 29.3    |
| January    | 40.40   |       |                             |            |        |        |         |         |
| 2018 Total | 2809.00 |       |                             |            |        |        |         |         |
| 2017-09-27 |         | 30.8  |                             | 1182       | 165    | 129    | 13.6    | 31.0    |
| 2017-09-26 |         | 18    |                             | 541        | 146    | 103    | 12.2    | 26.1    |
| 2017-09-25 |         | 35.3  |                             | 1373       | 165    | 127    | 12.2    | 26.7    |
| 2017-09-24 |         | 23.5  |                             | 1020       | 152    | 110    | 12.1    | 29.6    |
| 2017-09-21 |         | 20.7  |                             | 898        | 149    | 112    | 12.1    | 31.4    |
| 2017-09-20 |         | 11.5  | Knee okay?                  | 405        | 143    | 106    | 11.5    | 29.6    |
| 2017-09-08 |         | 17.7  |                             | 702        |        |        | 12.9    | 26.1    |
| 2017-09-07 |         | 17.5  |                             | 505        |        |        | 12.1    | 24.5    |
| 2017-09-04 |         | 24.1  |                             | 1054       |        |        | 12.2    | 25.8    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. | Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|-------|------|--------|--------|---------|---------|
| 2017-09-02 |        | 33.4  |         |       | 1697 | 174    | 127    | 13.1    | 30.6    |
| 2017-09-02 |        | 2.6   |         |       | 76   | 105    | 95     | 10.4    | 15.9    |
| 2017-09-01 |        | 20    |         |       | 897  | 138    | 105    | 11.0    | 28.0    |
| September  | 255.10 |       |         |       |      |        |        |         |         |
| 2017-08-30 |        | 27.2  |         |       | 1544 | 177    | 139    | 13.9    | 32.1    |
| 2017-08-30 |        | 3.1   |         |       | 69   | 105    | 96     | 10.5    | 15.0    |
| 2017-08-29 |        | 21.3  |         |       | 827  | 167    | 111    | 12.1    | 23.3    |
| 2017-08-28 |        | 30.3  |         |       | 1590 | 168    | 113    | 12.1    | 28.3    |
| 2017-08-25 |        | 20.1  |         |       | 847  | 151    | 115    | 12.6    | 31.7    |
| 2017-08-25 |        | 6.8   |         |       | 174  | 134    | 105    | 11.3    | 18.4    |
| 2017-08-23 |        | 27.1  |         |       | 1013 | 176    | 129    | 14.4    | 41.5    |
| 2017-08-23 |        | 4.1   |         |       | 94   | 108    | 96     | 10.7    | 15.2    |
| 2017-08-22 |        | 27.3  |         |       | 1129 | 156    | 114    | 12.4    | 28.4    |
| 2017-08-21 |        | 24.4  |         |       | 920  | 156    | 112    | 12.6    | 29.9    |
| 2017-08-17 |        | 32.4  |         |       | 1477 | 168    | 115    | 12.6    | 26.1    |
| 2017-08-16 |        | 24.9  |         |       | 1294 | 173    | 135    | 13.6    | 28.7    |
| 2017-08-16 |        | 2.8   |         |       | 78   | 106    | 92     | 10.6    | 16.0    |
| 2017-08-14 |        | 26.9  |         |       | 1043 | 169    | 118    | 12.7    | 28.4    |
| 2017-08-13 |        | 15.2  |         |       | 680  | 144    | 100    | 11.7    | 26.6    |
| 2017-08-12 |        | 22.3  |         |       | 953  | 142    | 107    | 12.1    | 25.7    |
| 2017-08-10 |        | 32.5  |         |       | 2494 |        |        | 12.6    | 29.9    |
| 2017-08-09 |        | 29    |         |       | 1583 | 174    | 141    | 14.0    | 30.6    |
| 2017-08-09 |        | 2.1   |         |       |      | 101    | 92     | 9.5     | 13.3    |
| 2017-08-08 |        | 20.2  |         |       | 708  | 171    | 124    | 13.3    | 27.7    |
| 2017-08-06 |        | 37.8  |         |       | 1893 | 167    | 116    | 12.4    | 26.9    |
| 2017-08-04 |        | 21    |         |       | 946  | 172    | 122    | 12.1    | 27.3    |
| 2017-08-03 |        | 20.5  |         |       | 775  | 150    | 112    | 12.1    | 29.0    |
| 2017-08-02 |        | 27.1  |         |       | 1773 | 176    | 145    | 13.2    | 31.1    |
| 2017-08-02 |        | 1.1   |         |       | 19   | 107    | 100    | 9.4     | 13.9    |
| 2017-08-01 |        | 2     |         |       | 27   |        |        | 9.6     | 13.5    |
| August     | 509.50 |       |         |       |      |        |        |         |         |
| 2017-07-30 |        | 26.4  |         |       | 1427 | 164    | 117    | 12.0    | 26.9    |
| 2017-07-29 |        | 20.5  |         |       | 826  | 146    | 111    | 12.1    | 31.2    |
| 2017-07-28 |        | 27.7  |         |       | 1046 | 154    | 117    | 12.5    | 32.7    |
| 2017-07-26 |        | 24.9  |         |       | 1210 | 175    | 138    | 14.2    | 31.0    |
| 2017-07-26 |        | 4.5   |         |       | 147  | 128    | 107    | 11.6    | 17.1    |

Frank Kelly's cycling mileage

| Date       | totals | Miles  | comment        | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|--------|----------------|------------|--------|--------|---------|---------|
| 2017-07-22 |        | 32.8   | New Tires      | 1585       | 171    | 124    | 12.3    | 26.8    |
| 2017-07-20 |        | 21.6   |                | 830        | 166    | 114    | 12.5    | 28.4    |
| 2017-07-19 |        | 27.8   |                | 1668       | 179    | 144    | 14.4    | 31.4    |
| 2017-07-17 |        | 20.5   |                | 828        | 150    | 109    | 12.3    | 30.9    |
| 2017-07-16 |        | 35     |                | 1682       |        |        | 13.3    | 28.5    |
| 2017-07-15 |        | 14.3   |                | 334        | 163    | 117    | 13.6    | 19.6    |
| 2017-07-13 |        | 15.1   |                | 557        |        |        | 12.2    | 30.8    |
| 2017-07-12 |        | 32.7   |                | 1828       | 175    | 129    | 12.5    | 30.5    |
| 2017-07-11 |        | 18     |                | 529        |        |        | 12.5    | 25.4    |
| 2017-07-10 |        | 20.1   |                | 816        | 158    | 112    | 12.7    | 28.3    |
| 2017-07-09 |        | 38.9   |                | 1743       | 173    | 127    | 12.6    | 33.4    |
| 2017-07-07 |        | 16.6   |                | 617        | 151    | 110    | 12.3    | 25.0    |
| 2017-07-05 |        | 29.9   |                | 1401       | 174    | 127    | 13.7    | 31.4    |
| 2017-07-04 |        | 9.5    |                | 451        | 171    | 145    | 15.3    | 29.5    |
| 2017-07-04 |        | 25.4   | From July 4    | 1517       | 174    | 147    | 14.1    | 29.5    |
| 2017-07-04 |        | 8.4    | To July 4 ride | 338        | 157    | 123    | 12.0    | 26.9    |
| 2017-07-02 |        | 15.2   | Cedar grove    | 901        |        |        | 12.6    | 26.0    |
| 2017-07-02 |        | 9.4    |                | 267        | 136    | 109    | 13.1    | 25.8    |
|            | July   | 495.20 |                |            |        |        |         |         |
| 2017-06-30 |        | 20.8   |                | 796        | 170    | 126    | 13.3    | 26.9    |
| 2017-06-30 |        | 2.1    |                | 38         | 108    | 87     | 10.8    | 14.9    |
| 2017-06-29 |        | 20.3   |                | 726        | 146    | 100    | 13.0    | 26.3    |
| 2017-06-28 |        | 28.1   |                | 1512       | 175    | 141    | 14.2    | 29.5    |
| 2017-06-28 |        | 5.2    |                | 129        | 119    | 100    | 11.1    | 17.5    |
| 2017-06-26 |        | 23.2   |                | 1104       | 151    | 109    | 11.7    | 26.9    |
| 2017-06-24 |        | 26.2   |                | 1349       | 174    | 143    | 13.8    | 32.4    |
| 2017-06-22 |        | 32.2   |                | 1714       | 161    | 104    | 11.4    | 25.3    |
| 2017-06-21 |        | 25.2   |                | 1092       | 171    | 131    | 12.5    | 32.7    |
| 2017-06-21 |        | 4.5    |                | 136        | 134    | 113    | 12.3    | 18.1    |
| 2017-06-20 |        | 31.5   |                | 1369       | 167    | 125    | 12.0    | 26.9    |
| 2017-06-17 |        | 26.3   |                | 1499       | 169    | 124    | 11.6    | 26.7    |
| 2017-06-15 |        | 21.9   |                | 871        | 145    | 109    | 12.0    | 27.1    |
| 2017-06-14 |        | 27.1   |                | 1386       | 172    | 141    | 13.9    | 30.9    |
| 2017-06-14 |        | 4.6    |                | 102        | 121    | 107    | 11.7    | 18.0    |
| 2017-06-13 |        | 23.2   |                | 1106       | 165    | 118    | 12.0    | 32.1    |
| 2017-06-12 |        | 20.9   |                | 743        | 156    | 117    | 11.9    | 27.1    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2017-06-07 |        | 25.2  |         | 1752       | 180    | 148    | 13.0    | 27.5    |
| 2017-06-07 |        | 6.1   |         | 143        | 135    | 118    | 11.9    | 16.8    |
| 2017-06-04 |        | 27    |         | 1329       | 160    | 99     | 11.9    | 25.6    |
| 2017-06-03 |        | 20.4  |         | 882        | 150    | 118    | 11.5    | 27.6    |
| 2017-06-01 |        | 33    |         | 1781       | 165    | 121    | 12.4    | 29.6    |
| June       | 455.00 |       |         |            |        |        |         |         |
| 2017-05-31 |        | 21.8  |         | 392        | 160    | 122    | 12.6    | 18.2    |
| 2017-05-28 |        | 31.8  |         | 1565       | 160    | 132    | 12.8    | 32.2    |
| 2017-05-28 |        | 1     |         | 31         | 119    | 110    | 9.7     | 16.5    |
| 2017-05-27 |        | 26.6  |         | 1306       | 157    | 125    | 11.5    | 31.7    |
| 2017-05-24 |        | 25.8  |         | 1303       | 155    | 115    | 12.1    | 28.7    |
| 2017-05-23 |        | 32.7  |         | 1516       | 174    | 131    | 13.2    | 29.6    |
| 2017-05-18 |        | 24.8  |         | 1047       | 167    | 127    | 12.8    | 31.5    |
| 2017-05-17 |        | 20.5  |         | 833        | 149    | 117    | 12.3    | 29.4    |
| 2017-05-16 |        | 27.2  |         | 1472       | 183    | 142    | 13.5    | 32.5    |
| 2017-05-12 |        | 27.2  |         | 1157       | 157    | 121    | 12.2    | 27.5    |
| 2017-05-10 |        | 21.1  |         | 853        | 151    | 119    | 11.9    | 29.6    |
| 2017-05-09 |        | 18.6  |         | 616        | 151    | 120    | 11.9    | 27.8    |
| 2017-05-08 |        | 20.6  |         | 1167       | 166    | 126    | 11.3    | 25.0    |
| 2017-05-06 |        | 22.2  |         | 1088       | 159    | 124    | 11.4    | 28.5    |
| May        | 321.90 |       |         |            |        |        |         |         |
| 2017-04-18 |        | 30    |         | 1269       | 172    | 125    | 12.6    | 31.4    |
| 2017-04-17 |        | 16.6  |         | 778        | 151    | 107    | 11.7    | 25.2    |
| 2017-04-16 |        | 27.5  |         | 1369       | 167    | 125    | 12.2    | 26.7    |
| 2017-04-15 |        | 22.5  |         | 1011       | 151    | 111    | 12.0    | 25.2    |
| 2017-04-14 |        | 24.7  |         | 1305       | 168    | 120    | 12.3    | 25.4    |
| 2017-04-13 |        | 14.2  |         | 715        | 148    | 105    | 11.2    | 23.7    |
| 2017-04-12 |        | 20.8  |         | 762        | 148    | 116    | 12.5    | 28.1    |
| 2017-04-11 |        | 27.7  |         | 1142       | 165    | 124    | 12.7    | 27.1    |
| 2017-04-10 |        | 26.1  |         | 1704       | 165    | 111    | 11.3    | 25.6    |
| 2017-04-09 |        | 12.3  |         | 417        | 139    | 104    | 11.3    | 29.4    |
| 2017-04-05 |        | 21.4  |         | 850        | 162    | 123    | 12.1    | 26.8    |
| 2017-04-03 |        | 23.1  |         | 1100       |        |        | 11.6    | 28.0    |
| 2017-04-02 |        | 22.5  |         | 1069       | 166    | 123    | 12.0    | 25.1    |
| April      | 289.40 |       |         |            |        |        |         |         |
| 2017-03-21 |        | 21.4  |         | 843        | 160    | 127    | 12.2    | 27.6    |



Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|---------|------------|--------|--------|---------|---------|
| 2017-03-08 |         | 27    |         | 1290       | 178    | 130    | 12.6    | 29.3    |
| March      | 48.40   |       |         |            |        |        |         |         |
| 2017-02-28 |         | 20.9  |         | 833        |        |        | 12.5    | 28.0    |
| 2017-02-27 |         | 15.5  |         | 754        | 157    | 112    | 11.7    | 26.2    |
| 2017-02-25 |         | 20.2  |         | 1038       | 144    | 109    | 12.0    | 29.4    |
| 2017-02-24 |         | 23.2  |         | 1001       | 167    | 121    | 12.5    | 25.3    |
| 2017-02-23 |         | 22.1  |         | 1242       | 160    | 121    | 12.1    | 28.0    |
| 2017-02-22 |         | 22.2  |         | 926        | 165    | 133    | 12.4    | 27.6    |
| 2017-02-09 |         | 20.3  |         | 438        | 143    | 110    | 12.8    | 24.6    |
| 2017-02-08 |         | 21.8  |         | 1380       | 160    | 125    | 11.1    | 25.9    |
| 2017-02-04 |         | 30.5  |         | 945        | 169    | 134    | 13.3    | 27.3    |
| 2017-02-01 |         | 22.6  |         | 1414       | 165    | 127    | 12.1    | 26.7    |
| February   | 219.30  |       |         |            |        |        |         |         |
| 2017-01-31 |         | 22.8  |         | 1419       | 170    | 131    | 11.5    | 27.1    |
| 2017-01-25 |         | 24.3  |         | 1598       | 171    | 125    | 10.7    | 27.3    |
| 2017-01-24 |         | 31.5  |         | 2203       | 162    | 91     | 11.0    | 28.9    |
| 2017-01-21 |         | 36    |         | 1190       | 162    | 137    | 11.9    | 28.1    |
| 2017-01-17 |         | 22.8  |         | 1441       | 170    | 120    | 11.8    | 28.8    |
| 2017-01-16 |         | 27.8  |         | 1000       | 164    | 123    | 13.1    | 26.2    |
| 2017-01-14 |         | 22.7  |         | 1470       | 175    | 137    | 12.3    | 26.4    |
| 2017-01-13 |         | 29.7  |         | 1679       | 159    | 130    | 11.6    | 28.6    |
| 2017-01-10 |         | 27.6  |         | 1015       | 162    | 119    | 12.6    | 26.8    |
| 2017-01-08 |         | 25.4  |         | 1910       | 172    | 138    | 11.3    | 28.4    |
| 2017-01-06 |         | 23.6  |         | 1588       | 167    | 131    | 11.4    | 25.1    |
| January    | 294.20  |       |         |            |        |        |         |         |
| 2017 Total | 2888.00 |       |         |            |        |        |         |         |
| 2016-11-19 |         | 26.1  |         | 1192       | 166    | 128    | 12.1    | 24.8    |
| 2016-11-18 |         | 19.5  |         | 903        |        |        | 12.0    | 23.6    |
| 2016-11-17 |         | 18.5  |         | 927        |        |        | 11.8    | 25.8    |
| 2016-11-16 |         | 29.2  |         | 1355       | 179    | 134    | 11.8    | 31.9    |
| November   | 93.30   |       |         |            |        |        |         |         |
| 2016-10-24 |         | 20.9  |         | 1068       | 154    | 112    | 11.8    | 30.6    |
| 2016-10-19 |         | 21.2  |         | 941        |        |        | 11.9    | 25.4    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                          | Elev. | Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|----------------------------------|-------|------|--------|--------|---------|---------|
| 2016-10-18 |        | 38.8  |                                  | 1910  |      | 177    | 144    | 14.1    | 31.2    |
| 2016-10-18 |        | 4.6   |                                  | 122   |      | 133    | 116    | 11.4    | 16.6    |
| 2016-10-17 |        | 21    |                                  | 871   |      | 150    | 105    | 12.4    | 28.8    |
| 2016-10-16 |        | 23.3  |                                  | 1194  |      | 174    | 121    | 12.0    | 25.7    |
| 2016-10-13 |        | 21.9  |                                  | 1178  |      | 149    | 111    | 11.9    | 24.2    |
| 2016-10-12 |        | 22    | Wednesday Recovery               |       |      |        |        |         |         |
| 2016-10-11 |        | 29.5  |                                  | 1405  |      | 173    | 129    | 13.2    | 28.7    |
| 2016-10-08 |        | 24.1  |                                  | 1283  |      | 160    | 113    | 12.2    | 25.8    |
| 2016-10-07 |        | 29.9  |                                  | 1477  |      | 161    | 118    | 12.9    | 25.5    |
| 2016-10-06 |        | 29.5  |                                  | 1575  |      | 158    | 122    | 12.4    | 23.0    |
| October    | 286.70 |       |                                  |       |      |        |        |         |         |
| 2016-09-30 |        | 21.8  |                                  | 1157  |      |        |        | 11.7    | 27.1    |
| 2016-09-29 |        | 20.9  |                                  | 817   |      | 147    | 108    | 12.4    | 28.5    |
| 2016-09-27 |        | 28.1  |                                  | 1443  |      | 173    | 131    | 13.6    | 27.5    |
| 2016-09-27 |        | 2.6   |                                  | 50    |      | 116    | 99     | 10.6    | 16.0    |
| 2016-09-25 |        | 32.9  |                                  | 1644  |      | 173    | 141    | 14.2    | 28.0    |
| 2016-09-24 |        | 30.9  |                                  | 1506  |      | 178    | 133    | 13.6    | 32.0    |
| 2016-09-24 |        | 3.9   |                                  | 116   |      | 116    | 102    | 11.5    | 17.1    |
| 2016-09-22 |        | 34.8  |                                  | 1474  |      | 156    | 115    | 13.0    | 25.4    |
| 2016-09-20 |        | 25.2  |                                  | 1023  |      | 171    | 118    | 13.3    | 33.0    |
| 2016-09-20 |        | 6.1   |                                  | 192   |      | 140    | 99     | 11.7    | 27.0    |
| 2016-09-19 |        | 20    |                                  | 729   |      | 148    | 110    | 12.6    | 28.4    |
| 2016-09-17 |        | 29    |                                  | 1578  |      | 172    | 113    | 12.4    | 27.7    |
| 2016-09-16 |        | 20.6  |                                  | 859   |      | 141    | 100    | 11.9    | 29.0    |
| 2016-09-15 |        | 19.1  |                                  | 762   |      | 142    | 108    | 11.9    | 25.9    |
| 2016-09-14 |        | 23.9  |                                  | 986   |      | 168    | 109    | 12.5    | 27.7    |
| 2016-09-13 |        | 25.5  |                                  | 1661  |      | 174    | 134    | 12.6    | 26.2    |
| 2016-09-13 |        | 2.6   |                                  | 74    |      | 113    | 101    | 11.0    | 16.7    |
| 2016-09-06 |        | 24.9  |                                  | 1340  |      | 178    | 143    | 14.3    | 32.1    |
| 2016-09-06 |        | 5.4   |                                  | 106   |      | 133    | 96     | 10.5    | 17.8    |
| 2016-09-05 |        | 24.1  |                                  | 1063  |      | 153    | 114    | 12.3    | 26.1    |
| 2016-09-04 |        | 20.9  |                                  | 808   |      | 170    | 115    | 12.8    | 30.0    |
| 2016-09-03 |        | 26    | Seven Lakes                      | 1745  |      | 180    | 146    | 14.4    | 32.5    |
| 2016-09-02 |        | 14.8  | testing new tires front and rear | 343   |      | 145    | 114    | 12.6    | 18.4    |
| 2016-09-01 |        | 30.1  | rt 43                            | 1555  |      | 175    | 122    | 13.1    | 29.1    |
| September  | 494.10 |       |                                  |       |      |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                     | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|-----------------------------|------------|--------|--------|---------|---------|
| 2016-08-30 |        | 21.2  | rarick rowe                 | 919        | 173    | 116    | 13.0    | 26.3    |
| 2016-08-29 |        | 22.2  | vville                      | 830        | 158    | 115    | 12.5    | 33.7    |
| 2016-08-28 |        | 26.2  | Onesquathaw and more        | 1544       | 177    | 132    | 12.3    | 26.5    |
| 2016-08-27 |        | 28.2  | Around                      | 1132       | 164    | 120    | 12.8    | 29.9    |
| 2016-08-24 |        | 24.8  | rrr reverse                 | 1319       | 176    | 142    | 14.0    | 30.2    |
| 2016-08-24 |        | 4.5   | to ride                     | 90         | 125    | 106    | 11.7    | 17.3    |
| 2016-08-23 |        | 24.1  | 308 to Rowe                 | 1065       | 160    | 120    | 12.6    | 25.2    |
| 2016-08-22 |        | 20.9  | vville                      | 973        | 153    | 114    | 12.1    | 31.9    |
| 2016-08-19 |        | 30.7  | Onesquathaw and more        | 1604       | 167    | 119    | 12.5    | 32.5    |
| 2016-08-17 |        | 26.9  | Guilderland with group      | 1374       | 173    | 132    | 13.4    | 29.7    |
| 2016-08-17 |        | 4.4   | to ride                     | 154        | 131    | 111    | 12.0    | 18.1    |
| 2016-08-15 |        | 20.9  | vville                      | 877        | 160    | 119    | 12.3    | 31.4    |
| 2016-08-09 |        | 19.5  | 102                         | 864        | 178    | 127    | 13.0    | 25.9    |
| 2016-08-07 |        | 36.9  | rowe 143                    | 1815       | 169    | 130    | 13.2    | 29.0    |
| 2016-08-06 |        | 23.4  | vville                      | 947        | 153    | 114    | 12.7    | 30.4    |
| 2016-08-05 |        | 30.1  | guilderland                 | 1160       | 155    | 119    | 13.1    | 30.0    |
| 2016-08-03 |        | 26.5  | to river                    | 1377       | 176    | 138    | 14.9    | 32.4    |
| 2016-08-03 |        | 4.5   |                             | 111        | 116    | 97     | 11.9    | 17.6    |
| August     | 395.90 |       |                             |            |        |        |         |         |
| 2016-07-30 |        | 25.5  | bike path to 144 and back   | 1009       | 158    | 109    | 12.9    | 28.7    |
| 2016-07-29 |        | 20.7  | 90+ degrees                 | 824        | 161    | 120    | 12.7    | 30.3    |
| 2016-07-28 |        | 25.4  | just around                 | 1150       | 172    | 120    | 12.8    | 30.0    |
| 2016-07-27 |        | 29.5  | bennet hill .. new chain    | 1579       | 168    | 121    | 12.6    | 34.3    |
| 2016-07-25 |        | 24.9  | swift road                  | 1357       | 168    | 116    | 12.6    | 29.1    |
| 2016-07-24 |        | 25.4  | bridge st. down onesquathaw | 1171       | 171    | 126    | 13.5    | 28.4    |
| 2016-07-23 |        | 25.2  | hot                         | 1133       | 162    | 122    | 12.7    | 31.8    |
| 2016-07-22 |        | 26    | orchard hill                | 1230       | 161    | 112    | 12.1    | 31.5    |
| 2016-07-21 |        | 24.3  | sleepy thursday             | 1190       | 158    | 110    | 12.5    | 29.6    |
| 2016-07-19 |        | 29.9  | riders mills and more hills | 2181       | 176    | 146    | 13.9    | 33.9    |
| 2016-07-18 |        | 20.6  | daily ride                  | 832        | 151    | 114    | 12.4    | 29.3    |
| 2016-07-17 |        | 29.2  | indian ladder               | 1057       |        |        | 13.6    | 31.4    |
| 2016-07-16 |        | 21.9  | Up Rowe down Onesquathaw    | 1175       | 173    | 123    | 12.9    | 27.2    |
| 2016-07-14 |        | 26.9  | with Shari and Dick         | 1690       | 167    | 130    | 11.4    | 29.5    |
| 2016-07-13 |        | 21.5  | River                       | 647        | 162    | 115    | 12.6    | 24.7    |
| 2016-07-11 |        | 27.2  | 07/11/16 easy               | 1173       | 145    | 108    | 12.7    | 29.9    |
| 2016-07-10 |        | 28.1  | Beautiful Sunday            | 1685       | 172    | 120    | 12.0    | 31.1    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                      | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|------------------------------|------------|--------|--------|---------|---------|
| 2016-07-08 |        | 20.7  | Easy Friday                  | 775        | 151    | 107    | 12.5    | 31.5    |
| 2016-07-06 |        | 30.1  | Meadowdale Hot               | 1086       | 156    | 112    | 13.2    | 31.7    |
| 2016-07-05 |        | 34.5  | New Rear Tire and 143        | 1677       | 174    | 127    | 13.4    | 29.5    |
| 2016-07-03 |        | 25.6  | by myself                    | 1183       | 173    | 120    | 12.7    | 28.0    |
| 2016-07-02 |        | 33.6  | flat rock; bridge            | 1942       | 168    | 121    | 12.5    | 27.0    |
| 2016-07-01 |        | 29.9  | a normal ride                | 1587       | 164    | 123    | 12.4    | 29.4    |
| July       | 606.60 |       |                              |            |        |        |         |         |
| 2016-06-29 |        | 33.4  | guilderland                  | 1614       | 171    | 123    | 12.8    | 28.2    |
| 2016-06-27 |        | 24.8  | Rupert rarick rowe           | 1408       | 181    | 146    | 13.9    | 31.3    |
| 2016-06-27 |        | 7.1   | to ride                      | 267        | 147    | 115    | 12.0    | 29.4    |
| 2016-06-26 |        | 21.3  | down orchard hill            | 1056       | 161    | 121    | 12.3    | 27.1    |
| 2016-06-23 |        | 22.1  | vville                       | 894        | 150    | 109    | 12.9    | 29.5    |
| 2016-06-22 |        | 40.2  | coeymans reverso             | 2034       | 155    | 119    | 12.8    | 29.8    |
| 2016-06-18 |        | 38.8  | Hidden Valley plus ride home | 2182       | 177    | 141    | 14.2    | 31.9    |
| 2016-06-18 |        | 2.7   | to the ride                  | 58         | 116    | 104    | 11.7    | 17.4    |
| 2016-06-17 |        | 22.4  | vville                       | 891        | 175    | 120    | 13.1    | 27.7    |
| 2016-06-16 |        | 21.9  | Up Rowe down Onesquathaw     | 1128       | 172    | 122    | 13.0    | 28.8    |
| 2016-06-15 |        | 28.4  | 6/15/2016                    | 1139       | 159    | 120    | 13.1    | 31.4    |
| 2016-06-13 |        | 28.3  | down rock hill with David    | 1955       | 180    | 133    | 12.4    | 28.4    |
| 2016-06-12 |        | 21    | bike path to 144             | 823        | 155    | 122    | 13.4    | 28.8    |
| 2016-06-10 |        | 20.8  | 6/10/2016                    | 1009       | 148    | 113    | 12.4    | 31.8    |
| June       | 333.20 |       |                              |            |        |        |         |         |
| 2016-05-17 |        | 27.5  | rowe rarick                  | 1312       | 175    | 127    | 12.8    | 24.1    |
| 2016-05-15 |        | 20.8  | River road                   | 916        | 152    | 113    | 13.1    | 27.7    |
| 2016-05-14 |        | 23.8  | easy vville                  | 1110       | 163    | 117    | 13.0    | 29.2    |
| 2016-05-12 |        | 33.8  | Coeymans and 32              | 1706       | 175    | 131    | 13.6    | 29.7    |
| 2016-05-10 |        | 34    | Dicks Birthday Ride          | 1480       | 174    | 121    | 13.4    | 34.8    |
| 2016-05-09 |        | 21.1  | 5/9/2016                     | 965        | 146    | 113    | 11.8    | 29.7    |
| 2016-05-07 |        | 20.6  | rail trail and clarksville   | 1406       | 174    | 115    | 9.9     | 27.6    |
| 2016-05-05 |        | 30.5  | 5/5/2016                     | 1443       | 159    | 117    | 12.1    | 27.3    |
| 2016-05-03 |        | 26.8  | rowe tarrytown               | 1785       | 176    | 143    | 13.7    | 31.6    |
| 2016-05-03 |        | 4.9   | 5/3/2016                     | 71         | 118    | 98     | 11.7    | 18.2    |
| May        | 243.80 |       |                              |            |        |        |         |         |
| 2016-04-30 |        | 25    | Bridge St.                   | 1160       | 167    | 127    | 13.5    | 28.4    |
| 2016-04-29 |        | 21.7  | RAIL trail and vville        | 1001       | 175    | 126    | 12.5    | 25.5    |
| 2016-04-28 |        | 28.6  | Pre-ride                     | 1700       | 162    | 122    | 12.1    | 27.5    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                        | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|--------------------------------|------------|--------|--------|---------|---------|
| 2016-04-24 |        | 40.9  | Memorial Ride                  | 1917       | 182    | 140    | 13.5    | 32.8    |
| 2016-04-23 |        | 25.4  | South Albany                   | 1392       | 173    | 131    | 12.7    | 29.0    |
| 2016-04-22 |        | 10.5  | dodging rain on the rail trail | 249        | 140    | 116    | 13.0    | 20.2    |
| 2016-04-21 |        | 22.5  | After 2 weeks off              | 945        | 167    | 122    | 12.5    | 29.1    |
| 2016-04-07 |        | 18    | rail trail and albany downtown | 399        | 167    | 107    | 11.8    | 17.3    |
| 2016-04-01 |        | 22.8  | vvillee                        | 848        | 158    | 112    | 12.3    | 26.4    |
| April      | 215.40 |       |                                |            |        |        |         |         |
| 2016-03-30 |        | 18.9  | Rail Trail                     | 558        | 147    | 110    | 10.4    | 23.4    |
| 2016-03-27 |        | 27.3  | In place of the 4/3 ride       | 1393       |        |        | 12.0    | 24.7    |
| 2016-03-24 |        | 21.5  | To river on cold day           | 793        | 153    | 110    | 12.5    | 24.6    |
| 2016-03-23 |        | 23.1  | With Skip to Vville            | 868        | 172    | 127    | 13.5    | 29.0    |
| 2016-03-16 |        | 20.2  | Shari Charley Steiners         | 880        | 165    | 127    | 13.6    | 27.4    |
| 2016-03-13 |        | 23.3  | Rupert and Rowe                | 1062       | 173    | 119    | 13.1    | 28.9    |
| 2016-03-12 |        | 25.8  | vville bullock                 | 1293       | 166    | 124    | 12.7    | 27.0    |
| 2016-03-11 |        | 18.3  | windy                          | 957        | 153    | 116    | 12.1    | 28.6    |
| 2016-03-09 |        | 24.5  | Cedar Grove                    | 1135       | 170    | 137    | 13.1    | 26.0    |
| 2016-03-08 |        | 28.8  | Clarksville                    | 1690       | 165    | 125    | 12.6    | 25.7    |
| 2016-03-07 |        | 22.4  | 3/7/2016                       | 839        | 170    | 128    | 13.2    | 29.4    |
| March      | 254.10 |       |                                |            |        |        |         |         |
| 2016-02-19 |        | 24.5  | Laguna Canyon NewPort cove     | 1510       | 168    | 131    | 12.8    | 27.2    |
| 2016-02-18 |        | 30.2  | Huntington Beach again         | 987        | 166    | 128    | 13.2    | 27.8    |
| 2016-02-16 |        | 31.5  | Laguna Canyon, Irvine          | 1747       |        |        | 12.1    | 28.7    |
| 2016-02-11 |        | 22.5  | new port cove shady canyon     | 1401       | 172    | 133    | 13.0    | 28.9    |
| 2016-02-09 |        | 20.4  | Crown Valley to Aliso          | 1313       | 164    | 131    | 11.3    | 28.7    |
| 2016-02-08 |        | 29.1  | Irvine back bay                | 1361       | 167    | 130    | 12.5    | 27.9    |
| 2016-02-07 |        | 12.8  | Pelican                        | 1145       | 167    | 131    | 11.5    | 27.1    |
| 2016-02-06 |        | 23.7  | shady canyon loop              | 1459       | 178    | 137    | 12.7    | 29.0    |
| 2016-02-01 |        | 23.3  | Niguel Road                    | 1919       | 176    | 129    | 10.5    | 29.5    |
| February   | 218.00 |       |                                |            |        |        |         |         |
| 2016-01-30 |        | 21.2  | Canyons and sprinkles          | 1324       | 173    | 135    | 12.6    | 26.5    |
| 2016-01-27 |        | 15.8  | newport coast                  | 1523       | 164    | 122    | 10.5    | 25.9    |
| 2016-01-26 |        | 32.9  | Mission Viejo                  | 2026       | 174    | 131    | 12.0    | 28.8    |
| 2016-01-25 |        | 32    | Huntington Beach               | 1058       | 161    | 120    | 13.3    | 27.1    |
| 2016-01-23 |        | 25.7  | to dana point by mistake       | 1914       | 174    | 131    | 11.6    | 29.6    |
| 2016-01-21 |        | 31.1  | Irvine back bay                | 1514       | 173    | 127    | 12.6    | 26.4    |
| 2016-01-19 |        | 24    | newport coast Shady            | 1456       | 169    | 125    | 12.8    | 28.4    |

Frank Kelly's cycling mileage

| Date       | totals     | Miles   | comment                            | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|------------|---------|------------------------------------|------------|--------|--------|---------|---------|
| 2016-01-18 |            | 25.7    | Laguna Canyon, Aliso, Golden Lntrn | 1871       |        |        | 11.2    | 29.8    |
| 2016-01-16 |            | 23.6    | Newport cove shady canyon          | 1516       | 169    | 129    | 12.1    | 25.1    |
| 2016-01-14 |            | 22.2    | Aliso                              | 1470       | 170    | 126    | 11.2    | 25.9    |
| 2016-01-12 |            | 28.9    | newport cove back bay university   | 1459       | 171    | 128    | 12.3    | 28.4    |
| 2016-01-11 |            | 24      | Shady Canyon Newport Coast         | 1569       | 167    | 129    | 11.7    | 29.4    |
| 2016-01-09 |            | 28.9    | San Clemente                       | 1482       |        |        | 11.7    | 31.3    |
| 2016-01-08 |            | 13.4    | First Laguna of 2016               | 1135       |        |        | 11.5    | 26.6    |
|            | January    | 349.40  |                                    |            |        |        |         |         |
|            | 2016 Total | 3490.50 |                                    |            |        |        |         |         |
| 2015-12-12 |            | 31.9    | Debs memorial ride                 | 1312       | 169    | 140    | 14.4    | 29.3    |
| 2015-12-12 |            | 2.5     | to the ride                        | 75         | 113    | 97     | 11.9    | 17.2    |
| 2015-12-11 |            | 22      | 12/11/15 The date says it          | 916        | 147    | 112    | 12.4    | 26.9    |
|            | December   | 56.40   |                                    |            |        |        |         |         |
| 2015-11-16 |            | 18.5    | vville                             | 776        | 167    | 121    | 12.4    | 30.8    |
| 2015-11-16 |            | 3       | Forgot to start computer           |            |        |        |         |         |
| 2015-11-06 |            | 21.2    | vvile                              | 933        | 141    | 107    | 12.3    | 28.0    |
| 2015-11-04 |            | 33.3    | Boehm memorial reprise             | 1486       | 161    | 130    | 14.7    | 29.3    |
| 2015-11-03 |            | 50.5    | Higgins Pine Bush ride             | 2015       | 170    | 130    | 13.7    | 30.5    |
|            | November   | 126.50  |                                    |            |        |        |         |         |
| 2015-10-31 |            | 17.6    | Cold Halloween                     | 768        | 158    | 122    | 12.9    | 26.9    |
| 2015-10-30 |            | 16.4    | around delmar                      | 710        | 143    | 105    | 12.2    | 29.0    |
| 2015-10-29 |            | 21.2    | Drowned                            | 921        | 152    | 111    | 12.9    | 30.9    |
| 2015-10-27 |            | 34.1    | Kinderhook with Andy and crew      | 1742       | 179    | 151    | 14.9    | 29.1    |
| 2015-10-22 |            | 31.5    | back to 30 miles                   | 1578       | 170    | 123    | 12.1    | 26.5    |
| 2015-10-21 |            | 25.1    | Crowe ride                         | 1318       | 177    | 124    | 12.3    | 25.3    |
| 2015-10-20 |            | 21.4    | vville                             | 917        | 149    | 109    | 12.4    | 29.5    |
| 2015-10-16 |            | 20.2    |                                    | 983        | 173    | 121    | 12.6    | 27.0    |
| 2015-10-15 |            | 21.3    |                                    | 873        | 143    | 103    | 12.3    | 29.6    |
| 2015-10-10 |            | 20.3    |                                    | 1081       | 179    | 133    | 13.4    | 23.1    |
| 2015-10-08 |            | 16.1    |                                    | 807        | 150    | 108    | 12.8    | 23.4    |
| 2015-10-07 |            | 22.1    |                                    | 1160       | 144    | 110    | 12.4    | 24.1    |
| 2015-10-06 |            | 21.8    |                                    | 1100       | 153    | 112    | 12.7    | 25.4    |
| 2015-10-04 |            | 23      |                                    | 947        | 172    | 114    | 12.5    | 25.6    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                         | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------------------------------|------------|--------|--------|---------|---------|
| 2015-10-01 |        | 21.9  | vville                          | 955        | 173    | 112    | 12.3    | 26.5    |
| October    | 334.00 |       |                                 |            |        |        |         |         |
| 2015-09-28 |        | 20.5  | Bike Trail                      | 332        | 120    | 90     | 11.6    | 17.9    |
| 2015-09-26 |        | 36    | 143 reverso                     | 1883       | 176    | 122    | 13.3    | 29.4    |
| 2015-09-24 |        | 35.5  | Aquetuck                        | 1523       | 172    | 120    | 13.2    | 28.9    |
| 2015-09-23 |        | 23.3  | crow ridge caper                | 1157       | 173    | 112    | 12.2    | 26.2    |
| 2015-09-22 |        | 25.3  | Daves                           | 1125       |        |        | 13.5    | 27.3    |
| 2015-09-22 |        | 6     | Before Daves ride               |            |        |        |         |         |
| 2015-09-20 |        | 40    | boehm memorial ride             | 1668       | 169    | 133    | 13.9    | 29.1    |
| 2015-09-18 |        | 21.7  | vville                          | 814        | 143    | 107    | 12.6    | 29.6    |
| 2015-09-17 |        | 42.9  | Thacher Park thru Altamont      | 2215       | 172    | 123    | 12.5    | 32.2    |
| 2015-09-15 |        | 29.9  | Rowe tarrytown north            | 1855       | 174    | 139    | 13.0    | 31.2    |
| 2015-09-15 |        | 4.3   | 9/15/2015                       | 73         | 122    | 103    | 12.0    | 18.2    |
| 2015-09-11 |        | 15.4  | Pre-New-Hope, new hrm           | 773        | 152    | 111    | 12.6    | 28.7    |
| 2015-09-08 |        | 19.4  | before greg and rosalie         | 803        |        |        | 12.7    | 24.6    |
| 2015-09-07 |        | 26.8  | diamond hill and more           | 1300       |        |        | 12.7    | 29.6    |
| 2015-09-06 |        | 32.4  | to 143                          | 1748       |        |        | 13.6    | 29.7    |
| 2015-09-05 |        | 31.4  | Guilderland                     | 1220       |        |        | 13.1    | 30.4    |
| 2015-09-03 |        | 24.2  | Crowe Ridge                     | 1152       |        |        | 12.8    | 27.6    |
| 2015-09-02 |        | 25.5  | to 144                          | 1065       |        |        | 12.7    | 23.6    |
| September  | 460.50 |       |                                 |            |        |        |         |         |
| 2015-08-31 |        | 21.8  | 8/31/2015                       | 1133       |        |        | 12.8    | 29.1    |
| 2015-08-30 |        | 26    | Onesq North                     | 1502       |        |        | 12.4    | 30.4    |
| 2015-08-29 |        | 2     | From Ride                       |            |        |        | 12.0    |         |
| 2015-08-29 |        | 41.4  | Almost to Altamont              | 1950       | 174    | 76     | 15.2    | 32.8    |
| 2015-08-29 |        | 2.5   | 8/29/2015                       | 55         | 119    | 106    | 11.3    | 15.7    |
| 2015-08-28 |        | 26.7  | bridge road to onesquathaw      | 1215       |        |        | 13.1    | 25.5    |
| 2015-08-27 |        | 26.6  | Rail road delay                 | 1225       |        |        | 12.6    | 27.3    |
| 2015-08-25 |        | 30    | Pitt and Drown                  | 2106       | 175    | 69     | 13.4    | 32.4    |
| 2015-08-20 |        | 28.2  | Guilderland                     | 1261       | 139    | 83     | 12.9    | 26.6    |
| 2015-08-19 |        | 27.6  | bullock diamond hill clip crowe | 1277       | 152    | 104    | 12.8    | 26.5    |
| 2015-08-18 |        | 21.3  | Hot abort                       | 1404       | 179    | 113    | 13.2    | 30.4    |
| 2015-08-16 |        | 39.6  | Savile Road                     | 1678       | 162    | 94     | 14.3    | 31.6    |
| 2015-08-16 |        | 0.8   | to ride                         | 21         | 131    | 126    | 12.4    | 20.5    |
| 2015-08-15 |        | 26.5  | River to Rowe                   | 1147       | 148    | 101    | 12.4    | 28.6    |
| 2015-08-14 |        | 27.9  | post tanglewood                 | 1164       | 201    | 100    | 12.9    | 30.2    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                       | Elev. | Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|-------------------------------|-------|------|--------|--------|---------|---------|
| 2015-08-13 |        | 20.4  | Collabeck                     | 1120  |      | 169    | 86     | 13.2    | 29.7    |
| 2015-08-12 |        | 35.7  | choo choo                     | 1543  |      | 148    | 113    | 12.7    | 32.6    |
| 2015-08-10 |        | 30.1  | rockhill north tarrytown rowe | 1804  |      | 151    | 107    | 12.3    | 26.6    |
| 2015-08-08 |        | 27.1  | Fuera bush and Onesquathaw    | 1667  |      | 169    | 105    | 11.9    | 26.7    |
| 2015-08-07 |        | 23.9  | Bullock Clip Crowe            | 1101  |      | 157    | 122    | 12.8    | 31.3    |
| 2015-08-06 |        | 36.6  | Past 143 ... Deans Mills      | 1767  |      | 200    | 110    | 13.3    | 30.8    |
| 2015-08-04 |        | 26.2  | In rain to tsastawasa         | 1695  |      |        |        | 14.5    | 31.7    |
| 2015-08-03 |        | 21.3  | Nothing much                  | 935   |      | 137    | 101    | 12.5    | 28.8    |
| 2015-08-02 |        | 45.2  | Daves H. Ride                 | 1969  |      | 146    | 104    | 14.6    | 32.0    |
| 2015-08-02 |        | 10    | to ride                       | 432   |      | 169    | 109    | 12.5    | 27.6    |
| 2015-08-01 |        | 40.5  | Rowe Biers Alcove             | 2630  |      | 197    | 104    | 12.5    | 31.3    |
| August     | 665.90 |       |                               |       |      |        |        |         |         |
| 2015-07-31 |        | 29.4  | Frenchs Mills                 | 1341  |      | 183    | 99     | 12.3    | 31.8    |
| 2015-07-29 |        | 21.9  | Hot                           | 817   |      | 186    | 99     | 12.5    | 31.0    |
| 2015-07-28 |        | 21.4  | Plank Road                    | 1631  |      | 175    | 138    | 13.1    | 31.0    |
| 2015-07-27 |        | 30.7  | Rowe Lawson +                 | 1874  |      | 156    | 86     | 12.3    | 30.6    |
| 2015-07-25 |        | 26.3  | Renders ride                  | 1153  |      | 179    | 132    | 14.9    | 33.0    |
| 2015-07-24 |        | 11.4  | New wheels Friday Sprinkle    | 429   |      |        |        | 12.5    | 30.0    |
| 2015-07-23 |        | 25.2  | Just around                   | 1289  |      | 150    | 89     | 12.6    | 29.7    |
| 2015-07-22 |        | 24.9  | Taborton                      | 1982  |      | 174    | 130    | 12.0    | 30.4    |
| 2015-07-20 |        | 16.5  | To steiners                   | 798   |      | 162    | 111    | 12.1    | 26.9    |
| 2015-07-19 |        | 29.5  | Adjust shifting ride          | 1165  |      | 166    | 120    | 12.6    | 31.8    |
| 2015-07-18 |        | 24.6  | Fuera bush and Onesquathaw    | 1121  |      | 193    | 119    | 12.9    | 27.9    |
| 2015-07-17 |        | 25.6  | Vville and Diamond Hill       | 1447  |      | 181    | 115    | 11.7    | 29.0    |
| 2015-07-16 |        | 30.2  | Clipp and Thatcher            | 1844  |      | 192    | 100    | 11.6    | 26.3    |
| 2015-07-14 |        | 29.4  | Horseheaven                   | 2367  |      | 190    | 102    | 13.3    | 34.5    |
| 2015-07-13 |        | 25.8  | Hot day                       | 1256  |      | 156    | 115    | 13.2    | 31.8    |
| 2015-07-12 |        | 23.6  | Before Tanglewood             | 1126  |      | 160    | 119    | 13.0    | 31.6    |
| 2015-07-09 |        | 30.3  | to the race course            | 1790  |      | 159    | 113    | 12.5    | 29.6    |
| 2015-07-08 |        | 32.4  | Out to Guilderland            | 1255  |      | 184    | 130    | 13.1    | 32.8    |
| 2015-07-07 |        | 17.4  | before rain                   | 601   |      | 161    | 107    | 13.1    | 28.6    |
| 2015-07-06 |        | 22.2  | Reverse part of Judes ride    | 1197  |      | 134    | 92     | 12.7    | 27.4    |
| 2015-07-05 |        | 32.5  | Judes ride                    | 1675  |      | 191    | 128    | 14.0    | 31.6    |
| 2015-07-03 |        | 28.3  | Rail road train detour        | 1392  |      | 177    | 110    | 12.7    | 31.9    |
| 2015-07-02 |        | 33.2  | Rowe and more                 | 1608  |      | 171    | 119    | 12.4    | 31.5    |
| July       | 592.70 |       |                               |       |      |        |        |         |         |



Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                          | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|----------------------------------|------------|--------|--------|---------|---------|
| 2015-06-30 |        | 17.8  | Rain ride                        | 802        | 157    | 96     | 12.6    | 26.4    |
| 2015-06-27 |        | 24.4  | bridge road to onesquathaw       | 1099       | 211    | 128    | 12.7    | 28.4    |
| 2015-06-26 |        | 27.7  | Second time around               | 1367       | 221    | 129    | 12.1    | 27.1    |
| 2015-06-25 |        | 25.7  | Riding again                     | 1094       | 183    | 118    | 12.5    | 30.9    |
| June       | 95.60  |       |                                  |            |        |        |         |         |
| 2015-05-30 |        | 18.4  | Creble                           | 686        | 184    | 124    | 12.7    | 26.2    |
| 2015-05-29 |        | 21.8  | Hernia pre-op                    | 902        | 190    | 100    | 12.8    | 29.6    |
| 2015-05-02 |        | 27.6  | Easy                             | 1100       | 197    | 108    | 13.0    | 31.0    |
| 2015-05-01 |        | 13.6  | Local ride                       | 608        | 146    | 105    | 12.2    | 28.7    |
| May        | 81.40  |       |                                  |            |        |        |         |         |
| 2015-04-30 |        | 35.4  | Rowe, 143                        | 1828       | 158    | 108    | 12.6    | 29.2    |
| 2015-04-28 |        | 28.7  | Last Tuesday                     | 2138       | 227    | 131    | 14.4    | 30.4    |
| 2015-04-26 |        | 34.1  | Lost legs indeed                 | 1595       | 188    | 127    | 14.1    | 30.1    |
| 2015-04-25 |        | 14.9  | Before party                     | 694        | 153    | 107    | 11.9    | 26.3    |
| 2015-04-22 |        | 21.7  | Just local before the rain       | 1038       | 149    | 107    | 12.4    | 26.7    |
| 2015-04-21 |        | 22.5  | dunham hollow to momrow          | 1914       | 195    | 138    | 13.1    | 31.0    |
| 2015-04-19 |        | 32.4  | to 143                           | 1723       | 165    | 118    | 13.2    | 28.0    |
| 2015-04-18 |        | 29.3  | Easy                             | 1312       | 228    | 126    | 13.1    | 34.3    |
| 2015-04-16 |        | 30.1  | First Onesquathaw for 2015       | 1666       | 222    | 117    | 12.2    | 29.7    |
| 2015-04-15 |        | 22.4  | Up rowe down onesquathaw         | 1256       | 174    | 118    | 12.3    | 26.4    |
| 2015-04-14 |        | 26.2  | Totem Lodge and more             | 1914       | 195    | 113    | 14.2    | 31.4    |
| 2015-04-13 |        | 30    | meadowdale                       | 1301       | 161    | 121    | 12.7    | 27.1    |
| 2015-04-11 |        | 27.6  | Windy Font Grove                 | 1828       | 182    | 134    | 13.3    | 31.7    |
| 2015-04-07 |        | 21.5  | carrols grove in reverse         | 1517       | 182    | 140    | 13.4    | 30.3    |
| 2015-04-06 |        | 27.6  | bridge road to onesquathaw       | 1402       | 155    | 102    | 12.6    | 24.9    |
| 2015-04-03 |        | 23.9  | vville                           | 1074       | 155    | 115    | 12.7    | 34.4    |
| 2015-04-02 |        | 19.1  | Creble                           | 704        |        |        | 12.9    | 25.2    |
| 2015-04-01 |        | 22.8  | April Fool                       | 1206       | 170    | 123    | 11.9    | 27.2    |
| April      | 470.20 |       |                                  |            |        |        |         |         |
| 2015-03-25 |        | 21.1  | Met Jim and Stephen              | 1114       | 168    | 121    | 13.0    | 29.7    |
| 2015-03-16 |        | 18.4  | orchard to 32 to Creble          | 612        | 147    | 112    | 12.9    | 25.6    |
| March      | 39.50  |       |                                  |            |        |        |         |         |
| 2015-02-17 |        | 14.8  | last newport cove? for this year | 1290       | 173    | 127    | 12.3    | 31.1    |
| 2015-02-16 |        | 32.2  | to Huntington Beach              | 1026       | 165    | 128    | 13.7    | 30.0    |
| 2015-02-14 |        | 24.9  | newport cove to shady canyon     | 1585       | 180    | 143    | 12.8    | 29.1    |
| 2015-02-11 |        | 24.9  | alicia creek                     | 1570       | 167    | 125    | 12.6    | 27.3    |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment                        | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|--------------------------------|------------|--------|--------|---------|---------|
| 2015-02-10 |         | 21    | Sees candy store               | 1489       | 158    | 112    | 12.0    | 27.9    |
| 2015-02-09 |         | 25.8  | Golden Lantern                 | 1777       | 156    | 122    | 12.0    | 30.0    |
| 2015-02-08 |         | 15.3  | Pre-visit hill climb           | 1353       | 141    | 87     | 11.7    | 33.8    |
| 2015-02-07 |         | 24.3  | Shady canyon and newport coast | 1551       | 201    | 140    | 12.5    | 30.2    |
| 2015-02-05 |         | 24.8  | Fog Everywhere                 | 1581       | 166    | 119    | 13.1    | 31.4    |
| 2015-02-03 |         | 20.6  | aliso again                    | 1857       |        |        | 11.6    | 29.5    |
| 2015-02-02 |         | 44.9  | Newport traffic                | 1933       | 162    | 114    | 12.5    | 29.4    |
| February   | 273.50  |       |                                |            |        |        |         |         |
| 2015-01-27 |         | 20.2  | aliso                          | 1350       | 153    | 105    | 12.3    | 29.4    |
| 2015-01-26 |         | 27    | Concordia NOT                  | 1592       |        |        | 12.6    | 31.2    |
| 2015-01-24 |         | 29.5  | to san clemente                | 1635       | 173    | 135    | 12.7    | 30.8    |
| 2015-01-22 |         | 25    | newport coast to irvine        | 1543       | 166    | 115    | 12.8    | 28.5    |
| 2015-01-19 |         | 24.3  | shady canyon                   | 1502       | 149    | 114    | 12.1    | 29.2    |
| 2015-01-18 |         | 32.5  | to Huntington Beach            | 1104       | 214    | 136    | 14.6    | 31.2    |
| 2015-01-17 |         | 28.5  | crown valley pacific island    | 2066       | 215    | 128    | 11.1    | 29.1    |
| 2015-01-15 |         | 16.6  | ALONG the beach                | 1279       | 202    | 122    | 11.5    | 32.6    |
| 2015-01-14 |         | 28.5  | newport and irvine             | 1407       | 173    | 128    | 13.4    | 27.7    |
| 2015-01-13 |         | 29.2  | san clemente                   | 1582       | 156    | 127    | 12.1    | 31.1    |
| 2015-01-10 |         | 14    | first laguna                   | 1223       | 214    | 134    | 12.1    | 31.6    |
| January    | 275.30  |       |                                |            |        |        |         |         |
| 2015 Total | 3471.50 |       |                                |            |        |        |         |         |
| 2014-11-23 |         | 22.1  |                                | 896        | 149    | 113    | 12.6    | 27.5    |
| 2014-11-11 |         | 30.2  | feura bush, onesquathaw        | 1827       | 233    | 119    | 12.0    | 28.7    |
| 2014-11-09 |         | 14.9  | broke front shifter            | 394        | 130    | 83     | 12.4    | 21.7    |
| 2014-11-04 |         | 25.6  |                                | 1713       | 231    | 134    | 13.2    | 30.4    |
| November   | 92.80   |       |                                |            |        |        |         |         |
| 2014-10-31 |         | 30.7  | Mark john skip gail            | 1550       | 189    | 127    | 12.8    | 28.7    |
| 2014-10-28 |         | 32.4  | Rowe flat rock 2               | 1683       | 220    | 128    | 12.9    | 27.7    |
| 2014-10-25 |         | 22.8  |                                | 1119       | 194    | 124    | 13.0    | 25.6    |
| 2014-10-20 |         | 30.4  | with Charley and Shari         | 2159       | 214    | 147    | 12.8    | 32.2    |
| 2014-10-19 |         | 19.4  | Windy Quarry                   | 969        | 139    | 108    | 12.7    | 27.0    |
| 2014-10-17 |         | 31.5  | vville version                 | 1208       | 199    | 128    | 13.1    | 29.7    |
| 2014-10-12 |         | 23.2  | ptown                          | 1156       | 182    | 129    | 13.0    | 25.4    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                       | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|-------------------------------|------------|--------|--------|---------|---------|
| 2014-10-09 |        | 22.1  |                               | 889        | 141    | 105    | 12.6    | 27.8    |
| 2014-10-07 |        | 35.4  | andys tuesday memories ride   | 2859       | 173    | 147    | 14.6    | 31.0    |
| 2014-10-03 |        | 30.1  | Greylock Practice before rain | 3725       | 167    | 106    | 10.5    | 32.5    |
| 2014-10-02 |        | 30.6  | Daves ride                    | 1508       | 177    | 123    | 13.7    | 29.6    |
| October    | 308.60 |       |                               |            |        |        |         |         |
| 2014-09-30 |        | 35.9  | Andys 8 person ride           | 1508       | 182    | 128    | 15.2    | 34.0    |
| 2014-09-29 |        | 21.7  | using Garmin                  | 919        |        |        | 13.3    | 31.6    |
| 2014-09-28 |        | 26.1  | blodgett the hard way         | 1582       | 180    | 108    | 12.8    | 28.7    |
| 2014-09-27 |        | 28.6  | garmin battery dead           | 1970       |        |        | 14.0    |         |
| 2014-09-25 |        | 30.3  | thacher park climb and more   | 1639       | 171    | 114    | 12.5    | 28.2    |
| 2014-09-24 |        | 26.2  | creble and river              | 907        | 140    | 97     | 12.8    | 24.2    |
| 2014-09-23 |        | 20    | Last Tuesday                  | 1849       | 221    | 137    | 13.6    | 31.8    |
| 2014-09-21 |        | 31.3  |                               | 1657       | 217    | 140    | 15.0    | 32.4    |
| 2014-09-21 |        | 9.6   | to vville                     | 601        | 153    | 117    | 12.6    | 26.6    |
| 2014-09-20 |        | 3.6   | missed miles on Plateau       | 85         |        |        | 10.8    |         |
| 2014-09-20 |        | 21.9  | Plateau shortened             | 2311       | 180    | 139    | 12.3    | 30.9    |
| 2014-09-19 |        | 31.4  | pre Rens Plateau flatter ride | 1290       | 222    | 119    | 13.1    | 27.8    |
| 2014-09-18 |        | 16.3  | test bottom bracket           | 697        | 151    | 109    | 12.3    | 25.7    |
| 2014-09-16 |        | 34.8  |                               | 1501       | 174    | 141    | 16.2    | 29.5    |
| 2014-09-16 |        | 7.7   |                               | 355        | 147    | 104    | 12.3    | 23.9    |
| 2014-09-15 |        | 30.7  | Rock Hill                     | 1975       | 171    | 111    | 12.3    | 28.0    |
| 2014-09-13 |        | 26.2  | beat the rain                 | 1808       | 168    | 112    | 12.7    | 34.7    |
| 2014-09-12 |        | 28.3  | bridge st.                    | 1541       | 150    | 105    | 12.8    | 28.3    |
| 2014-09-10 |        | 21.8  | vville again                  | 865        | 141    | 100    | 12.8    | 31.3    |
| 2014-09-09 |        | 26.6  | Starbucks permutation         | 1784       | 233    | 148    | 15.6    | 32.7    |
| 2014-09-08 |        | 25.2  | View Wildlife                 | 1325       | 169    | 109    | 13.1    | 29.8    |
| 2014-09-05 |        | 13.8  | in a rush                     | 580        | 144    | 95     | 12.2    | 25.4    |
| 2014-09-04 |        | 38.4  | Greylock South                | 3512       | 172    | 125    | 11.8    | 31.5    |
| 2014-09-03 |        | 21.7  | vville                        | 922        | 181    | 126    | 13.0    | 33.6    |
| 2014-09-02 |        | 26.3  | Kipple Caper                  | 2117       | 174    | 136    | 13.8    | 33.5    |
| 2014-09-01 |        | 2.3   | from ride                     | 51         | 135    | 118    | 12.5    | 17.2    |
| 2014-09-01 |        | 38.8  | newry down alcove             | 2504       | 208    | 129    | 15.2    | 34.3    |
| 2014-09-01 |        | 3.6   | to ride                       | 110        | 184    | 124    | 12.5    | 17.8    |
| September  | 649.10 |       |                               |            |        |        |         |         |
| 2014-08-30 |        | 31.5  | round the barn                | 1760       | 157    | 103    | 12.6    | 27.8    |
| 2014-08-29 |        | 21.8  | vville                        | 869        | 218    | 117    | 13.3    | 32.9    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                      | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|------------------------------|------------|--------|--------|---------|---------|
| 2014-08-28 |        | 25.3  | taborton                     | 2084       | 175    | 115    | 13.3    | 28.6    |
| 2014-08-27 |        | 30.9  | Normal daily ride            | 1593       | 195    | 120    | 13.1    | 31.5    |
| 2014-08-26 |        | 28.3  | horse heaven                 | 2262       | 202    | 141    | 14.3    | 33.6    |
| 2014-08-23 |        | 22.5  | adjust shifting ride         | 832        | 149    | 95     | 12.8    | 32.6    |
| 2014-08-20 |        | 31.7  | A few gentle hills           | 2046       | 150    | 111    | 13.5    | 32.4    |
| 2014-08-20 |        | 2.4   | to my ride                   | 27         | 111    | 86     | 12.3    | 18.2    |
| 2014-08-19 |        | 29.5  | Tamarac Road and Bulson      | 1978       | 202    | 139    | 14.3    | 31.6    |
| 2014-08-17 |        | 33.5  | judes river ride             | 1667       | 171    | 119    | 14.2    | 30.4    |
| 2014-08-17 |        | 3.7   | 8/17/2014                    | 98         | 119    | 105    | 11.5    | 17.6    |
| 2014-08-16 |        | 36.8  | Collabeck and more           | 2183       | 175    | 124    | 13.5    | 32.0    |
| 2014-08-15 |        | 30.5  | guilderland new roads        | 1228       | 147    | 106    | 13.4    | 33.7    |
| 2014-08-14 |        | 21.6  | testing bike                 | 838        | 149    | 103    | 12.4    | 31.7    |
| 2014-08-12 |        | 11.3  | before the rain              | 373        | 134    | 96     | 13.2    | 27.6    |
| 2014-08-11 |        | 26.9  | Creble to vville             | 1167       | 143    | 109    | 14.0    | 32.4    |
| 2014-08-10 |        | 20.2  | voorhesville                 | 796        | 179    | 125    | 13.1    | 33.2    |
| 2014-08-09 |        | 41.8  | Boehm Memorial Ride          | 1695       | 165    | 127    | 15.7    | 34.1    |
| 2014-08-08 |        | 29.7  | Pre-down_biers ride          | 1836       | 193    | 121    | 13.3    | 28.6    |
| 2014-08-06 |        | 25    | down rock hill               | 1686       | 168    | 115    | 13.0    | 30.1    |
| 2014-08-06 |        | 2.4   | to daves ride                | 68         | 100    | 85     | 12.3    | 19.5    |
| 2014-08-05 |        | 31.6  | In the rain again            | 1016       | 163    | 125    | 15.8    | 32.4    |
| 2014-08-05 |        | 7.4   | Pre ride with Dave           | 354        | 248    | 138    | 14.0    | 24.9    |
| 2014-08-03 |        | 24    | Recovery                     | 1150       | 184    | 115    | 12.7    | 28.7    |
| 2014-08-02 |        | 51.4  | Greene County Ride plus home | 2999       | 227    | 134    | 15.3    | 33.4    |
| 2014-08-02 |        | 4.9   | To the ride                  | 71         | 158    | 127    | 11.6    | 17.7    |
| 2014-08-01 |        | 27.7  | up rowe down onesquathaw     | 1634       | 199    | 121    | 13.2    | 30.1    |
| August     | 654.30 |       |                              |            |        |        |         |         |
| 2014-07-30 |        | 27    | Daves ride too               | 1017       | 153    | 108    | 13.6    | 29.7    |
| 2014-07-29 |        | 35.6  | Taborton dyken date          | 3172       | 180    | 144    | 14.1    | 32.3    |
| 2014-07-23 |        | 25.6  | daves ride to river          | 1151       | 163    | 110    | 13.3    | 24.4    |
| 2014-07-22 |        | 23.6  | Flat tire ride               | 1929       | 171    | 135    | 12.7    | 33.3    |
| 2014-07-21 |        | 34.6  | 143                          | 1671       | 172    | 124    | 14.2    | 30.1    |
| 2014-07-19 |        | 46.6  | alcove and 51                | 2895       | 178    | 140    | 15.1    | 32.6    |
| 2014-07-19 |        | 3     | to alcove ride               |            |        |        | 9.0     |         |
| 2014-07-17 |        | 35.1  | No power readings ride       | 2091       | 165    | 117    | 12.9    | 31.6    |
| 2014-07-15 |        | 36.2  | McCagg in the rain           | 1711       | 172    | 136    | 15.1    | 33.7    |
| 2014-07-13 |        | 30.8  | partway with skip            | 1331       | 165    | 119    | 13.9    | 30.1    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                      | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|------------------------------|------------|--------|--------|---------|---------|
| 2014-07-11 |        | 24.6  | rowe down onesquathaw        | 1539       | 180    | 119    | 12.9    | 27.2    |
| 2014-07-09 |        | 29.8  | Daves ride                   | 1302       | 164    | 113    | 13.6    | 29.8    |
| 2014-07-09 |        | 6.1   | To Daves ride                | 175        | 120    | 99     | 13.0    | 20.4    |
| 2014-07-08 |        | 34.7  | 3 Chathams                   | 2045       | 171    | 133    | 14.4    | 35.4    |
| 2014-07-06 |        | 30.9  | Judes Ride Plus              | 1681       | 214    | 138    | 14.7    | 30.4    |
| 2014-07-06 |        | 5.6   | to ride                      | 204        | 185    | 124    | 12.4    | 24.6    |
| 2014-07-05 |        | 29.9  | Two segments                 | 1806       | 173    | 115    | 13.3    | 33.6    |
| 2014-07-04 |        | 29.6  | Benns ride                   | 1523       | 165    | 121    | 14.0    | 30.2    |
| 2014-07-04 |        | 9     | to benns ride                | 252        | 143    | 104    | 13.1    | 24.3    |
| 2014-07-02 |        | 21.4  | Hot day                      | 1211       | 175    | 115    | 12.5    | 31.3    |
| 2014-07-01 |        | 38.6  | As the Kroll flies           | 2364       | 173    | 136    | 15.3    | 33.5    |
| July       | 558.30 |       |                              |            |        |        |         |         |
| 2014-06-30 |        | 18    | Avoiding Rain                | 800        | 147    | 111    | 13.3    | 30.4    |
| 2014-06-28 |        | 55.4  | Auresville from Schenectady  | 1550       | 164    | 124    | 14.6    | 31.0    |
| 2014-06-27 |        | 32.4  | guilderland                  | 1275       | 145    | 109    | 13.5    | 31.5    |
| 2014-06-24 |        | 15.2  | block island iv              | 797        |        |        | 13.5    | 29.9    |
| 2014-06-23 |        | 22.7  | block island iii             | 1362       |        |        | 12.6    | 27.8    |
| 2014-06-21 |        | 20.6  |                              | 1160       | 164    | 126    | 14.8    | 26.3    |
| 2014-06-20 |        | 19.9  | block island i               | 1072       | 207    | 130    | 12.6    | 26.3    |
| 2014-06-18 |        | 29.3  | Greylock to Moca             | 3179       |        |        | 10.9    | 31.8    |
| 2014-06-17 |        | 25.7  | To Dyken and back            | 2060       | 176    | 124    | 12.7    | 30.2    |
| 2014-06-15 |        | 37.4  | blodgett the easy way        | 2201       | 169    | 131    | 15.4    | 41.1    |
| 2014-06-15 |        | 8.3   | to the ride                  | 305        | 145    | 118    | 12.0    | 20.0    |
| 2014-06-14 |        | 23.5  |                              | 1181       | 231    | 124    | 12.7    | 28.8    |
| 2014-06-10 |        | 29.7  | Riders Mills                 | 2143       | 176    | 135    | 14.2    | 32.9    |
| 2014-06-07 |        | 46.9  | gallupville gasup            | 2658       | 216    | 142    | 15.2    | 33.3    |
| 2014-06-06 |        | 28.7  | New Pavement                 | 1571       | 172    | 120    | 13.6    | 30.1    |
| 2014-06-04 |        | 42    | New Baltimore full           | 1638       |        |        |         |         |
| 2014-06-03 |        | 33.9  | Reno and more ... Andys ride | 2177       | 166    | 136    | 14.8    | 32.8    |
| 2014-06-02 |        | 21.3  | just to vhville              | 870        | 201    | 115    | 13.1    | 28.0    |
| June       | 510.90 |       |                              |            |        |        |         |         |
| 2014-05-31 |        | 39.8  | andys 9 person ride          | 2696       | 176    | 137    | 14.6    | 33.2    |
| 2014-05-30 |        | 30.8  | guilderland                  | 1288       | 174    | 113    | 13.1    | 32.2    |
| 2014-05-29 |        | 32.4  | rowe and flat rock           | 1762       | 176    | 117    | 13.1    | 28.7    |
| 2014-05-28 |        | 30.9  | liebschutz mid day ride      | 1098       | 182    | 114    | 13.4    | 26.7    |
| 2014-05-27 |        | 26.1  | Hoags, Momrow, Mosher Snake  | 2171       | 172    | 137    | 14.1    | 32.1    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                   | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------------------------|------------|--------|--------|---------|---------|
| 2014-05-25 |        | 39.7  | reverso thatcher          | 2434       | 205    | 125    | 12.7    | 33.8    |
| 2014-05-23 |        | 29.6  | upper flat rock           | 1544       | 161    | 110    | 12.6    | 30.1    |
| 2014-05-21 |        | 34.1  | bob davis ride            | 1765       | 193    | 129    | 14.2    | 31.8    |
| 2014-05-21 |        | 2.4   | to the ride               | 59         | 192    | 160    | 11.7    | 17.6    |
| 2014-05-20 |        | 28.6  | Schodack and south        | 1374       | 214    | 148    | 15.3    | 35.5    |
| 2014-05-19 |        | 14.8  | close loops               | 597        | 166    | 118    | 11.8    | 29.2    |
| 2014-05-18 |        | 27.3  | south albany              | 1434       | 144    | 107    | 12.8    | 27.9    |
| 2014-05-17 |        | 38.8  | settles hill the easy way | 1941       | 166    | 129    | 14.1    | 31.4    |
| 2014-05-17 |        | 9.9   | to the ride               | 502        | 166    | 122    | 13.1    | 22.8    |
| 2014-05-14 |        | 27    | bullock and rock hill     | 1762       | 170    | 122    | 13.3    | 34.1    |
| 2014-05-14 |        | 7.8   | to daves ride             | 168        | 120    | 97     | 12.2    | 16.9    |
| 2014-05-13 |        | 27.1  | spring start up           | 1574       | 188    | 146    | 16.5    | 35.7    |
| 2014-05-12 |        | 27.5  | thru voorhesville         | 1046       | 157    | 115    | 13.6    | 32.4    |
| 2014-05-11 |        | 24.1  | take me to the river      | 1084       | 254    | 144    | 13.0    | 28.0    |
| 2014-05-10 |        | 34.8  | up darrow down westfall   | 1850       | 173    | 138    | 15.6    | 32.1    |
| 2014-05-09 |        | 21.4  | voorhesville              | 1053       |        |        | 12.6    | 30.1    |
| 2014-05-08 |        | 33.1  | rowe clarksville          | 1844       | 172    | 116    | 13.4    | 30.6    |
| 2014-05-07 |        | 24.6  | Dave L.s ride             | 1293       | 163    | 110    | 12.6    | 31.5    |
| 2014-05-07 |        | 6.9   | to the ride               | 197        | 118    | 95     | 11.7    | 17.4    |
| 2014-05-06 |        | 23.2  | Jefferson Hill            | 1606       | 174    | 139    | 13.2    | 30.3    |
| 2014-05-04 |        | 26.2  | 5/4/2014                  | 1489       | 170    | 125    | 12.6    | 27.9    |
| 2014-05-03 |        | 38.3  | Stuyvesant Falls          | 1519       | 182    | 144    | 16.0    | 29.6    |
| 2014-05-02 |        | 14    | short ride                | 612        | 152    | 116    | 13.3    | 31.1    |
| 2014-05-01 |        | 34    | onesqua lawson            | 2101       | 173    | 125    | 13.0    | 30.3    |
| May        | 755.20 |       |                           |            |        |        |         |         |
| 2014-04-28 |        | 32.2  | cut it short              | 1490       | 175    | 122    | 13.1    | 30.0    |
| 2014-04-26 |        | 19.4  | collabeck                 | 819        | 170    | 116    | 13.2    | 26.6    |
| 2014-04-25 |        | 35.2  | guilderland romp          | 1496       | 222    | 132    | 13.3    | 27.1    |
| 2014-04-24 |        | 19.2  | windy around here         | 1161       | 149    | 112    | 12.0    | 28.4    |
| 2014-04-22 |        | 31.4  | schodack                  | 1328       |        |        | 15.3    | 31.1    |
| 2014-04-21 |        | 32.3  | bennet hill               | 1718       | 166    | 117    | 12.5    | 30.2    |
| 2014-04-20 |        | 22.1  | Another oliver ride       | 1362       | 177    | 137    | 14.4    | 29.6    |
| 2014-04-20 |        | 7.1   | to ride and warmup        | 216        | 131    | 109    | 12.3    | 17.3    |
| 2014-04-17 |        | 25.3  | slow garmin               | 1389       | 151    | 113    | 12.0    | 29.3    |
| 2014-04-13 |        | 24.1  | to the river              | 1271       | 166    | 131    | 14.4    | 31.9    |
| 2014-04-13 |        | 9.5   | to ride and with petiet   | 467        | 186    | 113    | 12.9    | 26.6    |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment                    | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|----------------------------|------------|--------|--------|---------|---------|
| 2014-04-12 |         | 30.4  | flat tire ride             | 1675       | 183    | 127    | 13.9    | 31.0    |
| 2014-04-12 |         | 9.9   | to vhville                 | 496        | 154    | 120    | 13.0    | 29.8    |
| 2014-04-11 |         | 23.6  | In the rain                | 1031       | 140    | 111    | 12.6    | 27.7    |
| 2014-04-10 |         | 34.7  | rt 143                     | 1934       | 172    | 124    | 13.1    | 28.4    |
| 2014-04-09 |         | 14    | windy ride                 | 582        | 145    | 114    | 11.7    | 23.2    |
| 2014-04-06 |         | 23.8  | Gary Olivers ride          | 1240       | 173    | 133    | 13.6    | 36.0    |
| 2014-04-06 |         | 11.3  | to Garys ride              | 573        | 146    | 116    | 12.2    | 29.4    |
| 2014-04-05 |         | 24.1  | stove pipe meander         | 1943       | 185    | 125    | 12.6    | 28.6    |
| 2014-04-05 |         | 2.4   | to the ride                | 97         | 121    | 106    | 12.1    | 17.6    |
| 2014-04-04 |         | 9.4   | second loop                | 402        | 133    | 105    | 12.5    | 26.2    |
| 2014-04-04 |         | 1.1   | no. 1 loop                 | 35         | 106    | 91     | 12.0    | 15.7    |
| 2014-04-03 |         | 23.8  | voorhesville swift road    | 1196       | 165    | 116    | 12.5    | 26.8    |
| 2014-04-02 |         | 25.7  | 4/2/2014                   | 1428       | 148    | 111    | 12.5    | 29.1    |
| 2014-04-01 |         | 24.4  | first tuesday ride of year | 1741       | 180    | 152    | 14.1    | 32.6    |
| April      | 516.40  |       |                            |            |        |        |         |         |
| 2014-03-29 |         | 29.4  | to vhoorsville             | 1300       | 158    | 126    | 13.3    | 28.7    |
| 2014-03-20 |         | 19.6  |                            | 761        | 148    | 119    | 12.6    | 29.7    |
| 2014-03-19 |         | 11.9  | first watts ride           | 488        | 139    | 120    | 12.8    | 26.1    |
| 2014-03-11 |         | 27.3  |                            | 1157       | 149    | 120    | 12.8    | 30.2    |
| 2014-03-08 |         | 15.3  |                            | 878        | 152    | 114    | 11.8    | 28.1    |
| March      | 103.50  |       |                            |            |        |        |         |         |
| 2014-02-22 |         | 21.4  | voorhesville               | 1148       | 155    | 124    | 12.0    | 29.0    |
| February   | 21.40   |       |                            |            |        |        |         |         |
| 2014 Total | 4170.50 |       |                            |            |        |        |         |         |
| 2013-11-18 |         | 21    |                            | 985        | 154    | 111    | 12.2    | 28.5    |
| 2013-11-16 |         | 21.8  |                            | 881        | 147    | 113    | 12.3    | 28.6    |
| 2013-11-06 |         | 12.3  | wellington abort           | 1675       |        |        |         |         |
| November   | 55.10   |       |                            |            |        |        |         |         |
| 2013-10-05 |         | 30.1  | Greylock from Jiminy       | 3626       | 174    | 121    | 11.0    | 38.2    |
| 2013-10-01 |         | 32.5  |                            | 1298       |        |        | 15.3    | 33.4    |
| October    | 62.60   |       |                            |            |        |        |         |         |
| 2013-09-30 |         | 24.6  |                            | 1115       | 156    | 108    | 12.7    | 32.9    |
| 2013-09-28 |         | 43.8  | Stud                       | 2634       | 194    | 138    | 14.7    | 34.9    |

Frank Kelly's cycling mileage

| Date       | totals    | Miles  | comment                      | Elev. | Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|-----------|--------|------------------------------|-------|------|--------|--------|---------|---------|
| 2013-09-26 |           | 35.7   | Greylock                     |       | 3487 | 172    | 127    | 10.9    | 29.3    |
| 2013-09-25 |           | 25.8   |                              |       | 1158 | 146    | 99     | 12.8    | 30.0    |
| 2013-09-24 |           | 23.7   |                              |       | 1805 | 175    | 146    | 15.1    | 34.1    |
| 2013-09-24 |           | 4.9    | warm up                      |       | 275  | 145    | 96     | 11.6    | 30.5    |
| 2013-09-21 |           | 37.3   | Plateau                      |       | 3639 | 177    | 140    | 12.5    | 38.5    |
| 2013-09-20 |           | 20     |                              |       | 1100 | 153    | 103    | 12.3    | 28.3    |
| 2013-09-19 |           | 22.3   |                              |       | 932  | 150    | 108    | 13.3    | 26.1    |
| 2013-09-18 |           | 26.4   | Rock Hill + Corn             |       | 1604 | 173    | 111    | 12.4    | 28.0    |
| 2013-09-17 |           | 33.9   | around schodack              |       | 1543 | 178    | 150    | 16.3    | 34.0    |
| 2013-09-15 |           | 32.4   |                              |       | 1371 | 178    | 119    | 13.3    | 30.0    |
| 2013-09-14 |           | 39.2   | Johns ride                   |       | 2040 | 178    | 133    | 14.4    | 31.5    |
| 2013-09-12 |           | 33.5   | fuera rowe lawson derbyshire |       | 1860 | 176    | 125    | 13.3    | 32.5    |
| 2013-09-10 |           | 23.4   |                              |       | 1533 | 184    | 138    | 13.9    | 33.3    |
| 2013-09-09 |           | 24.4   |                              |       | 1207 | 161    | 118    | 13.4    | 31.2    |
| 2013-09-07 |           | 18     |                              |       | 669  | 143    | 100    | 12.9    | 31.4    |
| 2013-09-06 |           | 22.8   |                              |       | 1070 | 148    | 103    | 12.6    | 31.3    |
| 2013-09-05 |           | 40.7   |                              |       | 1802 | 177    | 117    | 13.5    | 29.6    |
| 2013-09-03 |           | 28.2   |                              |       | 2187 | 175    | 148    | 15.4    | 40.5    |
| 2013-09-02 |           | 15.6   |                              |       | 658  | 158    | 110    | 13.5    | 29.1    |
| 2013-09-01 |           | 27     |                              |       | 1107 | 145    | 109    | 13.3    | 30.2    |
|            | September | 603.60 |                              |       |      |        |        |         |         |
| 2013-08-31 |           | 41.2   |                              |       | 1995 | 178    | 134    | 14.4    | 33.8    |
| 2013-08-29 |           | 29.5   |                              |       | 1457 | 151    | 104    | 12.9    | 30.2    |
| 2013-08-27 |           | 33     |                              |       | 2320 | 178    | 146    | 14.6    | 36.2    |
| 2013-08-25 |           | 40.6   |                              |       | 1604 | 210    | 137    | 15.5    | 34.3    |
| 2013-08-24 |           | 27.1   |                              |       | 1211 | 193    | 118    | 12.9    | 29.1    |
| 2013-08-23 |           | 25.2   |                              |       | 1341 | 160    | 116    | 13.5    | 30.0    |
| 2013-08-22 |           | 21.4   |                              |       | 890  | 149    | 108    | 12.8    | 29.6    |
| 2013-08-18 |           | 31.2   |                              |       | 1707 | 176    | 128    | 13.5    | 34.2    |
| 2013-08-17 |           | 35.7   |                              |       | 1327 | 156    | 121    | 13.8    | 29.8    |
| 2013-08-16 |           | 34.3   |                              |       | 1354 | 173    | 121    | 13.5    | 32.4    |
| 2013-08-15 |           | 35.3   |                              |       | 1930 | 158    | 119    | 12.9    | 34.2    |
| 2013-08-06 |           | 32.8   | Eichybush                    |       | 1558 | 179    | 147    | 15.2    | 36.8    |
| 2013-08-03 |           | 24.6   |                              |       | 2090 | 177    | 127    | 10.7    | 26.8    |
|            | August    | 411.90 |                              |       |      |        |        |         |         |
| 2013-07-31 |           | 26.2   |                              |       | 1069 | 150    | 103    | 12.9    | 31.5    |



Frank Kelly's cycling mileage

| Date       | totals | Miles  | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|--------|---------|------------|--------|--------|---------|---------|
| 2013-07-30 |        | 27.6   |         | 2346       | 177    | 141    | 13.7    | 34.5    |
| 2013-07-29 |        | 34     |         | 1733       | 174    | 120    | 13.8    | 29.8    |
| 2013-07-27 |        | 30.8   |         | 1620       | 177    | 124    | 13.2    | 32.0    |
| 2013-07-26 |        | 24     |         | 1216       | 158    | 112    | 13.4    | 28.2    |
| 2013-07-25 |        | 21.4   |         | 869        | 142    | 106    | 13.1    | 33.5    |
| 2013-07-24 |        | 30.5   |         | 1415       | 178    | 132    | 16.0    | 39.1    |
| 2013-07-23 |        | 33.7   |         | 2588       | 177    | 147    | 14.9    | 38.2    |
| 2013-07-22 |        | 22.4   |         | 1257       | 168    | 110    | 12.7    | 31.2    |
| 2013-07-21 |        | 22.2   |         | 944        | 167    | 119    | 13.4    | 33.3    |
| 2013-07-20 |        | 28.2   |         | 1424       | 158    | 112    | 12.6    | 30.4    |
| 2013-07-17 |        | 21.1   |         | 850        | 144    | 105    | 13.0    | 30.7    |
| 2013-07-16 |        | 32.7   |         | 2188       | 177    | 146    | 14.5    | 34.8    |
| 2013-07-15 |        | 26.2   |         | 1508       | 172    | 120    | 12.5    | 30.9    |
| 2013-07-14 |        | 34.5   |         | 1989       | 172    | 125    | 13.5    | 32.8    |
| 2013-07-12 |        | 32.5   |         | 1890       | 176    | 115    | 12.6    | 30.6    |
| 2013-07-10 |        | 24.4   |         | 1173       | 157    | 111    | 12.5    | 29.3    |
| 2013-07-09 |        | 34.9   |         | 2214       | 181    | 148    | 14.5    | 34.0    |
| 2013-07-03 |        | 26.2   |         | 1455       | 174    | 116    | 12.6    | 33.0    |
| 2013-07-02 |        | 29     |         | 2286       | 171    | 132    | 13.5    | 35.2    |
|            | July   | 562.50 |         |            |        |        |         |         |
| 2013-06-29 |        | 21.1   |         | 877        | 170    | 120    | 13.6    | 30.9    |
| 2013-06-27 |        | 50.8   |         | 3850       | 173    | 133    | 13.5    | 34.4    |
| 2013-06-26 |        | 11.1   |         | 368        | 145    | 99     | 12.9    | 28.6    |
| 2013-06-25 |        | 7.5    |         | 408        | 170    | 128    | 14.2    | 27.8    |
| 2013-06-23 |        | 5      |         | 488        | 167    | 116    | 8.8     | 33.2    |
| 2013-06-21 |        | 36.8   |         | 1529       | 149    | 109    | 13.3    | 31.4    |
| 2013-06-20 |        | 34.4   |         | 1735       | 163    | 114    | 13.0    | 39.9    |
| 2013-06-19 |        | 7.5    |         | 222        | 235    | 117    | 12.3    | 23.6    |
| 2013-06-18 |        | 38.2   |         | 2098       | 176    | 143    | 15.0    | 34.2    |
| 2013-06-17 |        | 25.8   |         | 1219       | 153    | 110    | 13.1    | 31.0    |
| 2013-06-16 |        | 11.1   |         | 386        | 148    | 111    | 13.7    | 29.2    |
| 2013-06-15 |        | 41.3   |         | 2287       | 178    | 139    | 14.4    | 35.7    |
| 2013-06-14 |        | 29.9   |         | 1701       | 177    | 120    | 12.7    | 32.6    |
| 2013-06-12 |        | 30.6   |         | 1598       | 168    | 127    | 12.6    | 30.4    |
| 2013-06-09 |        | 23.6   |         | 1072       | 143    | 104    | 13.0    | 31.4    |
| 2013-06-08 |        | 41.9   |         | 2113       | 179    | 135    | 14.1    | 33.7    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2013-06-06 |        | 25.9  |         | 1646       | 173    | 110    | 12.5    | 32.3    |
| 2013-06-05 |        | 27.7  |         | 1355       | 163    | 99     | 11.9    | 29.0    |
| 2013-06-04 |        | 32.2  |         | 1963       | 176    | 140    | 14.4    | 34.2    |
| 2013-06-03 |        | 22    |         | 976        | 173    | 117    | 12.9    | 28.9    |
| 2013-06-02 |        | 15.4  |         | 798        | 151    | 110    | 12.5    | 29.1    |
| 2013-06-01 |        | 33.7  |         | 1754       | 169    | 119    | 13.0    | 31.3    |
| June       | 573.50 |       |         |            |        |        |         |         |
| 2013-05-31 |        | 31.2  |         | 1139       | 141    | 105    | 12.5    | 30.3    |
| 2013-05-28 |        | 27.4  |         | 1904       | 179    | 144    | 13.9    | 34.2    |
| 2013-05-27 |        | 28.1  |         | 1686       | 178    | 120    | 12.1    | 33.1    |
| 2013-05-26 |        | 28.1  |         | 1484       | 177    | 122    | 13.0    | 30.4    |
| 2013-05-23 |        | 18.5  |         | 936        | 146    | 104    | 13.1    | 32.1    |
| 2013-05-22 |        | 29.5  |         | 1184       | 152    | 116    | 14.2    | 31.6    |
| 2013-05-22 |        | 6.2   |         | 106        | 114    | 94     | 12.0    | 18.8    |
| 2013-05-21 |        | 26.9  |         | 2035       | 179    | 142    | 13.7    | 33.3    |
| 2013-05-20 |        | 11.1  |         | 349        | 223    | 113    | 13.1    | 27.8    |
| 2013-05-15 |        | 26.4  |         | 1800       | 172    | 121    | 13.2    | 34.8    |
| 2013-05-14 |        | 19.5  |         | 1048       | 184    | 151    | 14.2    | 28.5    |
| 2013-05-12 |        | 21    |         | 971        | 159    | 111    | 12.9    | 31.7    |
| 2013-05-10 |        | 19.3  |         | 490        | 140    | 90     | 12.1    | 29.6    |
| 2013-05-09 |        | 24    |         | 1231       | 172    | 121    | 12.9    | 30.8    |
| 2013-05-07 |        | 24.2  |         | 1668       | 179    | 145    | 15.1    | 34.5    |
| 2013-05-06 |        | 32.2  |         | 1724       | 192    | 116    | 13.2    | 32.3    |
| 2013-05-04 |        | 41.9  |         | 2417       | 160    | 119    | 12.9    | 32.1    |
| 2013-05-03 |        | 13.9  |         | 427        | 127    | 90     | 11.7    | 23.4    |
| 2013-05-01 |        | 38    |         | 1771       | 179    | 125    | 14.1    | 34.0    |
| May        | 467.40 |       |         |            |        |        |         |         |
| 2013-04-30 |        | 26.1  |         | 2193       | 254    | 159    | 14.0    | 30.9    |
| 2013-04-28 |        | 34.4  |         | 1724       | 177    | 126    | 13.6    | 30.8    |
| 2013-04-27 |        | 34.7  |         | 1657       | 184    | 126    | 13.8    | 32.3    |
| 2013-04-26 |        | 21.8  |         | 1126       | 168    | 113    | 12.3    | 26.7    |
| 2013-04-25 |        | 36.3  |         | 2180       | 182    | 149    | 15.1    | 32.6    |
| 2013-04-23 |        | 31.6  |         | 1512       | 175    | 126    | 14.1    | 31.5    |
| 2013-04-22 |        | 20.6  |         | 871        | 141    | 106    | 12.5    | 30.4    |
| 2013-04-21 |        | 35.7  |         | 1627       | 177    | 124    | 13.4    | 30.7    |
| 2013-04-20 |        | 25.7  |         | 1553       | 154    | 116    | 12.1    | 29.0    |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment     | Elev. | Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|-------------|-------|------|--------|--------|---------|---------|
| 2013-04-19 |         | 30.2  |             | 1769  | 174  | 120    | 12.4   | 30.6    |         |
| 2013-04-17 |         | 32.5  |             | 1457  | 148  | 116    | 12.8   | 32.2    |         |
| 2013-04-15 |         | 28.7  |             | 1267  | 166  | 118    | 12.3   | 30.8    |         |
| 2013-04-13 |         | 30.6  |             | 1652  | 175  | 129    | 13.1   | 31.2    |         |
| 2013-04-09 |         | 29.9  |             | 1896  | 179  | 153    | 14.8   | 33.6    |         |
| 2013-04-08 |         | 29.9  |             | 1642  | 174  | 124    | 12.5   | 29.4    |         |
| 2013-04-06 |         | 35.2  |             | 2032  | 182  | 127    | 13.7   | 27.7    |         |
| 2013-04-05 |         | 32.4  |             | 2067  | 160  | 120    | 12.2   | 30.1    |         |
| 2013-04-04 |         | 36.5  |             | 2013  | 159  | 122    | 12.5   | 30.2    |         |
| April      | 552.80  |       |             |       |      |        |        |         |         |
| 2013-03-31 |         | 25.1  |             | 974   | 153  | 112    | 13.1   | 30.3    |         |
| 2013-03-30 |         | 27.2  |             | 1445  | 157  | 116    | 12.3   | 33.4    |         |
| 2013-03-29 |         | 23.2  |             | 1390  | 151  | 108    | 11.8   | 28.5    |         |
| 2013-03-27 |         | 19.7  |             | 1062  | 153  | 119    | 11.9   | 28.0    |         |
| March      | 95.20   |       |             |       |      |        |        |         |         |
| 2013-01-30 |         | 31.7  | longer 1_30 | 1144  |      |        | 11.1   | 34.1    |         |
| 2013-01-28 |         | 25.4  |             | 1877  | 178  | 135    | 11.5   | 31.2    |         |
| 2013-01-19 |         | 27.4  |             | 1663  | 162  | 130    | 12.8   | 32.0    |         |
| 2013-01-17 |         | 62    |             | 3314  | 188  | 132    | 13.0   | 36.0    |         |
| 2013-01-16 |         | 15    |             | 1227  | 184  | 142    | 11.5   | 32.1    |         |
| 2013-01-15 |         | 27.4  |             | 1166  | 176  | 123    | 12.1   | 29.8    |         |
| 2013-01-14 |         | 28.4  |             | 1383  | 157  | 120    | 12.3   | 30.2    |         |
| 2013-01-09 |         | 7.1   |             | 149   | 109  | 79     | 8.8    | 16.4    |         |
| 2013-01-08 |         | 43    |             | 2544  |      |        | 13.0   | 33.0    |         |
| 2013-01-07 |         | 26.3  |             | 1113  | 177  | 123    | 11.0   | 35.2    |         |
| 2013-01-04 |         | 26.2  |             | 1518  | 169  | 128    | 12.6   | 35.4    |         |
| January    | 319.90  |       |             |       |      |        |        |         |         |
| 2013 Total | 3704.50 |       |             |       |      |        |        |         |         |
| 2012-12-09 |         | 11.1  |             | 382   | 158  | 114    | 13.0   | 26.8    |         |
| 2012-12-04 |         | 47.8  |             | 2216  | 173  | 131    | 13.3   | 34.5    |         |
| 2012-12-03 |         | 31.8  |             | 1405  | 159  | 111    | 12.7   | 29.8    |         |
| December   | 90.70   |       |             |       |      |        |        |         |         |
| 2012-11-29 |         | 20.7  |             | 840   | 146  | 113    | 12.1   | 29.3    |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2012-11-26 |        | 10.7  |         | 295        | 135    | 102    | 12.5    | 23.3    |
| 2012-11-23 |        | 35.4  |         | 2027       | 175    | 134    | 13.5    | 33.4    |
| 2012-11-21 |        | 24    |         | 1388       | 155    | 117    | 12.8    | 29.5    |
| 2012-11-19 |        | 30.3  |         | 1599       | 165    | 116    | 12.8    | 28.9    |
| 2012-11-17 |        | 27.5  |         | 1325       | 154    | 115    | 12.4    | 28.5    |
| 2012-11-12 |        | 20.9  |         | 1024       | 144    | 110    | 12.0    | 27.8    |
| 2012-11-11 |        | 32.2  |         | 1597       | 162    | 110    | 12.5    | 31.9    |
| 2012-11-10 |        | 29.2  |         | 1479       | 181    | 154    | 16.2    | 31.0    |
| 2012-11-10 |        | 3.1   |         | 135        | 136    | 97     | 11.1    | 23.5    |
| 2012-11-09 |        | 11.4  |         | 377        | 154    | 110    | 12.5    | 26.8    |
| November   | 245.40 |       |         |            |        |        |         |         |
| 2012-10-28 |        | 32.3  |         | 1210       | 162    | 114    | 13.5    | 29.7    |
| 2012-10-27 |        | 29.5  |         | 1407       |        |        | 14.1    | 33.5    |
| 2012-10-26 |        | 38.2  |         | 1759       |        |        | 14.9    | 34.6    |
| 2012-10-24 |        | 23.7  |         | 1068       | 162    | 116    | 12.8    | 32.4    |
| 2012-10-22 |        | 25.4  |         | 1672       | 169    | 115    | 11.9    | 31.0    |
| 2012-10-20 |        | 35.4  |         | 2083       | 180    | 131    | 13.8    | 31.6    |
| 2012-10-18 |        | 27.8  |         | 1380       | 175    | 136    | 13.9    | 32.2    |
| 2012-10-18 |        | 0.9   |         | 59         | 126    | 105    | 11.4    | 18.2    |
| 2012-10-18 |        | 7.1   |         | 252        | 148    | 108    | 12.3    | 23.6    |
| 2012-10-17 |        | 32.9  |         | 1373       | 172    | 119    | 13.1    | 29.4    |
| 2012-10-11 |        | 39.8  |         | 1923       | 179    | 133    | 14.0    | 33.5    |
| 2012-10-09 |        | 21.7  |         | 1102       | 180    | 144    | 15.2    | 35.9    |
| 2012-10-08 |        | 23.2  |         | 1104       | 149    | 113    | 13.0    | 27.2    |
| 2012-10-06 |        | 35.8  |         | 3538       | 177    | 145    | 11.6    | 35.5    |
| 2012-10-05 |        | 36.2  |         | 1827       | 184    | 145    | 15.3    | 33.6    |
| 2012-10-03 |        | 21.6  |         | 788        | 166    | 127    | 13.6    | 30.1    |
| October    | 431.50 |       |         |            |        |        |         |         |
| 2012-09-27 |        | 32.4  |         | 1296       | 163    | 112    | 13.7    | 31.6    |
| 2012-09-25 |        | 28.1  |         | 2201       | 176    | 143    | 14.9    | 36.5    |
| 2012-09-25 |        | 4.4   |         | 311        | 204    | 116    | 12.2    | 27.3    |
| 2012-09-24 |        | 42.1  |         | 2589       | 154    | 109    | 12.3    | 30.9    |
| 2012-09-22 |        | 41    |         | 3869       | 201    | 65     | 11.9    | 34.9    |
| 2012-09-21 |        | 11.5  |         | 384        |        |        | 11.2    | 32.0    |
| 2012-09-20 |        | 24.9  |         | 1023       |        |        | 12.8    | 32.1    |
| 2012-09-19 |        | 31.1  |         | 2057       | 206    | 95     | 12.3    | 31.0    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2012-09-17 |        | 31.9  |         | 1678       | 173    | 103    | 12.7    | 31.2    |
| 2012-09-15 |        | 43    |         | 2986       | 197    | 128    | 12.2    | 32.1    |
| 2012-09-13 |        | 38.6  |         | 3515       | 145    | 76     | 11.6    | 34.2    |
| 2012-09-11 |        | 34    |         | 2485       | 219    | 152    | 14.9    | 35.9    |
| 2012-09-10 |        | 31.2  |         | 1933       |        |        | 12.3    | 31.3    |
| 2012-09-08 |        | 74.5  |         | 4246       | 174    | 74     | 14.4    | 38.7    |
| 2012-09-06 |        | 22.1  |         | 1019       | 193    | 119    | 13.4    | 29.6    |
| 2012-09-04 |        | 30    |         | 2097       | 160    | 99     | 14.9    | 36.3    |
| 2012-09-03 |        | 37.5  |         | 2195       | 157    | 97     | 13.6    | 32.1    |
| 2012-09-03 |        | 6.4   |         | 246        | 123    | 74     | 12.7    | 29.5    |
| 2012-09-01 |        | 43.9  |         | 2786       | 180    | 110    | 13.3    | 34.2    |
| September  | 608.60 |       |         |            |        |        |         |         |
| 2012-08-29 |        | 38.5  |         | 2613       | 220    | 113    | 12.3    | 36.3    |
| 2012-08-28 |        | 34.7  |         | 1800       | 145    | 103    | 16.1    | 35.3    |
| 2012-08-28 |        | 4.8   |         | 273        | 136    | 94     | 12.1    | 26.4    |
| 2012-08-26 |        | 34    |         | 1773       | 182    | 90     | 13.8    | 31.6    |
| 2012-08-25 |        | 23.7  |         | 1310       | 159    | 91     | 12.6    | 31.3    |
| 2012-08-22 |        | 29.9  |         | 1581       | 201    | 118    | 13.3    | 32.2    |
| 2012-08-21 |        | 26.9  |         | 2227       | 172    | 130    | 13.8    | 35.0    |
| 2012-08-20 |        | 29.9  |         | 1620       | 147    | 100    | 12.8    | 32.7    |
| 2012-08-19 |        | 20.7  |         | 811        | 168    | 99     | 13.2    | 30.5    |
| 2012-08-18 |        | 58.9  |         | 3791       | 168    | 100    | 14.2    | 37.2    |
| 2012-08-17 |        | 31.9  |         | 1460       | 173    | 104    | 13.4    | 29.1    |
| 2012-08-14 |        | 34.4  |         | 1479       | 201    | 123    | 15.5    | 34.0    |
| 2012-08-13 |        | 30.3  |         | 1352       | 162    | 100    | 14.1    | 29.0    |
| 2012-08-07 |        | 35.2  |         | 2252       | 169    | 132    | 15.3    | 36.1    |
| 2012-08-06 |        | 40.3  |         | 2489       | 165    | 112    | 13.1    | 33.5    |
| 2012-08-04 |        | 39.9  |         | 2400       | 178    | 126    | 14.2    | 39.3    |
| 2012-08-04 |        | 2.4   |         | 50         | 143    | 111    | 11.2    | 17.4    |
| 2012-08-02 |        | 25.3  |         | 1399       | 160    | 112    | 12.8    | 31.3    |
| 2012-08-01 |        | 27.2  |         | 1260       | 145    | 98     | 13.0    | 30.4    |
| August     | 568.90 |       |         |            |        |        |         |         |
| 2012-07-31 |        | 30.8  |         | 2295       | 170    | 117    | 14.4    | 35.8    |
| 2012-07-29 |        | 38.9  |         | 2043       | 196    | 119    | 13.6    | 31.6    |
| 2012-07-25 |        | 34.3  |         | 1442       | 165    | 120    | 14.5    | 34.5    |
| 2012-07-24 |        | 37.4  |         | 2425       | 171    | 141    | 15.2    | 34.1    |

Frank Kelly's cycling mileage

| Date       | totals | Miles  | comment           | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|--------|-------------------|------------|--------|--------|---------|---------|
| 2012-07-23 |        | 13.9   |                   | 503        | 147    | 100    | 13.8    | 28.5    |
| 2012-07-22 |        | 25.7   |                   | 3227       | 148    | 91     | 10.2    | 35.4    |
| 2012-07-21 |        | 6.5    |                   | 430        | 146    | 119    | 12.6    | 26.0    |
| 2012-07-19 |        | 25     | 7/19 garmin broke |            |        |        | 750.0   |         |
| 2012-07-17 |        | 35.9   |                   | 2262       | 169    | 132    | 15.1    | 40.0    |
| 2012-07-16 |        | 32     |                   | 1699       | 158    | 111    | 14.4    | 32.0    |
| 2012-07-15 |        | 25.1   |                   | 1148       | 143    | 107    | 13.3    | 28.9    |
| 2012-07-14 |        | 30.5   |                   | 1497       | 151    | 113    | 13.1    | 32.1    |
| 2012-07-13 |        | 20.7   |                   | 742        | 140    | 102    | 13.2    | 31.4    |
| 2012-07-11 |        | 19.2   |                   | 781        | 198    | 106    | 12.5    | 27.7    |
| 2012-07-10 |        | 42.8   |                   | 3194       | 247    | 142    | 13.8    | 35.1    |
| 2012-07-09 |        | 21.5   |                   | 835        | 176    | 82     | 13.0    | 28.5    |
| 2012-07-07 |        | 40     |                   | 1898       | 224    | 126    | 15.1    | 34.5    |
| 2012-07-05 |        | 40.8   |                   | 1895       | 176    | 106    | 13.4    | 32.1    |
| 2012-07-04 |        | 22.2   |                   | 1063       | 147    | 105    | 13.2    | 29.8    |
| 2012-07-03 |        | 37.8   |                   | 2228       | 182    | 149    | 16.5    | 35.6    |
| 2012-07-01 |        | 38.2   |                   | 1985       | 161    | 96     | 14.7    | 33.1    |
|            | July   | 619.20 |                   |            |        |        |         |         |
| 2012-06-30 |        | 16.4   |                   | 975        | 141    | 92     | 10.5    | 26.9    |
| 2012-06-29 |        | 38.3   |                   | 2232       | 152    | 119    | 13.0    | 34.3    |
| 2012-06-28 |        | 22.2   |                   | 1103       | 140    | 101    | 12.3    | 27.9    |
| 2012-06-27 |        | 34.2   |                   | 2783       | 172    | 125    | 13.0    | 33.8    |
| 2012-06-26 |        | 28.6   |                   | 2406       | 174    | 143    | 14.6    | 33.4    |
| 2012-06-23 |        | 26.4   |                   | 2186       | 182    | 120    | 13.0    | 35.4    |
| 2012-06-22 |        | 31.3   |                   | 1802       | 159    | 111    | 12.7    | 32.6    |
| 2012-06-20 |        | 21.5   |                   | 791        | 142    | 103    | 12.6    | 28.4    |
| 2012-06-19 |        | 24.8   |                   | 1982       | 175    | 132    | 14.6    | 34.4    |
| 2012-06-18 |        | 23.4   |                   | 1265       | 159    | 113    | 13.7    | 32.1    |
| 2012-06-17 |        | 21     |                   | 1172       | 147    | 112    | 13.6    | 25.6    |
| 2012-06-15 |        | 30.1   |                   | 1466       | 135    | 106    | 13.5    | 27.4    |
| 2012-06-14 |        | 34.3   |                   | 1482       | 151    | 109    | 13.4    | 27.0    |
| 2012-06-13 |        | 23.5   |                   | 710        | 147    | 106    | 11.1    | 19.3    |
| 2012-06-11 |        | 34.1   |                   | 1994       | 157    | 112    | 13.2    | 30.0    |
| 2012-06-10 |        | 27.6   |                   | 1882       | 176    | 145    | 15.1    | 35.3    |
| 2012-06-10 |        | 1.9    |                   | 69         | 135    | 88     | 7.9     | 12.5    |
| 2012-06-09 |        | 20.6   |                   | 730        | 150    | 110    | 13.2    | 29.5    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment              | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|----------------------|------------|--------|--------|---------|---------|
| 2012-06-09 |        | 2.6   |                      | 65         | 105    | 81     | 12.9    | 19.3    |
| June       | 462.80 |       |                      |            |        |        |         |         |
| 2012-05-31 |        | 35.2  |                      | 1675       | 163    | 108    | 12.7    | 36.8    |
| 2012-05-30 |        | 30.4  |                      | 1582       | 137    | 99     | 12.8    | 31.6    |
| 2012-05-28 |        | 63.8  |                      | 4140       | 173    | 139    | 14.7    | 36.2    |
| 2012-05-27 |        | 29.9  |                      | 1360       | 138    | 95     | 12.9    | 32.5    |
| 2012-05-26 |        | 57.1  |                      | 2994       | 251    | 139    | 14.4    | 37.7    |
| 2012-05-25 |        | 11.1  |                      | 480        | 138    | 95     | 12.2    | 26.1    |
| 2012-05-24 |        | 26.7  |                      | 1166       | 159    | 107    | 13.0    | 31.7    |
| 2012-05-23 |        | 28.2  |                      | 1637       | 148    | 102    | 12.6    | 33.1    |
| 2012-05-22 |        | 32.7  |                      | 2215       | 144    | 89     | 14.5    | 36.3    |
| 2012-05-20 |        | 21.4  |                      | 1211       | 182    | 116    | 12.6    | 30.9    |
| 2012-05-19 |        | 37.1  |                      | 1590       | 148    | 109    | 13.7    | 31.4    |
| 2012-05-18 |        | 35.4  |                      | 2131       | 160    | 111    | 13.2    | 38.7    |
| 2012-05-17 |        | 25.5  |                      | 1268       | 156    | 112    | 13.0    | 31.6    |
| 2012-05-16 |        | 46.1  |                      | 2655       | 151    | 94     | 13.9    | 32.7    |
| 2012-05-14 |        | 25    |                      | 1472       | 166    | 110    | 12.9    | 31.3    |
| 2012-05-13 |        | 12    | dutch church descent |            |        |        | 12.0    |         |
| 2012-05-12 |        | 42.9  |                      | 1511       | 180    | 127    | 16.2    | 35.0    |
| 2012-05-11 |        | 30.5  |                      | 1535       | 151    | 107    | 13.3    | 31.6    |
| 2012-05-09 |        | 24.4  |                      | 885        | 155    | 111    | 14.8    | 28.2    |
| 2012-05-07 |        | 11.2  |                      | 351        | 123    | 86     | 13.8    | 28.4    |
| 2012-05-06 |        | 27.6  |                      | 790        | 152    | 107    | 14.6    | 30.0    |
| 2012-05-05 |        | 45.3  | Coeymans Matinee     | 2492       | 178    | 119    | 13.7    | 38.2    |
| 2012-05-04 |        | 15.6  |                      | 364        | 142    | 102    | 15.6    | 25.4    |
| 2012-05-03 |        | 34.9  |                      | 1588       | 157    | 119    | 14.4    | 31.3    |
| 2012-05-01 |        | 25.5  |                      | 1762       | 168    | 111    | 13.0    | 33.4    |
| May        | 775.50 |       |                      |            |        |        |         |         |
| 2012-04-30 |        | 34.4  |                      | 1736       | 180    | 116    | 14.2    | 30.3    |
| 2012-04-29 |        | 21.1  |                      | 1042       | 150    | 111    | 13.0    | 30.2    |
| 2012-04-24 |        | 23.1  |                      | 1616       | 172    | 129    | 12.8    | 31.0    |
| 2012-04-23 |        | 11.4  |                      | 342        | 146    | 115    | 14.2    | 24.3    |
| 2012-04-21 |        | 31.9  |                      | 1013       |        |        | 15.4    | 27.3    |
| 2012-04-20 |        | 40.3  |                      | 2279       | 172    | 108    | 14.0    | 29.8    |
| 2012-04-19 |        | 24.9  |                      | 1102       | 170    | 109    | 14.4    | 29.0    |
| 2012-04-17 |        | 27.1  |                      | 1971       |        |        | 13.4    | 33.7    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2012-04-16 |        | 26.8  |         | 1493       | 167    | 124    | 12.9    | 29.0    |
| 2012-04-14 |        | 42.3  |         | 2029       | 180    | 108    | 14.5    | 34.2    |
| 2012-04-13 |        | 35.7  |         | 1298       | 179    | 125    | 14.3    | 31.7    |
| 2012-04-10 |        | 30.1  |         | 1833       | 177    | 130    | 15.4    | 33.6    |
| 2012-04-08 |        | 32.7  |         | 1218       | 169    | 120    | 15.3    | 27.9    |
| 2012-04-07 |        | 23.6  |         | 925        | 152    | 97     | 13.9    | 25.8    |
| 2012-04-06 |        | 14.3  |         | 486        | 127    | 83     | 13.8    | 28.5    |
| 2012-04-03 |        | 29.6  |         | 1774       | 180    | 147    | 14.5    | 32.4    |
| 2012-04-01 |        | 18.4  |         | 520        | 150    | 112    | 15.7    | 27.1    |
| April      | 467.70 |       |         |            |        |        |         |         |
| 2012-03-30 |        | 21.8  |         | 962        | 141    | 104    | 13.6    | 26.7    |
| 2012-03-25 |        | 25.1  |         | 1132       | 178    | 101    | 14.4    | 28.0    |
| 2012-03-24 |        | 26.4  |         | 1076       | 146    | 110    | 14.8    | 27.6    |
| 2012-03-22 |        | 29.9  |         | 1648       | 140    | 91     | 13.9    | 31.1    |
| 2012-03-20 |        | 26.6  |         | 1192       | 158    | 107    | 14.0    | 30.0    |
| 2012-03-19 |        | 35.6  |         | 1133       | 165    | 111    | 16.0    | 29.8    |
| 2012-03-18 |        | 36.5  |         | 1235       | 171    | 118    | 15.9    | 31.1    |
| 2012-03-17 |        | 28.7  |         | 915        | 147    | 110    | 15.6    | 28.4    |
| 2012-03-13 |        | 18.5  |         | 691        | 155    | 110    | 14.0    | 25.1    |
| 2012-03-12 |        | 29.5  |         | 1311       | 178    | 115    | 14.6    | 30.0    |
| 2012-03-11 |        | 21    |         | 711        | 162    | 124    | 14.9    | 29.0    |
| 2012-03-08 |        | 22.6  |         | 985        |        |        | 13.2    | 31.9    |
| 2012-03-02 |        | 25.6  |         | 1465       | 170    | 124    | 13.6    | 27.8    |
| March      | 347.80 |       |         |            |        |        |         |         |
| 2012-02-29 |        | 26.1  |         | 1072       | 180    | 106    | 16.4    | 33.3    |
| 2012-02-28 |        | 25.2  |         | 1830       | 161    | 120    | 14.1    | 28.8    |
| 2012-02-25 |        | 28.8  |         | 1921       | 180    | 111    | 14.8    | 30.5    |
| 2012-02-23 |        | 26.2  |         | 1222       | 150    | 113    | 16.0    | 32.1    |
| 2012-02-22 |        | 27.6  |         | 1027       | 178    | 119    | 17.3    | 34.1    |
| 2012-02-21 |        | 16.6  |         | 1203       | 169    | 113    | 14.2    | 31.7    |
| 2012-02-20 |        | 25.6  |         | 1778       | 164    | 115    | 14.6    | 33.0    |
| 2012-02-18 |        | 25.1  |         | 1581       | 174    | 130    | 14.6    | 32.6    |
| 2012-02-17 |        | 21.9  |         | 754        |        |        | 14.7    | 29.7    |
| 2012-02-16 |        | 27.7  |         | 1169       |        |        | 13.9    | 29.7    |
| 2012-02-12 |        | 19    |         | 969        | 151    | 119    | 14.1    | 25.0    |
| 2012-02-11 |        | 25.6  |         | 1094       | 160    | 123    | 15.9    | 30.0    |



Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|---------|------------|--------|--------|---------|---------|
| 2012-02-10 |         | 32    |         | 665        | 158    | 112    | 20.8    | 29.0    |
| 2012-02-09 |         | 15.9  |         | 516        | 174    | 129    | 20.0    | 33.4    |
| 2012-02-08 |         | 29.1  |         | 1527       | 173    | 127    | 16.1    | 30.8    |
| February   | 372.40  |       |         |            |        |        |         |         |
| 2012 Total | 4990.50 |       |         |            |        |        |         |         |
|            |         |       |         |            |        |        |         |         |
| 2011-12-05 |         | 23.1  |         | 974        | 158    | 116    | 14.7    | 29.8    |
| 2011-12-03 |         | 20.6  |         | 707        | 142    | 105    | 14.6    | 26.5    |
| December   | 43.70   |       |         |            |        |        |         |         |
| 2011-11-28 |         | 31    |         | 850        | 169    | 115    | 16.2    | 28.3    |
| 2011-11-27 |         | 29.5  |         | 1407       | 158    | 115    | 13.9    | 30.4    |
| 2011-11-26 |         | 16.1  |         | 701        | 157    | 108    | 14.4    | 28.4    |
| 2011-11-25 |         | 20.6  |         | 706        | 151    | 114    | 14.7    | 27.5    |
| 2011-11-20 |         | 23.1  |         | 899        | 150    | 110    | 14.2    | 30.3    |
| 2011-11-13 |         | 28.4  |         | 1192       | 155    | 114    | 14.7    | 27.5    |
| 2011-11-12 |         | 27.6  |         | 1114       | 161    | 119    | 14.8    | 24.3    |
| 2011-11-10 |         | 15.3  |         | 472        | 148    | 107    | 13.5    | 24.7    |
| 2011-11-09 |         | 26    |         | 1054       | 180    | 118    | 13.7    | 28.9    |
| 2011-11-07 |         | 29.5  |         | 1303       | 165    | 124    | 14.4    | 31.4    |
| 2011-11-06 |         | 19.9  |         | 719        | 170    | 121    | 15.5    | 28.2    |
| November   | 267.00  |       |         |            |        |        |         |         |
| 2011-10-11 |         | 30.3  |         | 1452       | 180    | 135    | 14.6    | 35.9    |
| 2011-10-08 |         | 11.2  |         | 134        | 125    | 71     | 15.3    | 30.3    |
| 2011-10-07 |         | 37.9  |         | 3987       | 179    | 142    | 15.0    | 36.6    |
| 2011-10-05 |         | 28.6  |         | 937        | 149    | 102    | 13.8    | 29.2    |
| 2011-10-04 |         | 31.8  |         | 1508       | 178    | 123    | 14.2    | 33.1    |
| 2011-10-03 |         | 23.5  |         | 872        | 159    | 111    | 14.9    | 28.2    |
| October    | 163.30  |       |         |            |        |        |         |         |
| 2011-09-30 |         | 29.6  |         | 1352       | 158    | 109    | 14.4    | 29.1    |
| 2011-09-28 |         | 12.2  |         | 347        | 144    | 104    | 15.2    | 27.0    |
| 2011-09-27 |         | 29    |         | 1487       | 180    | 137    | 16.3    | 32.4    |
| 2011-09-26 |         | 32.4  |         | 1130       | 150    | 106    | 15.3    | 25.8    |
| 2011-09-24 |         | 32.8  |         | 1549       | 170    | 110    | 14.5    | 31.6    |
| 2011-09-21 |         | 11.7  |         | 297        | 145    | 98     | 16.7    | 27.1    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment   | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|-----------|------------|--------|--------|---------|---------|
| 2011-09-20 |        | 20.6  |           | 1236       | 179    | 145    | 16.2    | 35.3    |
| 2011-09-19 |        | 38.7  |           | 2175       | 171    | 108    | 13.4    | 30.7    |
| 2011-09-18 |        | 22.7  |           | 832        | 180    | 121    | 16.1    | 27.8    |
| 2011-09-16 |        | 29.6  |           | 1468       | 177    | 123    | 15.1    | 32.0    |
| 2011-09-13 |        | 29.9  |           | 1838       | 180    | 146    | 15.0    | 35.6    |
| 2011-09-13 |        | 9.2   |           | 349        | 143    | 102    | 13.6    | 25.2    |
| 2011-09-10 |        | 65.7  |           | 2964       | 178    | 125    | 16.4    | 35.6    |
| 2011-09-09 |        | 26.9  |           | 1065       | 151    | 109    | 14.7    | 26.7    |
| 2011-09-03 |        | 47.7  |           | 2018       | 169    | 116    | 16.6    | 32.5    |
| 2011-09-03 |        | 9.4   |           | 322        | 157    | 119    | 16.4    | 29.9    |
| 2011-09-01 |        | 23.6  | Bozenkill | 1176       | 156    | 107    | 22.0    | 26.2    |
| September  | 471.70 |       |           |            |        |        |         |         |
| 2011-08-31 |        | 29.9  |           | 1370       | 155    | 106    | 14.8    | 29.2    |
| 2011-08-30 |        | 25.9  |           | 1832       | 180    | 145    | 14.4    | 32.9    |
| 2011-08-29 |        | 21    |           | 636        | 141    | 102    | 15.4    | 29.4    |
| 2011-08-27 |        | 42.2  |           | 1950       | 169    | 113    | 15.7    | 32.0    |
| 2011-08-26 |        | 29.5  |           | 1220       | 151    | 104    | 15.6    | 31.0    |
| 2011-08-23 |        | 31.7  |           | 1704       | 180    | 147    | 17.4    | 36.6    |
| 2011-08-21 |        | 22    |           | 825        | 179    | 115    | 16.7    | 28.7    |
| 2011-08-19 |        | 24.5  |           | 937        | 156    | 112    | 16.4    | 27.4    |
| 2011-08-18 |        | 24.7  |           | 985        | 148    | 102    | 16.2    | 39.8    |
| 2011-08-17 |        | 30    |           | 1262       | 159    | 111    | 15.9    | 34.2    |
| 2011-08-16 |        | 37.9  |           | 1619       | 179    | 139    | 17.9    | 35.8    |
| 2011-08-14 |        | 27.2  |           | 1003       | 159    | 102    | 15.3    | 36.1    |
| 2011-08-13 |        | 26.9  |           | 819        | 167    | 113    | 17.8    | 28.3    |
| 2011-08-11 |        | 43.3  |           | 2337       | 165    | 125    | 17.8    | 31.0    |
| 2011-08-10 |        | 29.8  |           | 1404       | 165    | 110    | 15.8    | 27.8    |
| 2011-08-08 |        | 25.7  |           | 962        | 153    | 106    | 15.7    | 31.9    |
| 2011-08-07 |        | 24    |           | 1010       | 157    | 110    | 15.9    | 29.1    |
| 2011-08-06 |        | 7.3   |           | 109        | 124    | 104    | 16.7    | 19.3    |
| 2011-08-04 |        | 28.4  |           | 1181       | 156    | 108    | 14.7    | 30.8    |
| 2011-08-02 |        | 35.5  |           | 2630       | 177    | 138    | 14.4    | 34.7    |
| August     | 567.40 |       |           |            |        |        |         |         |
| 2011-07-31 |        | 10.9  |           | 407        | 158    | 115    | 14.0    | 26.9    |
| 2011-07-30 |        | 8.9   |           | 311        | 138    | 94     | 13.1    | 29.4    |
| 2011-07-29 |        | 29    |           | 945        | 158    | 114    | 16.6    | 30.1    |

Frank Kelly's cycling mileage

| Date       | totals | Miles  | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|--------|---------|------------|--------|--------|---------|---------|
| 2011-07-27 |        | 27.2   |         | 873        | 139    | 99     | 15.5    | 29.5    |
| 2011-07-26 |        | 19.4   |         | 676        | 171    | 137    | 17.1    | 35.0    |
| 2011-07-26 |        | 3.1    |         | 665        | 176    | 163    | 9.7     | 18.2    |
| 2011-07-26 |        | 12.6   |         | 806        | 178    | 153    | 16.4    | 26.9    |
| 2011-07-23 |        | 47.8   |         | 2264       | 178    | 131    | 15.0    | 34.2    |
| 2011-07-20 |        | 28.3   |         | 1178       | 164    | 105    | 15.0    | 33.3    |
| 2011-07-19 |        | 26.1   |         | 1795       | 179    | 145    | 15.9    | 34.6    |
| 2011-07-17 |        | 28     |         | 1485       | 176    | 136    | 16.3    | 40.0    |
| 2011-07-16 |        | 33.8   |         | 1366       | 166    | 119    | 15.6    | 28.8    |
| 2011-07-13 |        | 24.5   |         | 855        | 151    | 106    | 16.0    | 29.0    |
| 2011-07-12 |        | 29.8   |         | 888        | 175    | 153    | 20.4    | 30.8    |
| 2011-07-11 |        | 21.5   |         | 679        | 160    | 109    | 15.9    | 26.1    |
| 2011-07-10 |        | 43.8   |         | 2081       | 161    | 112    | 15.6    | 34.5    |
| 2011-07-09 |        | 21.4   |         | 953        | 147    | 99     | 14.5    | 29.7    |
| 2011-07-08 |        | 31.7   |         | 1005       | 151    | 108    | 18.4    | 35.7    |
| 2011-07-07 |        | 38.5   |         | 1422       | 164    | 108    | 16.6    | 34.4    |
| 2011-07-05 |        | 34.7   |         | 2198       | 181    | 136    | 14.8    | 32.2    |
| 2011-07-04 |        | 37.3   |         | 1696       | 145    | 112    | 13.9    | 33.7    |
| 2011-07-01 |        | 38     |         | 2147       | 155    | 109    | 13.8    | 34.9    |
|            | July   | 596.30 |         |            |        |        |         |         |
| 2011-06-30 |        | 32.3   |         | 1390       | 154    | 109    | 13.3    | 29.7    |
| 2011-06-29 |        | 21.5   |         | 713        | 138    | 98     | 12.9    | 30.1    |
| 2011-06-28 |        | 36.1   |         | 2245       | 180    | 145    | 14.4    | 40.3    |
| 2011-06-21 |        | 31.3   |         | 2320       | 178    | 144    | 14.9    | 35.7    |
| 2011-06-20 |        | 8.9    |         | 147        | 100    | 78     | 10.8    | 22.1    |
| 2011-06-19 |        | 58.7   |         | 3263       | 158    | 116    | 12.9    | 34.4    |
| 2011-06-18 |        | 25.4   |         | 929        | 143    | 103    | 13.1    | 31.8    |
| 2011-06-17 |        | 20.6   |         | 702        | 147    | 103    | 13.1    | 29.7    |
| 2011-06-16 |        | 40.5   |         | 2397       | 168    | 115    | 13.3    | 34.8    |
| 2011-06-14 |        | 27.3   |         | 2233       | 176    | 132    | 13.2    | 31.4    |
| 2011-06-13 |        | 27.7   |         | 1620       | 158    | 107    | 12.3    | 33.9    |
| 2011-06-12 |        | 28.1   |         | 1795       | 178    | 134    | 14.6    | 33.4    |
| 2011-06-10 |        | 44.9   |         | 2806       | 154    | 109    | 12.7    | 32.7    |
| 2011-06-07 |        | 33     |         | 2351       | 176    | 146    | 15.3    | 37.0    |
| 2011-06-06 |        | 31.4   |         | 1098       | 153    | 114    | 13.5    | 29.8    |
| 2011-06-04 |        | 42.5   |         | 2474       | 179    | 134    | 14.4    | 35.2    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2011-06-03 |        | 0.3   |         | 14         | 92     | 77     | 11.1    | 12.3    |
| 2011-06-03 |        | 14    |         | 450        | 118    | 77     | 10.2    | 24.9    |
| June       | 524.50 |       |         |            |        |        |         |         |
| 2011-05-31 |        | 30.2  |         | 2152       | 178    | 141    | 14.5    | 34.8    |
| 2011-05-30 |        | 27.8  |         | 1923       | 169    | 123    | 12.5    | 38.8    |
| 2011-05-29 |        | 38.8  |         | 1335       | 177    | 129    | 14.7    | 31.0    |
| 2011-05-25 |        | 35.4  |         | 1697       | 174    | 134    | 15.1    | 31.5    |
| 2011-05-24 |        | 33    |         | 1401       |        |        | 16.0    | 33.9    |
| 2011-05-22 |        | 21.9  |         | 1043       | 149    | 105    | 12.8    | 30.4    |
| 2011-05-20 |        | 25.9  |         | 1241       | 163    | 113    | 13.4    | 30.4    |
| 2011-05-19 |        | 46.4  |         | 1970       | 163    | 115    | 13.2    | 29.2    |
| 2011-05-14 |        | 7.9   |         | 267        | 124    | 88     | 11.8    | 25.2    |
| 2011-05-13 |        | 20.4  |         | 590        | 147    | 99     | 12.3    | 27.0    |
| 2011-05-11 |        | 42    |         | 1899       | 171    | 120    | 13.8    | 32.2    |
| 2011-05-10 |        | 37.4  |         | 2328       | 191    | 149    | 15.3    | 33.9    |
| 2011-05-09 |        | 17.9  |         | 936        | 212    | 113    | 12.5    | 26.3    |
| 2011-05-08 |        | 11.7  |         | 372        | 121    | 76     | 10.5    | 28.8    |
| 2011-05-07 |        | 50.2  |         | 1885       | 179    | 132    | 18.5    | 32.8    |
| 2011-05-06 |        | 28.4  |         | 1144       | 242    | 114    | 15.0    | 26.2    |
| 2011-05-03 |        | 26.4  |         | 1825       | 178    | 137    | 14.5    | 31.7    |
| 2011-05-02 |        | 24.6  |         | 989        | 149    | 104    | 14.3    | 26.8    |
| 2011-05-01 |        | 27.2  |         | 1478       | 252    | 120    | 13.8    | 32.4    |
| May        | 553.50 |       |         |            |        |        |         |         |
| 2011-04-30 |        | 9     |         | 260        | 159    | 123    | 16.6    | 29.1    |
| 2011-04-30 |        | 40.5  |         | 2146       | 176    | 135    | 17.2    | 35.5    |
| 2011-04-29 |        | 21.2  |         | 777        | 176    | 117    | 16.2    | 29.0    |
| 2011-04-27 |        | 24.1  |         | 1154       | 141    | 100    | 13.8    | 28.2    |
| 2011-04-26 |        | 32    |         | 1169       | 215    | 134    | 18.8    | 27.2    |
| 2011-04-24 |        | 27.4  |         | 989        | 160    | 114    | 15.8    | 28.2    |
| 2011-04-22 |        | 25.1  |         | 987        | 170    | 112    | 16.1    | 27.7    |
| 2011-04-18 |        | 20.6  |         | 700        | 153    | 105    | 16.6    | 27.4    |
| 2011-04-15 |        | 33.6  |         | 1227       | 169    | 127    | 16.0    | 39.3    |
| 2011-04-14 |        | 37.6  |         | 1652       | 170    | 124    | 14.7    | 39.3    |
| 2011-04-12 |        | 27.6  |         | 1474       | 177    | 147    | 15.3    | 29.3    |
| 2011-04-11 |        | 25.8  |         | 1416       | 166    | 121    | 13.4    | 34.7    |
| 2011-04-10 |        | 11.1  |         | 304        | 153    | 112    | 14.7    | 27.4    |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|---------|------------|--------|--------|---------|---------|
| 2011-04-09 |         | 31.4  |         | 1655       |        |        | 14.0    | 29.1    |
| 2011-04-08 |         | 30.3  |         | 1368       | 162    | 111    | 15.3    | 28.2    |
| 2011-04-07 |         | 17.9  |         | 724        | 162    | 105    | 13.6    | 28.4    |
| 2011-04-06 |         | 27    |         | 1014       | 150    | 110    | 14.6    | 27.1    |
| 2011-04-03 |         | 35.6  |         | 1835       | 178    | 142    | 12.4    | 30.6    |
| 2011-04-02 |         | 24.7  |         | 1448       | 160    | 119    | 11.5    | 28.4    |
| April      | 502.50  |       |         |            |        |        |         |         |
| 2011 Total | 3689.90 |       |         |            |        |        |         |         |
|            |         |       |         |            |        |        |         |         |
| 2010-11-14 |         | 27    |         | 1270       | 171    | 133    | 14.0    | 29.6    |
| 2010-11-13 |         | 34.1  |         | 1047       | 181    | 126    | 13.9    | 28.9    |
| 2010-11-12 |         | 11.7  |         | 291        | 148    | 102    | 13.2    | 25.5    |
| 2010-11-11 |         | 21.3  |         | 617        | 155    | 112    | 12.8    | 26.7    |
| 2010-11-02 |         | 25.3  |         | 1127       | 161    | 106    | 12.4    | 26.7    |
| November   | 119.40  |       |         |            |        |        |         |         |
| 2010-10-30 |         | 41    |         | 1596       | 181    | 136    | 14.8    | 31.4    |
| 2010-10-26 |         | 41.4  |         | 1780       | 183    | 134    | 14.6    | 31.9    |
| 2010-10-25 |         | 22    |         | 1073       | 150    | 109    | 12.3    | 26.7    |
| 2010-10-23 |         | 50.4  |         | 1634       | 182    | 139    | 14.6    | 31.3    |
| 2010-10-21 |         | 3.5   |         | 51         | 106    | 89     | 11.9    | 15.8    |
| 2010-10-20 |         | 29.6  |         | 1293       | 158    | 113    | 13.1    | 25.2    |
| 2010-10-19 |         | 22    |         | 1088       | 176    | 150    | 15.5    | 29.3    |
| 2010-10-18 |         | 21.3  |         | 862        | 165    | 109    | 12.6    | 27.5    |
| 2010-10-17 |         | 23.1  |         | 958        | 155    | 112    | 13.2    | 29.9    |
| 2010-10-13 |         | 28.2  |         | 1238       | 158    | 109    | 12.9    | 27.0    |
| 2010-10-12 |         | 26.9  |         | 1065       | 180    | 149    | 16.5    | 30.3    |
| 2010-10-11 |         | 24.5  |         | 1027       | 150    | 108    | 12.4    | 25.6    |
| 2010-10-08 |         | 29.1  |         | 1213       | 170    | 118    | 12.7    | 29.5    |
| 2010-10-04 |         | 12.1  |         | 425        | 146    | 106    | 12.2    | 25.5    |
| 2010-10-02 |         | 36    |         | 3332       | 178    | 152    | 13.4    | 31.2    |
| October    | 411.10  |       |         |            |        |        |         |         |
| 2010-09-29 |         | 32    |         | 1332       | 162    | 111    | 13.1    | 27.2    |
| 2010-09-26 |         | 28.2  |         | 2810       | 175    | 130    | 11.2    | 28.8    |
| 2010-09-24 |         | 42    |         | 1932       | 162    | 113    | 13.1    | 30.2    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. | Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|-------|------|--------|--------|---------|---------|
| 2010-09-23 |        | 26.2  |         |       | 1018 | 150    | 112    | 13.3    | 29.0    |
| 2010-09-21 |        | 22.8  |         |       | 978  | 182    | 150    | 15.7    | 31.6    |
| 2010-09-20 |        | 28.5  |         |       | 1248 | 155    | 105    | 12.7    | 26.2    |
| 2010-09-19 |        | 24.8  |         |       | 1016 | 166    | 111    | 12.7    | 29.3    |
| 2010-09-18 |        | 39.1  |         |       | 3170 | 175    | 133    | 11.5    | 32.9    |
| 2010-09-17 |        | 26.5  |         |       | 1255 | 169    | 118    | 11.9    | 29.9    |
| 2010-09-16 |        | 19.4  |         |       | 787  | 154    | 111    | 12.7    | 26.5    |
| 2010-09-14 |        | 28    |         |       | 1904 | 27     | 1      | 15.2    | 30.8    |
| 2010-09-13 |        | 30.3  |         |       | 1014 | 162    | 113    | 13.6    | 28.3    |
| 2010-09-11 |        | 33    |         |       | 1513 | 158    | 118    | 13.3    | 31.1    |
| 2010-09-10 |        | 27.8  |         |       | 1072 | 151    | 109    | 12.8    | 27.7    |
| 2010-09-09 |        | 28.7  |         |       | 1314 | 150    | 112    | 12.8    | 27.9    |
| 2010-09-07 |        | 32.4  |         |       | 1968 | 183    | 152    | 14.5    | 35.0    |
| 2010-09-06 |        | 11.3  |         |       | 433  | 122    | 77     | 16.3    | 31.0    |
| 2010-09-04 |        | 34.1  |         |       | 1846 | 160    | 119    | 12.2    | 28.3    |
| 2010-09-02 |        | 38.1  |         |       | 1264 | 213    | 134    | 13.9    | 31.9    |
| September  | 553.20 |       |         |       |      |        |        |         |         |
| 2010-08-31 |        | 33.5  |         |       | 1647 | 184    | 153    | 15.4    | 32.4    |
| 2010-08-30 |        | 44.9  |         |       | 2580 | 169    | 124    | 12.9    | 31.6    |
| 2010-08-29 |        | 41.5  |         |       | 1349 | 182    | 144    | 16.1    | 31.8    |
| 2010-08-27 |        | 21.8  |         |       | 625  | 159    | 113    | 13.7    | 27.9    |
| 2010-08-25 |        | 29.2  |         |       | 1226 | 161    | 115    | 12.9    | 28.1    |
| 2010-08-24 |        | 33.9  |         |       | 1224 | 178    | 148    | 15.7    | 29.1    |
| 2010-08-21 |        | 22.9  |         |       | 780  | 152    | 115    | 13.2    | 29.0    |
| 2010-08-15 |        | 24.3  |         |       | 883  | 156    | 114    | 13.4    | 27.2    |
| 2010-08-10 |        | 7.1   |         |       | 821  | 177    | 146    | 3.7     | 6.0     |
| 2010-08-09 |        | 42.7  |         |       | 1582 | 1      | 1      | 13.6    | 32.1    |
| 2010-08-08 |        | 17.9  |         |       | 433  | 160    | 125    | 14.3    | 27.3    |
| 2010-08-07 |        | 11.8  |         |       | 265  | 136    | 94     | 11.8    | 30.5    |
| 2010-08-06 |        | 30.2  |         |       | 1365 | 176    | 127    | 12.8    | 30.1    |
| 2010-08-04 |        | 29.1  |         |       | 1284 | 177    | 124    | 12.9    | 32.7    |
| 2010-08-03 |        | 36.3  |         |       | 1236 | 169    | 127    | 13.9    | 28.8    |
| 2010-08-01 |        | 21.2  |         |       | 652  | 174    | 130    | 14.8    | 29.4    |
| August     | 448.30 |       |         |       |      |        |        |         |         |
| 2010-07-31 |        | 34.2  |         |       | 1640 | 175    | 125    | 13.5    | 27.3    |
| 2010-07-30 |        | 29.9  |         |       | 1216 | 165    | 123    | 13.1    | 29.2    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2010-07-28 |        | 29.8  |         | 1081       | 157    | 118    | 12.8    | 28.6    |
| 2010-07-27 |        | 42    |         | 1567       | 187    | 151    | 15.4    | 35.9    |
| 2010-07-25 |        | 39.3  |         | 1174       | 179    | 136    | 15.3    | 31.4    |
| 2010-07-24 |        | 21.9  |         | 619        | 152    | 111    | 13.1    | 25.0    |
| 2010-07-22 |        | 21.5  |         | 503        | 156    | 114    | 12.0    | 23.5    |
| 2010-07-20 |        | 16.8  |         | 412        | 152    | 111    | 13.5    | 28.8    |
| 2010-07-19 |        | 29.5  |         | 1225       | 165    | 121    | 12.7    | 32.0    |
| 2010-07-15 |        | 25.3  |         | 508        | 150    | 116    | 14.3    | 23.9    |
| 2010-07-14 |        | 9.3   |         | 272        | 119    | 89     | 11.1    | 21.4    |
| 2010-07-13 |        | 48.3  |         | 1418       | 176    | 133    | 14.3    | 26.9    |
| 2010-07-12 |        | 26.5  |         | 494        | 182    | 128    | 14.6    | 23.8    |
| 2010-07-08 |        | 21.2  |         | 627        | 151    | 114    | 13.4    | 27.4    |
| 2010-07-05 |        | 41.2  |         | 2057       | 166    | 127    | 13.3    | 38.7    |
| 2010-07-04 |        | 20.2  |         | 1045       | 172    | 129    | 12.5    | 25.7    |
| 2010-07-02 |        | 38.6  |         | 2036       | 169    | 131    | 14.6    | 34.4    |
| July       | 495.50 |       |         |            |        |        |         |         |
| 2010-06-29 |        | 35.2  |         | 1350       | 162    | 118    | 12.9    | 32.8    |
| 2010-06-27 |        | 28    |         | 1366       | 171    | 130    | 14.1    | 35.8    |
| 2010-06-26 |        | 44.8  |         | 2169       | 170    | 125    | 13.5    | 37.1    |
| 2010-06-24 |        | 12.1  |         | 295        | 154    | 113    | 13.9    | 26.5    |
| 2010-06-23 |        | 41.6  |         | 1799       | 169    | 126    | 12.8    | 34.7    |
| 2010-06-20 |        | 19.3  |         | 1539       | 171    | 124    | 7.2     | 16.7    |
| 2010-06-19 |        | 38.4  |         | 1619       | 180    | 145    | 14.6    | 31.7    |
| 2010-06-18 |        | 12.7  |         | 288        | 1      | 1      | 13.6    | 30.6    |
| 2010-06-15 |        | 34.7  |         | 2189       | 184    | 152    | 14.2    | 33.8    |
| 2010-06-14 |        | 25.5  |         | 1149       | 173    | 119    | 13.0    | 26.0    |
| 2010-06-11 |        | 47    |         | 1791       | 171    | 123    | 13.2    | 25.7    |
| 2010-06-08 |        | 35.4  |         | 1221       | 182    | 147    | 15.7    | 30.3    |
| 2010-06-07 |        | 13.9  |         | 323        | 127    | 93     | 11.2    | 19.4    |
| 2010-06-05 |        | 44.6  |         | 1450       | 174    | 136    | 14.4    | 31.2    |
| 2010-06-02 |        | 19.7  |         | 1630       | 176    | 136    |         |         |
| 2010-06-02 |        | 28.9  |         | 1305       | 176    | 117    | 12.5    | 29.9    |
| June       | 481.80 |       |         |            |        |        |         |         |
| 2010-05-31 |        | 11.6  |         | 266        | 154    | 118    | 12.9    | 27.8    |
| 2010-05-30 |        | 16.7  |         | 520        | 157    | 123    |         |         |
| 2010-05-30 |        | 35.4  |         | 1726       | 182    | 123    | 12.0    | 27.2    |

Frank Kelly's cycling mileage

| Date       | totals | Miles  | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|--------|---------|------------|--------|--------|---------|---------|
| 2010-05-28 |        | 10.5   |         | 186        | 136    | 97     | 12.2    | 22.1    |
| 2010-05-27 |        | 29.7   |         | 1253       | 163    | 116    | 13.1    | 27.8    |
| 2010-05-26 |        | 21.8   |         | 746        | 161    | 118    | 12.6    | 28.3    |
| 2010-05-25 |        | 36.5   |         | 1174       | 158    | 117    | 13.6    | 25.8    |
| 2010-05-23 |        | 26.9   |         | 1364       | 168    | 116    | 12.2    | 26.6    |
| 2010-05-22 |        | 11.8   |         | 271        | 142    | 99     | 11.6    | 28.3    |
| 2010-05-21 |        | 26.1   |         | 1025       | 159    | 118    | 13.1    | 26.1    |
| 2010-05-20 |        | 44.8   |         | 1503       | 181    | 141    | 14.1    | 31.8    |
| 2010-05-19 |        | 12.7   |         | 320        | 162    | 116    | 12.5    | 26.8    |
| 2010-05-13 |        | 19.3   |         | 193        | 171    | 122    | 13.1    | 20.7    |
| 2010-05-12 |        | 16.9   |         | 738        | 169    | 121    | 11.5    | 27.7    |
| 2010-05-09 |        | 15.8   |         | 1543       | 157    | 122    | 11.1    | 30.4    |
| 2010-05-07 |        | 10.3   |         | 824        | 165    | 119    | 10.3    | 31.3    |
| 2010-05-06 |        | 11.9   |         | 867        | 167    | 120    | 10.9    | 31.3    |
| 2010-05-04 |        | 28.9   |         | 1447       | 178    | 148    | 14.9    | 31.1    |
| 2010-05-03 |        | 13.3   |         | 401        | 148    | 105    | 13.2    | 23.1    |
| 2010-05-02 |        | 39.1   |         | 1223       | 182    | 141    | 14.0    | 30.9    |
| 2010-05-01 |        | 11.8   |         | 365        | 217    | 150    | 12.6    | 25.7    |
|            | May    | 451.80 |         |            |        |        |         |         |
| 2010-04-30 |        | 34.1   |         | 1970       | 179    | 130    | 11.7    | 27.2    |
| 2010-04-24 |        | 47.3   |         | 1412       | 167    | 131    | 14.3    | 30.1    |
| 2010-04-23 |        | 14.2   |         | 329        | 149    | 108    | 12.4    | 24.8    |
| 2010-04-22 |        | 21.2   |         | 669        | 158    | 123    | 12.7    | 24.1    |
| 2010-04-21 |        | 39.9   |         | 1339       | 174    | 129    | 14.3    | 29.5    |
| 2010-04-20 |        | 26.9   |         | 1146       | 183    | 147    | 14.4    | 31.9    |
| 2010-04-13 |        | 29.2   |         | 1768       | 186    | 153    | 14.1    | 30.1    |
| 2010-04-11 |        | 26.7   |         | 1099       | 159    | 123    | 12.2    | 28.1    |
| 2010-04-09 |        | 22.5   |         | 725        | 155    | 118    | 12.4    | 27.7    |
| 2010-04-08 |        | 30.8   |         | 1410       | 174    | 131    | 12.6    | 27.3    |
| 2010-04-06 |        | 26.2   |         | 1415       | 181    | 145    | 13.9    | 26.9    |
| 2010-04-04 |        | 24.1   |         | 648        | 1      | 1      | 14.6    | 29.2    |
| 2010-04-03 |        | 49.9   |         | 1992       | 1      | 1      | 14.3    | 30.7    |
| 2010-04-01 |        | 27.3   |         | 1167       | 169    | 124    | 12.8    | 26.3    |
|            | April  | 420.30 |         |            |        |        |         |         |
| 2010-03-27 |        | 27.5   |         | 1052       | 182    | 141    | 14.4    | 29.4    |
| 2010-03-25 |        | 34.3   |         | 1113       | 184    | 149    | 14.8    | 27.4    |



Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|---------|------------|--------|--------|---------|---------|
| 2010-03-21 |         | 18.2  |         | 594        | 154    | 116    | 12.8    | 30.8    |
| 2010-03-20 |         | 33.6  |         | 1675       | 179    | 128    | 12.6    | 26.8    |
| 2010-03-18 |         | 16.3  |         | 657        | 173    | 126    | 13.1    | 26.8    |
| 2010-03-17 |         | 40    |         | 1648       | 167    | 126    | 13.2    | 30.4    |
| 2010-03-16 |         | 27.2  |         | 1248       | 169    | 124    | 12.7    | 27.2    |
| 2010-03-12 |         | 23.2  |         | 884        | 153    | 116    | 13.1    | 30.0    |
| 2010-03-11 |         | 14.2  |         | 780        | 159    | 125    | 11.8    | 26.9    |
| 2010-03-09 |         | 17.8  |         | 598        | 153    | 110    | 13.1    | 27.0    |
| 2010-03-08 |         | 19.1  |         | 773        | 176    | 129    | 12.9    | 29.8    |
| 2010-03-07 |         | 15.3  |         | 380        | 166    | 124    | 13.3    | 23.6    |
| 2010-03-02 |         | 20.5  |         | 2517       | 164    | 144    | 9.6     | 28.8    |
| 2010-03-01 |         | 14.9  |         | 841        | 162    | 127    | 11.0    | 25.6    |
| March      | 322.10  |       |         |            |        |        |         |         |
| 2010 Total | 3703.50 |       |         |            |        |        |         |         |
|            |         |       |         |            |        |        |         |         |
| 2009-10-08 |         | 17.1  |         | 785        | 147    | 113    | 13.2    | 26.3    |
| 2009-10-06 |         | 22.3  |         | 1304       | 185    | 155    | 14.6    | 29.4    |
| 2009-10-04 |         | 22.6  |         | 1094       | 162    | 119    | 12.9    | 26.9    |
| 2009-10-02 |         | 15.1  |         | 865        | 169    | 114    | 11.9    | 28.3    |
| October    | 77.10   |       |         |            |        |        |         |         |
| 2009-09-29 |         | 31.5  |         | 1417       | 182    | 134    | 14.1    | 32.2    |
| 2009-09-26 |         | 19.3  |         | 3291       | 175    | 141    | 6.7     | 17.8    |
| 2009-09-25 |         | 20.1  |         | 1118       | 157    | 115    | 12.7    | 26.8    |
| 2009-09-23 |         | 22.7  |         | 1086       | 153    | 114    | 12.6    | 29.9    |
| 2009-09-22 |         | 31.2  |         | 1050       | 185    | 148    | 16.2    | 30.2    |
| 2009-09-21 |         | 31.6  |         | 1418       | 160    | 120    | 13.7    | 31.8    |
| 2009-09-19 |         | 28.8  |         | 2048       | 180    | 137    | 13.3    | 30.5    |
| 2009-09-18 |         | 30.2  |         | 1419       | 155    | 112    | 13.2    | 27.2    |
| 2009-09-16 |         | 17.1  |         | 769        | 147    | 108    | 13.3    | 27.9    |
| 2009-09-15 |         | 31.9  |         | 1542       | 177    | 142    | 15.5    | 31.6    |
| 2009-09-14 |         | 8.5   |         | 416        | 161    | 117    | 13.1    | 27.5    |
| 2009-09-12 |         | 63.4  |         | 2516       | 179    | 151    | 16.0    | 36.3    |
| 2009-09-10 |         | 25    |         | 1507       | 151    | 108    | 12.4    | 27.4    |
| 2009-09-08 |         | 34.2  |         | 2045       | 178    | 145    | 14.7    | 32.3    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2009-09-07 |        | 11.1  |         | 666        | 114    | 76     | 16.7    | 33.6    |
| 2009-09-06 |        | 59.3  |         | 2453       | 178    | 129    | 14.0    | 31.1    |
| 2009-09-04 |        | 17.7  |         | 1025       | 162    | 114    | 12.8    | 29.9    |
| 2009-09-03 |        | 53.6  |         | 2756       | 163    | 121    | 12.8    | 36.5    |
| 2009-09-01 |        | 31.1  |         | 1128       | 183    | 151    | 16.3    | 32.0    |
| September  | 568.30 |       |         |            |        |        |         |         |
| 2009-08-31 |        | 19.4  |         | 1054       | 162    | 111    | 13.0    | 25.7    |
| 2009-08-30 |        | 24.2  |         | 1207       | 167    | 127    | 13.7    | 31.9    |
| 2009-08-28 |        | 26.2  |         | 1124       | 152    | 110    | 13.4    | 27.4    |
| 2009-08-27 |        | 37.1  |         | 1652       | 154    | 114    | 13.7    | 33.6    |
| 2009-08-26 |        | 18    |         | 919        | 146    | 103    | 12.8    | 27.8    |
| 2009-08-25 |        | 22.1  |         | 1755       | 223    | 154    | 13.9    | 30.8    |
| 2009-08-24 |        | 24.5  |         | 1120       | 155    | 109    | 13.1    | 30.0    |
| 2009-08-23 |        | 20.6  |         | 852        | 149    | 114    | 13.7    | 29.9    |
| 2009-08-18 |        | 38.6  |         | 1777       | 221    | 155    | 15.7    | 32.1    |
| 2009-08-17 |        | 22.2  |         | 1188       | 157    | 116    | 12.7    | 30.6    |
| 2009-08-16 |        | 20.4  |         | 489        | 156    | 114    | 12.9    | 27.2    |
| 2009-08-11 |        | 44.9  |         | 1851       | 183    | 149    | 15.7    | 34.0    |
| 2009-08-09 |        | 10.8  |         | 402        | 156    | 94     | 9.9     | 18.5    |
| 2009-08-06 |        | 32.6  |         | 969        | 165    | 128    | 14.9    | 28.1    |
| 2009-08-04 |        | 37.6  |         | 994        | 161    | 117    | 14.2    | 25.7    |
| 2009-08-02 |        | 12.9  |         | 419        | 157    | 92     | 11.9    | 25.6    |
| August     | 412.10 |       |         |            |        |        |         |         |
| 2009-07-30 |        | 23.6  |         | 1281       | 163    | 119    | 13.0    | 26.6    |
| 2009-07-28 |        | 34.2  |         | 2131       | 179    | 147    | 14.8    | 32.8    |
| 2009-07-25 |        | 42    |         | 3314       | 174    | 137    | 13.1    | 33.6    |
| 2009-07-24 |        | 2.8   |         | 155        | 146    | 139    |         |         |
| 2009-07-23 |        | 23.7  |         | 1451       | 161    | 118    | 12.8    | 31.4    |
| 2009-07-22 |        | 30.9  |         | 1851       | 172    | 135    | 13.1    | 29.4    |
| 2009-07-18 |        | 36.7  |         | 1070       | 172    | 137    | 15.7    | 29.3    |
| 2009-07-17 |        | 37.3  |         | 1870       | 168    | 124    | 13.3    | 31.3    |
| 2009-07-16 |        | 19.3  |         | 799        | 166    | 117    | 13.2    | 30.6    |
| 2009-07-15 |        | 15    |         | 817        | 166    | 117    | 12.8    | 29.8    |
| 2009-07-14 |        | 26.3  |         | 1917       | 185    | 149    | 14.1    | 31.2    |
| 2009-07-13 |        | 15.8  |         | 1025       | 163    | 105    |         |         |
| 2009-07-11 |        | 42.6  |         | 2562       | 172    | 135    | 12.4    | 28.7    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2009-07-10 |        | 0.5   |         | 20         | 111    | 87     |         |         |
| 2009-07-09 |        | 21.9  |         | 1110       | 159    | 115    | 13.1    | 32.7    |
| 2009-07-08 |        | 30.5  |         | 1443       | 154    | 120    | 13.4    | 30.4    |
| 2009-07-04 |        | 16.5  |         | 1675       | 169    | 117    | 12.9    | 27.9    |
| 2009-07-03 |        | 20.5  |         | 984        | 154    | 108    | 13.3    | 25.5    |
| 2009-07-01 |        | 18.4  |         | 899        | 162    | 123    | 12.7    | 28.0    |
| July       | 458.50 |       |         |            |        |        |         |         |
| 2009-06-28 |        | 12.2  |         | 317        | 134    | 97     | 11.8    | 18.5    |
| 2009-06-27 |        | 33    |         | 1168       | 167    | 113    | 14.0    | 30.9    |
| 2009-06-26 |        | 14.4  |         | 820        | 146    | 94     |         |         |
| 2009-06-25 |        | 19.8  |         | 890        | 163    | 112    | 12.9    | 29.7    |
| 2009-06-24 |        | 19.6  |         | 1864       | 151    | 114    | 7.1     | 16.9    |
| 2009-06-23 |        | 20.4  |         | 2145       | 179    | 148    |         |         |
| 2009-06-20 |        | 17.3  |         | 781        | 145    | 110    | 12.9    | 29.9    |
| 2009-06-19 |        | 27.3  |         | 1199       | 146    | 105    | 12.7    | 24.5    |
| 2009-06-15 |        | 38.6  |         | 4235       | 178    | 14     |         |         |
| 2009-06-14 |        | 35.5  |         | 1552       | 177    | 126    | 9.8     | 26.9    |
| 2009-06-13 |        | 31.1  |         | 1071       | 160    | 113    | 13.6    | 25.8    |
| 2009-06-11 |        | 30.4  |         | 1422       | 159    | 119    | 13.8    | 33.9    |
| 2009-06-09 |        | 37.6  |         | 1569       | 180    | 155    | 16.3    | 34.5    |
| 2009-06-08 |        | 30.6  |         | 1610       | 153    | 109    | 12.6    | 29.8    |
| 2009-06-06 |        | 40.5  |         | 2154       | 157    | 113    | 12.6    | 30.5    |
| 2009-06-05 |        | 17.1  |         | 788        | 146    | 112    | 13.3    | 28.4    |
| 2009-06-04 |        | 35.6  |         | 3364       | 172    | 129    | 11.3    | 31.3    |
| 2009-06-03 |        | 20.7  |         | 1123       | 145    | 110    | 12.6    | 29.1    |
| June       | 481.70 |       |         |            |        |        |         |         |
| 2009-05-26 |        | 39.4  |         | 1734       | 182    | 150    | 16.3    | 38.3    |
| 2009-05-25 |        | 12.1  |         | 394        | 1      | 1      | 12.1    | 28.2    |
| 2009-05-23 |        | 22.7  |         | 726        | 146    | 92     | 10.9    | 28.1    |
| 2009-05-20 |        | 27.3  |         | 1300       | 151    | 113    | 12.6    | 31.0    |
| 2009-05-19 |        | 34.4  |         | 2058       | 181    | 157    | 15.4    | 35.9    |
| 2009-05-18 |        | 17.2  |         | 797        | 142    | 112    | 12.9    | 28.6    |
| 2009-05-16 |        | 29.8  |         | 1035       | 1      | 1      | 13.2    | 26.8    |
| 2009-05-15 |        | 14.2  |         | 346        | 162    | 103    | 13.0    | 21.9    |
| 2009-05-13 |        | 20.2  |         | 578        | 167    | 130    | 15.2    | 26.6    |
| 2009-05-12 |        | 35.3  |         | 1235       | 179    | 150    | 17.0    | 33.8    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2009-05-11 |        | 35.8  |         | 1105       | 157    | 115    | 13.1    | 26.4    |
| 2009-05-10 |        | 8.2   |         | 243        | 123    | 88     | 9.6     | 19.3    |
| 2009-05-09 |        | 33.7  |         | 945        | 182    | 153    | 17.0    | 38.2    |
| 2009-05-08 |        | 29.6  |         | 1328       | 155    | 112    | 12.2    | 30.5    |
| 2009-05-06 |        | 43.3  |         | 2547       | 156    | 123    | 12.9    | 28.4    |
| 2009-05-04 |        | 22.9  |         | 999        | 155    | 113    | 13.5    | 28.2    |
| 2009-05-03 |        | 42    |         | 1089       | 157    | 112    | 11.9    | 21.8    |
| 2009-05-02 |        | 28.4  |         | 1840       | 154    | 95     |         |         |
| May        | 496.50 |       |         |            |        |        |         |         |
| 2009-04-30 |        | 29.2  |         | 1454       | 161    | 121    | 12.7    | 26.8    |
| 2009-04-28 |        | 31.2  |         | 1256       | 184    | 150    | 14.4    | 30.1    |
| 2009-04-27 |        | 29.4  |         | 1321       | 175    | 139    | 14.5    | 33.4    |
| 2009-04-26 |        | 4.9   |         | 93         | 114    | 86     | 11.3    | 14.9    |
| 2009-04-25 |        | 18.8  |         | 928        | 152    | 121    | 12.5    | 31.8    |
| 2009-04-21 |        | 29.4  |         | 1533       | 186    | 157    | 14.5    | 30.2    |
| 2009-04-19 |        | 16.2  |         | 477        | 168    | 123    | 13.2    | 22.3    |
| 2009-04-18 |        | 13.1  |         | 500        | 159    | 106    |         |         |
| 2009-04-16 |        | 30.9  |         | 1659       | 162    | 119    | 12.0    | 28.7    |
| 2009-04-14 |        | 31.3  |         | 1718       | 178    | 144    | 13.5    | 30.6    |
| 2009-04-13 |        | 26.8  |         | 1528       | 168    | 121    | 12.4    | 26.9    |
| 2009-04-09 |        | 30.2  |         | 1377       | 173    | 119    | 11.8    | 31.8    |
| 2009-04-07 |        | 22.5  |         | 1096       | 175    | 144    | 14.1    | 28.5    |
| 2009-04-05 |        | 15    |         | 541        | 151    | 113    | 12.4    | 27.6    |
| 2009-04-02 |        | 32.5  |         | 1766       | 162    | 123    | 12.5    | 28.9    |
| April      | 361.40 |       |         |            |        |        |         |         |
| 2009-03-31 |        | 22.1  |         | 1173       | 168    | 126    | 12.6    | 29.7    |
| 2009-03-28 |        | 28.1  |         | 1207       | 176    | 149    | 14.8    | 30.8    |
| 2009-03-27 |        | 26.3  |         | 1266       | 171    | 125    | 12.6    | 26.5    |
| 2009-03-26 |        | 12.9  |         | 656        | 156    | 121    | 12.2    | 28.0    |
| 2009-03-25 |        | 33.1  |         | 1721       | 181    | 140    | 13.4    | 32.6    |
| 2009-03-22 |        | 4.9   |         | 138        | 1      | 1      | 12.4    | 19.0    |
| 2009-03-21 |        | 26.1  |         | 1534       | 168    | 125    | 12.9    | 30.6    |
| 2009-03-18 |        | 18.2  |         | 958        | 155    | 120    | 12.0    | 35.2    |
| 2009-03-17 |        | 25.2  |         | 1176       | 166    | 129    | 12.3    | 28.8    |
| 2009-03-16 |        | 30.2  |         | 1430       | 178    | 127    | 12.8    | 28.2    |
| 2009-03-15 |        | 30.8  |         | 1544       | 159    | 121    | 12.7    | 27.0    |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|---------|------------|--------|--------|---------|---------|
| 2009-03-14 |         | 8.9   |         | 432        | 168    | 104    | 11.0    | 25.2    |
| 2009-03-11 |         | 22.5  |         | 1014       | 164    | 126    | 13.0    | 30.2    |
| 2009-03-08 |         | 23    |         | 1094       | 162    | 125    | 12.6    | 28.8    |
| 2009-03-07 |         | 20.2  |         | 1636       | 168    | 124    | 12.1    | 29.7    |
| March      | 332.50  |       |         |            |        |        |         |         |
| 2009 Total | 3188.10 |       |         |            |        |        |         |         |
|            |         |       |         |            |        |        |         |         |
| 2008-11-14 |         | 28.4  |         | 1350       | 150    | 115    | 12.4    | 28.8    |
| 2008-11-09 |         | 18.5  |         | 789        | 152    | 115    | 12.7    | 25.7    |
| 2008-11-07 |         | 26    |         | 1382       | 164    | 118    | 12.8    | 26.9    |
| 2008-11-05 |         | 19.5  |         | 1052       | 150    | 115    | 12.0    | 28.3    |
| 2008-11-02 |         | 25.3  |         | 1253       | 153    | 116    | 12.9    | 28.4    |
| November   | 117.70  |       |         |            |        |        |         |         |
| 2008-10-31 |         | 30.2  |         | 1763       | 154    | 119    | 12.2    | 29.0    |
| 2008-10-24 |         | 25.5  |         | 1324       | 165    | 125    | 12.7    | 29.3    |
| 2008-10-09 |         | 26.1  |         | 1199       | 154    | 119    | 12.8    | 26.7    |
| 2008-10-08 |         | 11.6  |         | 670        | 150    | 122    |         |         |
| 2008-10-08 |         | 11.6  |         | 670        | 150    | 122    |         |         |
| 2008-10-08 |         | 22.2  |         | 1136       | 150    | 116    | 12.4    | 29.3    |
| 2008-10-07 |         | 27.6  |         | 1338       | 180    | 139    | 14.2    | 29.7    |
| 2008-10-04 |         | 30.1  |         | 1579       | 169    | 139    | 13.4    | 30.1    |
| 2008-10-01 |         | 15.3  |         | 718        | 150    | 114    | 13.2    | 30.0    |
| October    | 200.20  |       |         |            |        |        |         |         |
| 2008-09-30 |         | 33    |         | 1571       | 182    | 150    | 15.3    | 34.9    |
| 2008-09-28 |         | 20.5  |         | 1042       | 161    | 123    | 13.0    | 27.6    |
| 2008-09-25 |         | 23.5  |         | 1178       | 175    | 121    | 13.0    | 31.5    |
| 2008-09-24 |         | 14.3  |         | 735        | 166    | 125    | 12.7    | 30.0    |
| 2008-09-23 |         | 13.3  |         | 680        | 184    | 149    |         |         |
| 2008-09-23 |         | 29.7  |         | 995        | 184    | 149    | 16.1    | 35.1    |
| 2008-09-22 |         | 18.8  |         | 738        | 159    | 121    | 13.6    | 29.4    |
| 2008-09-21 |         | 29.6  |         | 1553       | 165    | 125    | 13.3    | 29.8    |
| 2008-09-20 |         | 29.8  |         | 1337       | 168    | 121    | 13.2    | 31.1    |
| 2008-09-19 |         | 26.9  |         | 1583       | 170    | 131    | 13.0    | 29.3    |
| 2008-09-17 |         | 7.7   |         | 599        | 160    | 125    | 13.0    | 31.2    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2008-09-16 |        | 21.4  |         | 1433       | 183    | 146    | 13.7    | 30.1    |
| 2008-09-14 |        | 36    |         | 1770       | 168    | 134    | 13.2    | 33.9    |
| 2008-09-13 |        | 5.7   |         | 365        | 163    | 81     |         |         |
| 2008-09-13 |        | 24.2  |         | 1148       | 173    | 128    | 13.6    | 28.4    |
| 2008-09-11 |        | 27.9  |         | 1391       | 163    | 124    | 13.5    | 28.8    |
| 2008-09-10 |        | 26    |         | 1353       | 179    | 139    | 13.9    | 30.8    |
| 2008-09-08 |        | 19.7  |         | 981        | 163    | 119    | 13.5    | 29.5    |
| 2008-09-07 |        |       |         | 80         | 1      | 1      |         |         |
| 2008-09-04 |        | 43.2  |         | 2468       | 175    | 131    | 13.5    | 34.3    |
| 2008-09-03 |        | 17.5  |         | 1034       | 159    | 116    | 13.3    | 30.6    |
| 2008-09-02 |        | 32.6  |         | 1212       | 183    | 144    | 15.4    | 32.7    |
| 2008-09-01 |        | 28.1  |         | 940        | 1      | 1      |         |         |
| September  | 529.40 |       |         |            |        |        |         |         |
| 2008-08-31 |        | 20.3  |         | 1226       | 155    | 116    | 12.8    | 29.0    |
| 2008-08-29 |        | 31    |         | 1386       | 159    | 120    | 13.2    | 32.6    |
| 2008-08-21 |        | 25.9  |         | 1413       | 165    | 118    | 12.6    | 29.4    |
| 2008-08-21 |        | 9.1   |         | 325        | 155    | 108    |         |         |
| 2008-08-19 |        | 36.9  |         | 1282       | 179    | 143    | 16.8    | 30.9    |
| 2008-08-18 |        | 17.1  |         | 757        | 148    | 109    | 13.7    | 28.1    |
| 2008-08-17 |        | 31.4  |         | 1766       | 160    | 124    | 13.0    | 30.9    |
| 2008-08-13 |        | 24    |         | 547        | 173    | 130    | 16.5    | 29.2    |
| 2008-08-12 |        | 42.7  |         | 1905       | 183    | 150    | 15.5    | 33.4    |
| 2008-08-10 |        | 24.7  |         | 1286       | 159    | 114    | 13.4    | 31.9    |
| 2008-08-09 |        | 25.8  |         | 1860       | 164    | 120    |         |         |
| 2008-08-06 |        | 37.6  |         | 1763       | 165    | 122    | 13.8    | 27.9    |
| 2008-08-04 |        | 14.5  |         | 686        | 167    | 114    | 13.8    | 31.6    |
| 2008-08-03 |        | 45.6  |         | 2234       | 158    | 119    | 13.4    | 33.8    |
| August     | 386.60 |       |         |            |        |        |         |         |
| 2008-07-31 |        | 24.6  |         | 1485       | 168    | 128    |         |         |
| 2008-07-29 |        | 32.6  |         | 1937       | 180    | 148    | 14.9    | 33.8    |
| 2008-07-27 |        | 32.1  |         | 1609       | 175    | 136    | 14.7    | 31.6    |
| 2008-07-26 |        | 46.3  |         | 1896       | 176    | 139    | 15.6    | 32.5    |
| 2008-07-25 |        | 23.5  |         | 1041       | 166    | 122    | 12.7    | 34.5    |
| 2008-07-24 |        | 20.3  |         | 999        | 164    | 128    | 13.7    | 31.5    |
| 2008-07-21 |        | 28.5  |         | 1314       | 155    | 116    | 13.2    | 29.4    |
| 2008-07-15 |        | 26.8  |         | 1645       | 175    | 126    | 12.6    | 33.3    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2008-07-14 |        | 19.3  |         | 1022       | 167    | 117    | 13.4    | 29.0    |
| 2008-07-14 |        | 11    |         | 745        | 167    | 131    |         |         |
| 2008-07-12 |        | 34.3  |         | 1174       | 185    | 147    | 15.9    | 30.0    |
| 2008-07-10 |        | 30.2  |         | 1418       | 182    | 148    | 15.8    | 34.6    |
| 2008-07-08 |        | 38.4  |         | 1172       | 178    | 152    | 16.8    | 31.8    |
| 2008-07-07 |        | 15.5  |         | 816        | 156    | 114    | 13.8    | 28.7    |
| 2008-07-05 |        | 22.5  |         | 1163       | 173    | 118    | 13.9    | 31.1    |
| 2008-07-04 |        | 21.9  |         | 624        | 174    | 131    | 15.1    | 30.6    |
| 2008-07-01 |        | 36.5  |         | 2187       | 182    | 143    | 14.2    | 38.1    |
| July       | 464.30 |       |         |            |        |        |         |         |
| 2008-06-30 |        | 28.7  |         | 1440       | 157    | 119    | 13.8    | 30.4    |
| 2008-06-29 |        | 16.8  |         | 547        | 141    | 94     | 10.2    | 22.8    |
| 2008-06-28 |        | 44.7  |         | 2204       | 159    | 125    | 13.3    | 35.3    |
| 2008-06-24 |        | 31.1  |         | 1448       | 181    | 137    | 15.5    | 32.3    |
| 2008-06-21 |        | 19.6  |         | 848        | 162    | 99     | 12.1    | 26.5    |
| 2008-06-19 |        | 36.5  |         | 2166       | 171    | 124    | 14.1    | 35.1    |
| 2008-06-18 |        | 14.1  |         | 798        | 182    | 143    | 9.1     | 17.7    |
| 2008-06-17 |        | 38.9  |         | 2034       | 178    | 146    | 17.3    | 40.8    |
| 2008-06-15 |        | 23.3  |         | 1110       | 170    | 117    | 13.3    | 28.3    |
| 2008-06-14 |        | 39.6  |         | 1966       | 179    | 143    | 15.8    | 34.0    |
| 2008-06-14 |        | 9.1   |         | 191        | 153    | 118    | 14.5    | 28.2    |
| 2008-06-13 |        | 34.4  |         | 1616       | 151    | 115    | 13.6    | 28.9    |
| 2008-06-10 |        | 33.3  |         | 1075       | 178    | 151    | 16.1    | 37.3    |
| 2008-06-08 |        | 23.4  |         | 1155       | 164    | 112    | 13.5    | 33.8    |
| 2008-06-07 |        | 19.6  |         | 810        | 165    | 130    |         |         |
| 2008-06-07 |        | 46    |         | 1856       | 165    | 131    | 13.9    | 35.3    |
| 2008-06-05 |        | 33.3  |         | 1776       | 177    | 145    | 15.3    | 36.4    |
| 2008-06-03 |        | 2.9   |         | 27         | 98     | 73     | 11.2    | 20.1    |
| 2008-06-02 |        | 25.3  |         | 1530       | 150    | 109    |         |         |
| 2008-06-01 |        | 26    |         | 1151       | 156    | 108    | 13.3    | 29.9    |
| June       | 546.60 |       |         |            |        |        |         |         |
| 2008-05-29 |        | 47.9  |         | 3006       | 173    | 131    | 13.3    | 37.4    |
| 2008-05-27 |        | 32.7  |         | 1841       | 182    | 146    | 14.8    | 32.8    |
| 2008-05-26 |        | 21.5  |         | 1167       | 158    | 113    | 12.9    | 30.1    |
| 2008-05-25 |        | 11    |         | 902        | 181    | 139    | 6.5     | 13.2    |
| 2008-05-24 |        | 41.1  |         | 2390       | 179    | 122    | 13.2    | 30.4    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2008-05-23 |        | 23.8  |         | 1725       | 153    | 116    |         |         |
| 2008-05-20 |        | 46.5  |         | 2782       | 186    | 152    | 14.3    | 29.7    |
| 2008-05-18 |        | 28.9  |         | 832        | 182    | 134    | 15.5    | 29.3    |
| 2008-05-17 |        | 27.1  |         | 1350       | 175    | 120    | 13.1    | 30.1    |
| 2008-05-15 |        | 35.9  |         | 2160       | 164    | 121    | 12.9    | 29.8    |
| 2008-05-14 |        | 22.7  |         | 1473       | 161    | 121    | 12.9    | 31.3    |
| 2008-05-13 |        | 36.2  |         | 1376       | 184    | 157    | 16.9    | 32.8    |
| 2008-05-11 |        | 11.9  |         | 530        | 142    | 85     |         |         |
| 2008-05-11 |        | 27.7  |         | 1412       | 154    | 109    | 13.1    | 27.8    |
| 2008-05-10 |        | 36.9  |         | 1800       | 176    | 129    | 14.0    | 32.8    |
| 2008-05-08 |        | 52.5  |         | 1835       | 179    | 130    | 14.1    | 32.1    |
| 2008-05-06 |        | 33    |         | 1418       | 183    | 143    | 15.3    | 30.0    |
| 2008-05-05 |        | 32.1  |         | 1751       | 158    | 116    | 12.7    | 29.6    |
| 2008-05-04 |        | 22.9  |         | 1075       | 163    | 113    | 13.4    | 29.3    |
| 2008-05-02 |        | 26.8  |         | 1542       | 178    | 126    | 12.9    | 31.4    |
| 2008-05-01 |        | 32.1  |         | 1525       | 180    | 139    | 14.1    | 34.6    |
| May        | 651.20 |       |         |            |        |        |         |         |
| 2008-04-29 |        | 32.7  |         | 2046       | 181    | 144    | 13.9    | 32.3    |
| 2008-04-27 |        | 2.8   |         | 135        | 146    | 96     | 8.1     | 11.5    |
| 2008-04-27 |        | 2.8   |         | 135        | 146    | 96     | 8.1     | 11.5    |
| 2008-04-27 |        | 32.3  |         | 1218       | 177    | 141    | 15.5    | 30.7    |
| 2008-04-26 |        | 34.4  |         | 2145       | 179    | 131    | 12.9    | 32.3    |
| 2008-04-26 |        | 23.1  |         | 600        | 166    | 122    |         |         |
| 2008-04-25 |        | 28.6  |         | 1478       | 166    | 125    | 13.5    | 31.0    |
| 2008-04-24 |        | 43.5  |         | 2519       | 171    | 126    | 12.9    | 32.5    |
| 2008-04-22 |        | 33.3  |         | 1615       | 183    | 150    | 15.0    | 33.3    |
| 2008-04-20 |        | 25.1  |         | 1230       | 170    | 130    | 13.4    | 32.6    |
| 2008-04-19 |        | 42.7  |         | 1735       | 178    | 133    | 13.8    | 31.2    |
| 2008-04-17 |        | 39.4  |         | 1845       | 173    | 132    | 14.6    | 30.6    |
| 2008-04-16 |        | 28.9  |         | 1728       | 165    | 125    | 12.7    | 29.8    |
| 2008-04-15 |        | 33.9  |         | 2063       | 197    | 164    | 14.8    | 33.7    |
| 2008-04-12 |        | 21.1  |         | 975        | 145    | 103    | 13.2    | 30.3    |
| 2008-04-10 |        | 19.9  |         | 1194       | 170    | 132    | 12.0    | 27.6    |
| 2008-04-08 |        | 27.7  |         | 1705       | 29     | 1      |         |         |
| 2008-04-06 |        | 27    |         | 1338       | 158    | 124    | 13.0    | 30.2    |
| 2008-04-03 |        | 25.3  |         | 1646       | 198    | 120    | 12.7    | 31.3    |



Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. | Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|-------|------|--------|--------|---------|---------|
| 2008-04-01 |        | 28.5  |         |       | 1260 | 182    | 145    | 13.6    | 30.8    |
| April      | 553.00 |       |         |       |      |        |        |         |         |
| 2008-03-29 |        | 17.2  |         | 1176  | 165  | 110    | 12.4   | 27.8    |         |
| 2008-03-28 |        | 24.4  |         | 965   | 168  | 121    | 13.5   | 31.5    |         |
| 2008-03-26 |        | 12.1  |         | 1058  | 180  | 131    | 13.1   | 27.8    |         |
| 2008-03-24 |        | 28.4  |         | 1423  | 163  | 121    | 12.9   | 24.6    |         |
| 2008-03-23 |        | 32.7  |         | 2360  | 172  | 130    | 12.2   | 28.0    |         |
| 2008-03-22 |        | 31.1  |         | 1853  | 181  | 127    | 12.9   | 32.2    |         |
| 2008-03-21 |        | 21.3  |         | 1324  | 146  | 107    | 11.3   | 29.4    |         |
| 2008-03-20 |        | 32.7  |         | 2419  | 172  | 121    | 12.0   | 27.4    |         |
| 2008-03-19 |        | 20.5  |         | 2705  | 181  | 144    | 9.5    | 29.1    |         |
| 2008-03-18 |        | 24.5  |         | 981   | 162  | 121    | 12.5   | 29.0    |         |
| 2008-03-16 |        | 29.9  |         | 914   | 173  | 132    | 13.4   | 26.3    |         |
| 2008-03-15 |        | 25.6  |         | 1098  | 170  | 118    | 12.3   | 29.3    |         |
| 2008-03-14 |        | 26.5  |         | 1920  | 169  | 129    | 11.2   | 26.0    |         |
| 2008-03-13 |        | 32.8  |         | 2403  | 173  | 133    | 12.0   | 26.8    |         |
| 2008-03-12 |        | 31.3  |         | 1783  | 221  | 150    | 12.9   | 32.5    |         |
| 2008-03-04 |        | 10    |         | 767   | 158  | 110    | 9.2    | 22.5    |         |
| 2008-03-03 |        | 31.1  |         | 1842  | 162  | 120    | 12.4   | 29.0    |         |
| 2008-03-02 |        | 12.5  |         | 1119  | 176  | 128    | 11.6   | 24.1    |         |
| March      | 444.60 |       |         |       |      |        |        |         |         |
| 2008-02-28 |        | 32.3  |         | 623   | 146  | 102    | 14.0   | 25.3    |         |
| 2008-02-27 |        | 19.7  |         | 1130  | 152  | 111    | 14.9   | 33.2    |         |
| 2008-02-26 |        | 15    |         | 1269  | 161  | 118    | 11.4   | 28.8    |         |
| 2008-02-25 |        | 31.1  |         | 1831  | 179  | 129    | 12.9   | 32.0    |         |
| 2008-02-21 |        | 20.5  |         | 1465  | 169  | 121    | 11.8   | 24.8    |         |
| 2008-02-20 |        | 17.4  |         | 1349  | 177  | 125    | 12.2   | 23.4    |         |
| 2008-02-18 |        | 26.8  |         | 1803  | 157  | 117    | 11.7   | 29.3    |         |
| 2008-02-17 |        | 24.2  |         | 1016  | 156  | 118    | 12.9   | 29.2    |         |
| 2008-02-16 |        | 33    |         | 2519  | 162  | 120    | 12.2   | 27.8    |         |
| 2008-02-15 |        | 32.1  |         | 2331  | 159  | 123    | 12.1   | 27.0    |         |
| 2008-02-13 |        | 31.4  |         | 1965  | 159  | 117    | 11.9   | 26.5    |         |
| 2008-02-12 |        | 19.5  |         | 1476  | 160  | 117    | 11.4   | 34.0    |         |
| 2008-02-11 |        | 17.1  |         | 767   | 154  | 114    | 12.3   | 24.2    |         |
| 2008-02-10 |        | 30.1  |         | 1148  | 176  | 123    | 13.7   | 37.0    |         |
| 2008-02-09 |        | 32.9  |         | 2365  | 166  | 122    | 12.1   | 27.1    |         |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|---------|------------|--------|--------|---------|---------|
| 2008-02-08 |         | 24.6  |         | 993        | 148    | 105    | 12.0    | 29.9    |
| 2008-02-07 |         | 32.9  |         | 2493       | 171    | 125    | 12.2    | 27.2    |
| 2008-02-06 |         | 14.9  |         | 1235       | 172    | 125    | 12.3    | 27.0    |
| 2008-02-05 |         | 31.1  |         | 1965       | 170    | 130    | 11.9    | 28.4    |
| 2008-02-04 |         | 32.9  |         | 1134       | 177    | 111    | 12.8    | 24.3    |
| 2008-02-01 |         | 24.8  |         | 1003       | 170    | 113    | 12.6    | 34.2    |
| February   | 544.30  |       |         |            |        |        |         |         |
| 2008-01-31 |         | 57.4  |         | 4460       | 165    | 125    | 11.8    | 27.7    |
| 2008-01-30 |         | 35.3  |         | 2823       | 161    | 127    | 11.4    | 25.5    |
| 2008-01-27 |         | 15.6  |         | 1387       | 171    | 131    | 11.2    | 22.6    |
| 2008-01-26 |         | 26.4  |         | 1166       | 180    | 128    | 12.6    | 33.9    |
| 2008-01-24 |         | 6     |         | 437        | 155    | 112    | 11.8    | 25.5    |
| 2008-01-23 |         | 26.9  |         | 1261       | 157    | 112    | 13.3    | 27.3    |
| 2008-01-22 |         | 26.2  |         | 1287       | 165    | 119    | 12.2    | 22.0    |
| 2008-01-21 |         | 12    |         | 705        | 158    | 104    | 11.8    | 25.8    |
| 2008-01-20 |         | 12.4  |         | 818        | 141    | 100    | 10.9    | 26.2    |
| 2008-01-19 |         | 26.4  |         | 1345       | 150    | 107    | 12.1    | 29.7    |
| 2008-01-18 |         | 43.5  |         | 4520       | 157    | 125    | 10.0    | 27.6    |
| 2008-01-17 |         | 19.6  |         | 1516       | 162    | 116    | 10.5    | 27.2    |
| 2008-01-16 |         | 23.8  |         | 1607       | 169    | 118    | 12.7    | 30.0    |
| 2008-01-14 |         | 22    |         | 1638       | 164    | 116    | 10.9    | 30.3    |
| 2008-01-13 |         | 29.9  |         | 899        | 167    | 125    | 14.0    | 31.5    |
| 2008-01-12 |         | 27.5  |         | 1304       | 164    | 120    | 12.0    | 33.5    |
| January    | 410.90  |       |         |            |        |        |         |         |
| 2008 Total | 4848.80 |       |         |            |        |        |         |         |
| 2007-11-13 |         | 29.8  |         | 1553       | 167    | 126    | 13.4    | 30.1    |
| 2007-11-05 |         | 32.8  |         | 1660       | 162    | 119    | 12.9    | 28.6    |
| 2007-11-04 |         | 28.5  |         | 1304       | 163    | 127    | 13.8    | 27.7    |
| November   | 91.10   |       |         |            |        |        |         |         |
| 2007-10-31 |         | 28.9  |         | 1605       | 154    | 120    | 12.9    | 32.6    |
| 2007-10-30 |         | 9.4   |         | 365        | 151    | 115    | 13.1    | 24.6    |
| 2007-10-30 |         | 23.3  |         | 1158       | 180    | 135    | 14.2    | 30.3    |
| 2007-10-29 |         | 11.3  |         | 530        | 157    | 112    |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. | Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|-------|------|--------|--------|---------|---------|
| 2007-10-29 |        | 26.9  |         |       | 1384 | 157    | 124    | 13.0    | 27.2    |
| 2007-10-26 |        | 30.1  |         |       | 1488 | 149    | 115    | 13.0    | 28.7    |
| 2007-10-25 |        | 32.5  |         |       | 1639 | 177    | 139    | 13.3    | 28.5    |
| 2007-10-22 |        | 25.6  |         |       | 1248 | 162    | 120    | 12.9    | 29.2    |
| 2007-10-21 |        | 24.8  |         |       | 1338 | 167    | 126    | 12.9    | 28.8    |
| 2007-10-18 |        | 21.8  |         |       | 474  | 152    | 114    | 13.6    | 21.6    |
| 2007-10-17 |        | 32.5  |         |       | 1028 | 162    | 122    | 13.6    | 25.1    |
| 2007-10-16 |        | 21.3  |         |       | 555  | 1      | 1      | 12.7    | 21.0    |
| 2007-10-15 |        | 23.2  |         |       | 362  | 155    | 119    | 13.7    | 19.9    |
| 2007-10-13 |        | 43.9  |         |       | 4018 | 180    | 147    | 12.7    | 33.0    |
| 2007-10-08 |        | 11.2  |         |       | 687  | 169    | 121    | 12.6    | 30.6    |
| 2007-10-04 |        | 32    |         |       | 1335 | 198    | 130    | 13.4    | 30.3    |
| 2007-10-02 |        | 25.2  |         |       | 1442 | 181    | 155    | 14.7    | 47.5    |
| October    | 423.90 |       |         |       |      |        |        |         |         |
| 2007-09-25 |        | 28.3  |         |       | 1602 | 169    | 124    | 12.6    | 30.7    |
| 2007-09-24 |        | 26.4  |         |       | 1227 | 166    | 131    | 13.8    | 29.2    |
| 2007-09-22 |        | 24    |         |       | 832  | 179    | 144    | 16.1    | 30.2    |
| 2007-09-21 |        | 29    |         |       | 1399 | 173    | 125    | 13.3    | 27.8    |
| 2007-09-19 |        | 33.9  |         |       | 1453 | 175    | 140    | 14.5    | 30.8    |
| 2007-09-18 |        | 27.5  |         |       | 974  | 186    | 157    | 16.1    | 30.6    |
| 2007-09-13 |        | 33.8  |         |       | 2243 | 181    | 134    | 13.2    | 33.6    |
| 2007-09-12 |        | 31.1  |         |       | 1549 | 157    | 116    | 13.1    | 29.5    |
| 2007-09-08 |        | 65.1  |         |       | 2257 | 175    | 144    | 15.7    | 31.4    |
| 2007-09-04 |        | 34    |         |       | 1567 | 229    | 156    | 15.6    | 33.8    |
| 2007-09-02 |        | 46.8  |         |       | 2251 | 176    | 139    | 14.6    | 35.3    |
| 2007-09-01 |        | 24.5  |         |       | 1203 | 163    | 110    | 13.5    | 32.1    |
| September  | 404.40 |       |         |       |      |        |        |         |         |
| 2007-08-31 |        | 39.6  |         |       | 2224 | 156    | 118    | 13.5    | 34.3    |
| 2007-08-30 |        | 21.7  |         |       | 963  | 162    | 117    | 13.8    | 28.8    |
| 2007-08-28 |        | 37.7  |         |       | 2102 | 179    | 142    | 14.6    | 35.0    |
| 2007-08-27 |        | 38.6  |         |       | 1362 | 176    | 130    | 14.8    | 31.6    |
| 2007-08-26 |        | 25.9  |         |       | 1585 | 172    | 117    |         |         |
| 2007-08-23 |        | 22.6  |         |       | 1840 | 163    | 125    |         |         |
| 2007-08-23 |        | 37.2  |         |       | 3206 | 163    | 123    | 11.5    | 31.3    |
| 2007-08-22 |        | 39.7  |         |       | 1615 | 165    | 128    | 14.3    | 29.8    |
| 2007-08-21 |        | 32.7  |         |       | 1987 | 177    | 151    | 14.4    | 31.7    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. | Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|-------|------|--------|--------|---------|---------|
| 2007-08-18 |        | 35.7  |         |       | 2249 | 167    | 120    | 12.5    | 29.1    |
| 2007-08-16 |        | 26.6  |         |       | 1227 | 169    | 124    | 14.1    | 33.5    |
| 2007-08-13 |        | 30.9  |         |       | 1816 | 160    | 118    | 12.9    | 30.6    |
| 2007-08-12 |        | 19.9  |         |       | 1014 | 167    | 110    | 13.1    | 28.5    |
| 2007-08-11 |        | 9.2   |         |       | 570  | 165    | 115    |         |         |
| 2007-08-11 |        | 41.5  |         |       | 1502 | 165    | 121    | 13.6    | 31.7    |
| 2007-08-09 |        | 39.8  |         |       | 2067 | 162    | 120    | 13.3    | 33.5    |
| 2007-08-07 |        | 13.1  |         |       | 618  | 179    | 149    | 15.2    | 33.6    |
| 2007-08-07 |        | 13.2  |         |       | 720  | 179    | 151    |         |         |
| 2007-08-05 |        | 43    |         |       | 2849 | 172    | 128    | 12.8    | 33.3    |
| 2007-08-03 |        | 32    |         |       | 1427 | 155    | 114    | 13.2    | 30.0    |
| 2007-08-02 |        | 17.4  |         |       | 893  | 155    | 118    | 13.0    | 29.4    |
| 2007-08-01 |        | 34    |         |       | 1513 | 163    | 117    | 13.0    | 30.1    |
| August     | 652.00 |       |         |       |      |        |        |         |         |
| 2007-07-31 |        | 37.7  |         |       | 1936 | 181    | 137    | 14.3    | 30.7    |
| 2007-07-30 |        | 46.1  |         |       | 1849 | 164    | 123    | 13.8    | 28.5    |
| 2007-07-28 |        | 25    |         |       | 1374 | 158    | 116    | 13.1    | 30.5    |
| 2007-07-26 |        | 32.8  |         |       | 1716 | 166    | 120    | 12.9    | 32.3    |
| 2007-07-25 |        | 17.5  |         |       | 778  | 153    | 119    | 13.6    | 33.3    |
| 2007-07-24 |        | 35.6  |         |       | 1159 | 178    | 152    | 15.8    | 34.4    |
| 2007-07-21 |        | 20.5  |         |       | 1695 | 168    | 136    | 11.4    | 27.4    |
| 2007-07-17 |        | 41    |         |       | 2390 | 178    | 145    | 14.1    | 34.2    |
| 2007-07-15 |        | 23.8  |         |       | 1101 | 159    | 122    | 12.9    | 28.8    |
| 2007-07-14 |        | 39.7  |         |       | 2455 | 180    | 133    | 13.4    | 34.1    |
| 2007-07-12 |        | 24.9  |         |       | 1115 | 169    | 130    | 13.8    | 30.3    |
| 2007-07-10 |        | 33.4  |         |       | 1091 | 182    | 152    | 15.8    | 32.0    |
| 2007-07-08 |        | 51.1  |         |       | 1687 | 172    | 135    | 14.2    | 31.1    |
| 2007-07-04 |        | 18.8  |         |       | 998  | 152    | 120    | 12.6    | 28.6    |
| 2007-07-03 |        | 39.4  |         |       | 2450 | 1      | 1      | 14.3    | 35.1    |
| 2007-07-02 |        | 23.7  |         |       | 1068 | 1      | 1      | 13.7    | 30.1    |
| 2007-07-01 |        | 21.9  |         |       | 1194 | 1      | 1      | 13.2    | 29.5    |
| 2007-07-01 |        | 21.9  |         |       | 1184 | 1      | 1      | 13.2    | 29.5    |
| July       | 554.80 |       |         |       |      |        |        |         |         |
| 2007-06-30 |        | 36.1  |         |       | 1921 | 1      | 1      | 13.3    | 30.2    |
| 2007-06-23 |        | 8.8   |         |       | 618  | 1      | 1      | 10.4    | 25.8    |
| 2007-06-21 |        | 33.9  |         |       | 1694 | 231    | 201    | 13.2    | 28.8    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. | Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|-------|------|--------|--------|---------|---------|
| 2007-06-20 |        | 22.5  |         |       | 1492 | 159    | 119    | 12.7    | 28.9    |
| 2007-06-19 |        | 26.9  |         |       | 1076 | 235    | 176    | 15.0    | 30.7    |
| 2007-06-17 |        | 32.5  |         |       | 1874 | 1      | 1      | 12.7    | 28.5    |
| 2007-06-14 |        | 32.1  |         |       | 2259 | 218    | 128    | 12.5    | 31.4    |
| 2007-06-10 |        | 67.1  |         |       | 2531 | 171    | 119    | 13.8    | 36.5    |
| 2007-06-08 |        | 45.3  |         |       | 1889 | 176    | 125    | 14.2    | 32.9    |
| 2007-06-07 |        | 34.3  |         |       | 1693 | 166    | 123    | 13.9    | 36.6    |
| 2007-06-05 |        | 33.4  |         |       | 1053 | 1      | 1      | 15.1    | 32.2    |
| June       | 372.90 |       |         |       |      |        |        |         |         |
| 2007-05-29 |        | 37.3  |         |       | 1909 | 181    | 140    | 15.3    | 36.9    |
| 2007-05-28 |        | 27.1  |         |       | 1408 | 156    | 113    | 13.5    | 30.6    |
| 2007-05-27 |        | 26.4  |         |       | 1220 | 180    | 137    | 15.1    | 34.3    |
| 2007-05-25 |        | 51.1  |         |       | 1809 | 162    | 122    | 14.1    | 32.0    |
| 2007-05-23 |        | 38.7  |         |       | 2436 | 161    | 118    | 12.8    | 31.4    |
| 2007-05-22 |        | 42    |         |       | 1811 | 180    | 148    | 16.4    | 32.3    |
| 2007-05-18 |        | 34.9  |         |       | 1489 | 169    | 126    | 13.4    | 27.6    |
| 2007-05-15 |        | 39.6  |         |       | 2411 | 1      | 1      | 14.9    | 33.9    |
| 2007-05-14 |        | 24.6  |         |       | 1259 | 167    | 120    | 13.9    | 30.8    |
| 2007-05-13 |        | 23.2  |         |       | 1233 | 157    | 120    | 13.6    | 26.9    |
| 2007-05-12 |        | 29.4  |         |       | 883  | 178    | 146    | 15.6    | 29.4    |
| 2007-05-08 |        | 44.9  |         |       | 2489 | 176    | 145    | 14.5    | 35.3    |
| 2007-05-07 |        | 24.8  |         |       | 1334 | 170    | 124    | 13.9    | 31.6    |
| 2007-05-06 |        | 32.3  |         |       | 1413 | 178    | 142    | 15.3    | 28.1    |
| 2007-05-05 |        | 34.1  |         |       | 1429 | 164    | 125    | 14.0    | 27.4    |
| 2007-05-04 |        | 38.6  |         |       | 2391 | 177    | 123    | 13.3    | 29.5    |
| 2007-05-01 |        | 29.5  |         |       | 1832 | 181    | 148    | 14.6    | 32.8    |
| May        | 578.50 |       |         |       |      |        |        |         |         |
| 2007-04-29 |        | 48.6  |         |       | 2816 | 175    | 142    | 13.5    | 33.3    |
| 2007-04-24 |        | 26.4  |         |       | 1484 | 183    | 147    | 14.2    | 33.6    |
| 2007-04-22 |        | 18.8  |         |       | 1006 | 170    | 114    | 12.4    | 28.8    |
| 2007-04-21 |        | 29.8  |         |       | 1293 | 164    | 124    | 13.7    | 26.4    |
| 2007-04-20 |        | 28.7  |         |       | 1755 | 168    | 125    | 13.0    | 31.1    |
| 2007-04-19 |        | 20.6  |         |       | 1149 | 179    | 135    | 13.4    | 30.8    |
| 2007-04-16 |        |       |         |       | 80   | 170    | 144    |         |         |
| 2007-04-14 |        | 31.5  |         |       | 1370 | 1      | 1      | 14.2    | 30.7    |
| 2007-04-10 |        | 26.1  |         |       | 1417 | 185    | 150    | 14.1    | 30.4    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2007-04-06 |        | 1.4   |         | 550        | 161    | 100    |         |         |
| 2007-04-03 |        | 30    |         | 1361       | 186    | 148    | 14.4    | 31.1    |
| April      | 261.90 |       |         |            |        |        |         |         |
| 2007-03-31 |        | 31.1  |         | 1507       | 170    | 135    | 14.3    | 30.8    |
| 2007-03-29 |        | 27.7  |         | 1399       | 176    | 134    | 12.8    | 33.1    |
| 2007-03-28 |        | 17.2  |         | 964        | 173    | 132    | 12.7    | 28.1    |
| 2007-03-06 |        | 10    |         | 21         | 142    | 100    | 18.6    | 29.8    |
| 2007-03-04 |        | 28.4  |         | 880        | 179    | 132    | 14.1    | 29.8    |
| 2007-03-03 |        | 33.1  |         | 1950       | 167    | 120    | 12.0    | 29.9    |
| 2007-03-02 |        | 51.1  |         | 1432       | 223    | 126    | 12.9    | 24.0    |
| 2007-03-01 |        | 24.7  |         | 1046       | 175    | 131    | 13.0    | 31.8    |
| March      | 223.30 |       |         |            |        |        |         |         |
| 2007-02-28 |        | 39.6  |         | 1303       | 154    | 125    | 12.8    | 23.6    |
| 2007-02-21 |        | 25.1  |         | 1026       | 167    | 125    | 13.5    | 29.9    |
| 2007-02-19 |        | 12.1  |         | 961        | 179    | 126    | 13.2    | 30.1    |
| 2007-02-18 |        | 29.5  |         | 1304       | 169    | 112    | 13.1    | 24.0    |
| 2007-02-17 |        | 14.3  |         | 344        | 173    | 127    | 14.3    | 27.7    |
| 2007-02-15 |        | 42.1  |         | 4500       | 167    | 135    | 11.0    | 29.1    |
| 2007-02-14 |        | 27.5  |         | 1256       | 182    | 132    | 12.9    | 32.9    |
| 2007-02-13 |        | 7.8   |         | 722        | 171    | 128    | 11.0    | 28.7    |
| 2007-02-09 |        | 29.2  |         | 359        | 161    | 117    | 13.9    | 22.5    |
| 2007-02-08 |        | 14.3  |         | 1125       | 221    | 142    | 13.6    | 28.6    |
| 2007-02-06 |        | 38.9  |         | 3294       | 167    | 129    | 12.0    | 30.5    |
| 2007-02-04 |        | 30.6  |         | 1207       | 177    | 135    | 14.3    | 31.1    |
| 2007-02-03 |        | 46.6  |         | 1732       | 158    | 117    | 13.9    | 27.6    |
| 2007-02-02 |        | 59    |         | 2100       | 165    | 124    | 13.7    | 29.7    |
| February   | 416.60 |       |         |            |        |        |         |         |
| 2007-01-28 |        | 22.1  |         | 315        | 154    | 117    | 13.0    | 20.2    |
| 2007-01-26 |        | 14.5  |         | 1064       | 222    | 130    | 11.2    | 24.5    |
| 2007-01-25 |        | 45.1  |         | 4671       | 170    | 128    | 10.4    | 31.1    |
| 2007-01-24 |        | 18.9  |         | 1497       | 186    | 112    | 11.5    | 27.4    |
| 2007-01-23 |        | 48.4  |         | 1659       | 159    | 118    | 14.1    | 28.6    |
| 2007-01-22 |        | 24    |         | 2137       | 171    | 125    | 12.1    | 27.4    |
| 2007-01-21 |        | 22.2  |         | 1388       | 156    | 125    | 11.4    | 23.7    |
| 2007-01-19 |        | 30.8  |         | 1644       | 165    | 124    | 12.9    | 28.7    |
| 2007-01-18 |        | 8.8   |         | 655        | 157    | 117    | 11.5    | 22.1    |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|---------|------------|--------|--------|---------|---------|
| 2007-01-17 |         | 23.5  |         | 1896       | 170    | 123    | 11.5    | 28.7    |
| 2007-01-14 |         | 34.3  |         | 1426       | 173    | 128    | 14.3    | 30.6    |
| 2007-01-13 |         | 17.5  |         | 2182       | 224    | 144    | 11.8    | 30.6    |
| 2007-01-11 |         | 20.7  |         | 1319       | 160    | 107    | 12.3    | 25.3    |
| 2007-01-10 |         | 37.2  |         | 862        | 155    | 111    | 13.8    | 21.4    |
| 2007-01-09 |         | 18    |         | 2275       | 173    | 134    | 9.8     | 27.6    |
| 2007-01-08 |         | 28.9  |         | 1319       | 170    | 126    | 13.1    | 24.7    |
| 2007-01-07 |         | 6.3   |         | 1424       | 154    | 108    | 4.1     | 8.3     |
| January    | 421.20  |       |         |            |        |        |         |         |
| 2007 Total | 4400.60 |       |         |            |        |        |         |         |
|            |         |       |         |            |        |        |         |         |
| 2006-12-17 |         | 18.8  |         | 963        | 159    | 126    | 13.2    | 27.4    |
| 2006-12-14 |         | 24.6  |         | 1276       | 159    | 127    | 13.2    | 28.9    |
| December   | 43.40   |       |         |            |        |        |         |         |
| 2006-11-30 |         | 21.9  |         | 1095       | 164    | 121    | 12.9    | 27.8    |
| 2006-11-27 |         | 28.7  |         | 1590       | 160    | 129    | 13.2    | 33.4    |
| 2006-11-26 |         | 24.2  |         | 1235       | 171    | 129    | 13.1    | 28.9    |
| 2006-11-25 |         | 10    |         | 479        | 180    | 138    | 13.2    | 31.6    |
| 2006-11-24 |         | 22    |         | 1097       | 173    | 141    | 13.2    | 31.3    |
| 2006-11-17 |         | 19.8  |         | 809        | 156    | 121    | 13.4    | 26.9    |
| 2006-11-15 |         | 22    |         | 1081       | 165    | 126    | 13.3    | 28.1    |
| 2006-11-11 |         | 25.6  |         | 1332       | 162    | 121    | 12.6    | 32.6    |
| 2006-11-10 |         | 25.3  |         | 1153       | 160    | 128    | 13.5    | 28.5    |
| 2006-11-09 |         | 25.7  |         | 1444       | 169    | 132    | 13.0    | 30.8    |
| 2006-11-01 |         | 27.5  |         | 1279       | 161    | 121    | 13.6    | 31.5    |
| November   | 252.70  |       |         |            |        |        |         |         |
| 2006-10-31 |         | 34    |         | 1565       | 176    | 129    | 12.9    | 32.2    |
| 2006-10-27 |         | 24.1  |         | 1486       | 169    | 123    | 13.2    | 31.1    |
| 2006-10-24 |         | 25.4  |         | 1320       | 182    | 143    | 14.4    | 31.2    |
| 2006-10-22 |         | 27.9  |         | 1479       | 165    | 131    | 13.6    | 31.8    |
| 2006-10-19 |         | 16.4  |         | 886        | 155    | 112    | 12.5    | 29.8    |
| October    | 127.80  |       |         |            |        |        |         |         |
| 2006-09-22 |         | 26.8  |         | 1691       | 164    | 115    | 12.6    | 35.8    |
| 2006-09-21 |         | 36.6  |         | 2445       | 172    | 125    | 13.1    | 30.9    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2006-09-20 |        | 15.2  |         | 761        | 159    | 110    | 13.0    | 30.5    |
| 2006-09-18 |        | 26.5  |         | 1296       | 172    | 117    | 14.1    | 31.6    |
| 2006-09-17 |        | 45.5  |         | 1558       | 182    | 149    | 17.2    | 33.1    |
| 2006-09-16 |        | 20.6  |         | 1189       | 164    | 118    | 13.0    | 28.8    |
| 2006-09-15 |        | 24.8  |         | 1202       | 157    | 114    | 12.9    | 32.1    |
| 2006-09-12 |        | 33.1  |         | 1969       | 166    | 134    | 14.4    | 35.8    |
| 2006-09-11 |        | 24.1  |         | 1336       | 158    | 113    | 12.6    | 33.8    |
| 2006-09-09 |        | 65.1  |         | 2426       | 181    | 159    | 15.7    | 32.2    |
| 2006-09-06 |        | 47.2  |         | 2453       | 178    | 141    | 14.3    | 38.0    |
| 2006-09-04 |        | 18.1  |         | 1895       | 1      | 1      | 6.4     | 14.6    |
| 2006-09-01 |        | 61.5  |         | 2386       | 172    | 132    | 14.7    | 33.1    |
| September  | 445.10 |       |         |            |        |        |         |         |
| 2006-08-31 |        | 31.3  |         | 1971       | 179    | 129    | 13.2    | 36.3    |
| 2006-08-30 |        | 46.4  |         | 1932       | 168    | 132    | 14.0    | 29.1    |
| 2006-08-28 |        | 31.4  |         | 1593       | 168    | 132    | 13.7    | 37.3    |
| 2006-08-23 |        | 29.6  |         | 1415       | 155    | 119    | 14.2    | 32.9    |
| 2006-08-22 |        | 39.2  |         | 2383       | 181    | 151    | 15.4    | 34.3    |
| 2006-08-21 |        | 30.4  |         | 1916       | 174    | 132    | 12.8    | 30.3    |
| 2006-08-19 |        | 51.2  |         | 2524       | 178    | 151    | 15.1    | 35.0    |
| 2006-08-07 |        | 26.3  |         | 1297       | 1      | 1      | 13.7    | 31.9    |
| 2006-08-06 |        | 28.4  |         | 1991       | 164    | 118    | 12.9    | 32.7    |
| 2006-08-05 |        | 50.9  |         | 1795       | 169    | 129    | 14.9    | 31.9    |
| 2006-08-01 |        | 26.6  |         | 1052       | 209    | 148    | 15.6    | 31.9    |
| August     | 391.70 |       |         |            |        |        |         |         |
| 2006-07-31 |        | 28.5  |         | 1310       | 156    | 116    | 13.6    | 31.8    |
| 2006-07-30 |        | 77.3  |         | 5056       | 184    | 147    | 13.9    | 37.2    |
| 2006-07-29 |        | 29    |         | 1468       | 157    | 123    | 13.4    | 30.9    |
| 2006-07-27 |        | 44.2  |         | 1692       | 183    | 130    | 13.8    | 32.0    |
| 2006-07-25 |        | 42.9  |         | 2002       | 181    | 136    | 14.3    | 33.1    |
| 2006-07-24 |        | 47.6  |         | 2781       | 166    | 128    | 13.0    | 35.2    |
| 2006-07-21 |        | 34.3  |         | 1776       | 165    | 125    | 13.3    | 32.3    |
| 2006-07-20 |        | 25.1  |         | 1261       | 161    | 126    | 13.9    | 29.8    |
| 2006-07-18 |        | 42.1  |         | 1710       | 190    | 151    | 14.3    | 33.9    |
| 2006-07-09 |        | 45.6  |         | 2137       | 174    | 137    | 14.6    | 33.8    |
| 2006-07-08 |        | 35.9  |         | 1744       | 156    | 119    | 14.4    | 29.0    |
| 2006-07-07 |        | 25.5  |         | 746        | 161    | 99     | 11.8    | 20.2    |



Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. | Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|-------|------|--------|--------|---------|---------|
| 2006-07-06 |        | 36.1  |         |       | 3277 | 172    | 127    | 11.2    | 32.2    |
| 2006-07-05 |        | 10.9  |         |       | 383  | 160    | 107    | 14.0    | 29.8    |
| 2006-07-04 |        | 38.9  |         |       | 2334 | 226    | 159    | 14.6    | 33.0    |
| 2006-07-03 |        | 24.4  |         |       | 1208 | 161    | 117    | 13.1    | 31.4    |
| 2006-07-01 |        | 52.9  |         |       | 2633 | 180    | 143    | 15.3    | 36.0    |
| July       | 641.20 |       |         |       |      |        |        |         |         |
| 2006-06-30 |        | 51.3  |         |       | 1827 | 164    | 124    | 14.1    | 30.7    |
| 2006-06-27 |        | 39.2  |         |       | 2382 | 178    | 151    | 14.4    | 32.3    |
| 2006-06-25 |        | 29.3  |         |       | 1656 | 168    | 131    | 13.2    | 37.1    |
| 2006-06-23 |        | 32.7  |         |       | 1254 | 179    | 122    | 14.0    | 27.6    |
| 2006-06-22 |        | 26.9  |         |       | 1026 | 168    | 117    | 12.9    | 24.4    |
| 2006-06-21 |        | 36.8  |         |       | 2220 | 175    | 121    | 12.7    | 29.4    |
| 2006-06-18 |        | 30    |         |       | 1517 | 173    | 132    | 13.5    | 33.0    |
| 2006-06-16 |        | 21.1  |         |       | 767  | 165    | 111    | 12.0    | 24.7    |
| 2006-06-15 |        | 38.5  |         |       | 2350 | 175    | 131    | 12.7    | 29.8    |
| 2006-06-13 |        | 45    |         |       | 2682 | 180    | 151    | 14.3    | 33.5    |
| 2006-06-12 |        | 29.6  |         |       | 1544 | 175    | 128    | 13.5    | 30.3    |
| 2006-06-11 |        | 38.6  |         |       | 2466 | 173    | 132    | 12.6    | 31.6    |
| 2006-06-09 |        | 22.3  |         |       | 1336 | 168    | 118    | 12.5    | 31.6    |
| 2006-06-06 |        | 34.7  |         |       | 1195 | 182    | 150    | 16.3    | 30.9    |
| 2006-06-04 |        | 49.6  |         |       | 2057 | 168    | 137    | 13.0    | 28.7    |
| June       | 525.60 |       |         |       |      |        |        |         |         |
| 2006-05-30 |        | 28.8  |         |       | 1303 | 177    | 139    | 15.4    | 32.1    |
| 2006-05-25 |        | 35.3  |         |       | 1779 | 165    | 125    | 13.2    | 30.1    |
| 2006-05-24 |        | 28.6  |         |       | 1362 | 173    | 121    | 13.4    | 29.2    |
| 2006-05-23 |        | 42.9  |         |       | 1918 | 190    | 160    | 15.4    | 31.0    |
| 2006-05-21 |        | 7.3   |         |       | 428  | 171    | 123    | 13.0    | 23.8    |
| 2006-05-20 |        | 17.8  |         |       | 926  | 158    | 119    | 13.0    | 30.3    |
| 2006-05-19 |        | 23.1  |         |       | 1211 | 162    | 118    | 12.8    | 27.8    |
| 2006-05-17 |        | 44.3  |         |       | 2454 | 167    | 128    | 13.3    | 35.5    |
| 2006-05-16 |        |       |         |       | 60   | 154    | 135    |         |         |
| 2006-05-13 |        | 28.4  |         |       | 1850 | 171    | 122    | 13.0    | 32.9    |
| 2006-05-11 |        | 50.8  |         |       | 1882 | 167    | 123    | 13.8    | 32.6    |
| 2006-05-09 |        | 29.4  |         |       | 1899 | 182    | 152    | 14.8    | 34.9    |
| 2006-05-08 |        | 22.8  |         |       | 1125 | 164    | 120    | 13.5    | 32.6    |
| 2006-05-07 |        | 35.7  |         |       | 2427 | 174    | 129    | 12.4    | 32.3    |

Frank Kelly's cycling mileage

| Date       | totals         | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|----------------|-------|---------|------------|--------|--------|---------|---------|
| 2006-05-06 |                | 27    |         | 1478       | 160    | 121    | 13.1    | 29.1    |
| 2006-05-05 |                | 16.3  |         | 864        | 168    | 119    | 13.5    | 31.2    |
| 2006-05-04 |                | 70    |         | 5095       | 175    | 139    | 12.6    | 31.7    |
| 2006-05-01 |                | 26.6  |         | 1390       | 155    | 117    | 13.5    | 29.4    |
| May        | 535.10         |       |         |            |        |        |         |         |
| 2006-04-30 |                | 28.6  |         | 1757       | 165    | 123    | 12.7    | 30.4    |
| 2006-04-29 |                | 37    |         | 1672       | 170    | 123    | 12.8    | 28.4    |
| 2006-04-28 |                | 31.5  |         | 1391       | 161    | 121    | 15.3    | 39.1    |
| 2006-04-26 |                | 32.2  |         | 1944       | 168    | 118    | 12.1    | 30.6    |
| 2006-04-25 |                | 35.4  |         | 1656       | 182    | 145    | 14.2    | 25.9    |
| 2006-04-24 |                | 27.9  |         | 1450       | 164    | 127    | 13.0    | 31.3    |
| 2006-04-23 |                |       |         | 90         | 165    | 124    |         |         |
| 2006-04-21 |                | 21.9  |         | 1045       | 154    | 120    | 12.7    | 26.7    |
| 2006-04-20 |                | 40.8  |         | 2411       | 178    | 127    | 13.3    | 29.1    |
| 2006-04-19 |                | 32.2  |         | 1430       | 158    | 120    | 12.7    | 27.7    |
| 2006-04-18 |                | 34.9  |         | 1706       | 186    | 149    | 13.9    | 34.1    |
| 2006-04-16 |                | 23.1  |         | 1294       | 166    | 128    | 12.8    | 29.4    |
| 2006-04-15 |                | 33.8  |         | 1887       | 171    | 134    | 13.5    | 30.6    |
| 2006-04-14 |                | 13.4  |         | 663        | 170    | 132    | 13.0    | 27.6    |
| 2006-04-13 |                | 25    |         | 1342       | 168    | 129    | 12.8    | 29.9    |
| 2006-04-12 |                | 41.3  |         | 2072       | 177    | 135    | 12.8    | 34.3    |
| 2006-04-11 |                | 7.9   |         | 446        | 165    | 130    | 12.8    | 28.0    |
| 2006-04-02 |                | 25    |         | 2865       | 179    | 157    |         |         |
| April      | 491.90         |       |         |            |        |        |         |         |
| 2006-02-16 |                | 32.9  |         | 1459       | 168    | 125    | 13.0    | 27.4    |
| 2006-02-15 |                | 25.6  |         | 1395       | 171    | 134    | 12.9    | 30.1    |
| 2006-02-04 |                | 26.3  |         | 1386       | 172    | 132    | 13.2    | 28.1    |
| 2006-02-02 |                | 20.8  |         | 980        | 165    | 127    | 13.3    | 26.8    |
| February   | 105.60         |       |         |            |        |        |         |         |
| 2006-01-20 |                | 21.4  |         | 1138       | 173    | 133    | 12.8    | 28.9    |
| 2006-01-13 |                | 29.6  |         | 1713       | 164    | 126    | 12.9    | 29.0    |
| 2006-01-12 |                | 26.4  |         | 1322       | 160    | 124    | 12.8    | 27.7    |
| January    | 77.40          |       |         |            |        |        |         |         |
| 2006 Total | <b>3637.50</b> |       |         |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2005-11-14 |        | 17.6  |         | 919        | 222    | 149    | 12.7    | 25.6    |
| 2005-11-13 |        | 32.2  |         | 1748       | 194    | 118    | 12.4    | 28.6    |
| 2005-11-12 |        | 32.6  |         | 1329       | 169    | 125    | 13.5    | 26.1    |
| 2005-11-10 |        | 2.4   |         | 4          | 171    | 165    | 23.8    | 65.0    |
| 2005-11-08 |        | 22.8  |         | 1249       | 180    | 122    | 12.8    | 31.1    |
| 2005-11-06 |        | 29.3  |         | 1903       | 170    | 118    | 12.8    | 32.7    |
| 2005-11-05 |        | 21.3  |         | 772        | 179    | 132    | 13.8    | 32.4    |
| 2005-11-04 |        | 7.4   |         | 1016       | 163    | 129    | 9.5     | 17.2    |
| 2005-11-03 |        | 31.6  |         | 1456       | 167    | 122    | 12.2    | 26.8    |
| 2005-11-02 |        | 21.8  |         | 1142       | 153    | 116    | 12.3    | 25.6    |
| November   | 219.00 |       |         |            |        |        |         |         |
| 2005-10-30 |        | 46.8  |         | 2640       | 183    | 154    | 14.4    | 33.9    |
| 2005-10-28 |        | 2.3   |         | 0          | 233    | 210    | 14.3    | 16.0    |
| 2005-10-26 |        | 0.5   |         | 60         | 180    | 157    |         |         |
| 2005-10-24 |        | 1.4   |         | 5          | 142    | 123    | 14.0    | 16.1    |
| 2005-10-21 |        | 24.1  |         | 563        | 146    | 106    | 13.3    | 66.9    |
| 2005-10-20 |        | 32.5  |         | 1097       | 166    | 119    | 12.7    | 25.9    |
| 2005-10-19 |        | 38.8  |         | 1321       | 182    | 151    | 15.0    | 28.4    |
| 2005-10-17 |        | 24.3  |         | 465        | 135    | 106    | 12.9    | 22.1    |
| 2005-10-13 |        |       |         | 30         | 145    | 130    |         |         |
| 2005-10-12 |        | 0.7   |         | 0          | 137    | 131    | 13.1    | 15.4    |
| 2005-10-11 |        | 25.7  |         | 1161       | 181    | 144    | 14.9    | 27.7    |
| 2005-10-10 |        |       |         | 25         | 170    | 147    |         |         |
| 2005-10-09 |        | 28.3  |         | 1412       | 173    | 128    | 13.1    | 27.7    |
| 2005-10-07 |        | 30.9  |         | 1528       | 166    | 117    | 13.7    | 30.4    |
| 2005-10-05 |        | 36.4  |         | 2024       | 172    | 125    | 14.1    | 30.7    |
| 2005-10-04 |        | 28.8  |         | 1292       | 182    | 137    | 15.5    | 29.9    |
| 2005-10-03 |        | 63.4  |         | 2377       | 175    | 133    | 14.9    | 29.5    |
| 2005-10-01 |        | 69.6  |         | 6041       | 182    | 149    | 12.2    | 35.0    |
| October    | 454.50 |       |         |            |        |        |         |         |
| 2005-09-30 |        | 25.3  |         | 1324       | 175    | 133    | 14.3    | 29.3    |
| 2005-09-27 |        | 32.8  |         | 1832       | 183    | 155    | 15.1    | 35.1    |
| 2005-09-19 |        | 28    |         | 1468       | 161    | 120    | 13.7    | 32.0    |
| 2005-09-17 |        | 15.8  |         | 931        | 1      | 1      | 12.7    | 30.5    |
| 2005-09-15 |        | 17.6  |         | 994        | 169    | 114    | 12.7    | 31.6    |
| 2005-09-13 |        | 29.1  |         | 1570       | 181    | 141    | 15.0    | 32.8    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|------------|--------|--------|---------|---------|
| 2005-09-12 |        | 23.2  |         | 1136       | 161    | 114    | 12.9    | 29.1    |
| 2005-09-10 |        | 103   |         | 3510       | 182    | 153    | 17.0    | 35.3    |
| 2005-09-08 |        | 63.3  |         | 2756       | 161    | 120    | 14.0    | 32.7    |
| 2005-09-07 |        | 31.6  |         | 1647       | 182    | 130    | 13.6    | 31.2    |
| 2005-09-05 |        | 20.5  |         | 1218       | 166    | 118    | 12.9    | 28.2    |
| 2005-09-04 |        | 22.2  |         | 1184       | 176    | 119    | 13.4    | 28.5    |
| 2005-09-03 |        | 29    |         | 1449       | 160    | 97     | 13.2    | 29.5    |
| 2005-09-02 |        | 23    |         | 1685       | 162    | 114    |         |         |
| 2005-09-01 |        | 51.6  |         | 2832       | 226    | 139    | 13.3    | 29.2    |
| September  | 516.00 |       |         |            |        |        |         |         |
| 2005-08-30 |        | 34.4  |         | 1147       | 183    | 154    | 17.7    | 33.1    |
| 2005-08-29 |        | 25.7  |         | 1335       | 169    | 108    | 13.1    | 31.4    |
| 2005-08-27 |        | 59.7  |         | 3456       | 179    | 140    | 14.0    | 33.7    |
| 2005-08-24 |        | 36    |         | 3271       | 170    | 120    | 11.3    | 29.1    |
| 2005-08-23 |        | 40    |         | 1663       | 186    | 147    | 16.8    | 34.5    |
| 2005-08-22 |        | 34.1  |         | 2245       | 169    | 114    | 12.7    | 30.4    |
| 2005-08-21 |        | 35.5  |         | 1225       | 1      | 1      | 14.9    | 31.0    |
| 2005-08-19 |        | 30.6  |         | 1588       | 153    | 110    | 13.0    | 29.0    |
| 2005-08-18 |        | 40.1  |         | 2522       | 179    | 118    | 13.1    | 28.2    |
| 2005-08-16 |        | 44.2  |         | 1763       | 207    | 151    | 16.1    | 33.9    |
| 2005-08-15 |        | 35.5  |         | 1978       | 168    | 116    | 13.0    | 32.2    |
| 2005-08-14 |        | 35    |         | 1558       | 167    | 122    | 13.9    | 31.9    |
| 2005-08-13 |        | 20.1  |         | 1009       | 161    | 124    | 13.3    | 30.9    |
| 2005-08-11 |        | 38.1  |         | 1201       | 164    | 115    | 14.0    | 32.7    |
| 2005-08-09 |        | 42.7  |         | 2103       | 219    | 152    | 16.8    | 53.9    |
| 2005-08-08 |        | 23    |         | 970        | 169    | 101    | 11.8    | 28.4    |
| 2005-08-07 |        | 38.4  |         | 3163       | 225    | 130    | 11.9    | 32.0    |
| 2005-08-06 |        | 31.4  |         | 1590       | 162    | 112    | 13.3    | 32.0    |
| 2005-08-05 |        | 20.9  |         | 1067       | 155    | 113    | 13.5    | 31.2    |
| 2005-08-04 |        | 52.1  |         | 1638       | 172    | 121    | 13.9    | 32.2    |
| 2005-08-02 |        | 36.6  |         | 2082       | 180    | 150    | 14.9    | 33.6    |
| August     | 754.10 |       |         |            |        |        |         |         |
| 2005-07-31 |        | 29.1  |         | 858        | 165    | 121    | 15.3    | 29.5    |
| 2005-07-30 |        | 40.3  |         | 2293       | 174    | 124    | 13.3    | 31.9    |
| 2005-07-29 |        | 29.7  |         | 1110       | 158    | 108    | 13.3    | 27.7    |
| 2005-07-28 |        | 31.4  |         | 1803       | 173    | 125    | 12.7    | 30.9    |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment | Elev. | Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------|-------|------|--------|--------|---------|---------|
| 2005-07-26 |        | 45.7  |         | 2203  | 223  | 164    | 15.6   | 37.8    |         |
| 2005-07-25 |        | 37.6  |         | 1592  | 163  | 123    | 13.5   | 31.1    |         |
| 2005-07-24 |        | 44.8  |         | 2295  | 160  | 120    | 13.3   | 35.8    |         |
| 2005-07-23 |        | 31.4  |         | 2077  | 170  | 120    | 11.8   | 31.3    |         |
| 2005-07-21 |        | 17.9  |         | 860   | 154  | 111    | 12.8   | 30.3    |         |
| 2005-07-20 |        | 34.2  |         | 1895  | 178  | 134    | 13.3   | 32.4    |         |
| 2005-07-16 |        | 21.7  |         | 1122  | 153  | 115    | 13.2   | 28.9    |         |
| 2005-07-13 |        | 21.4  |         | 894   | 172  | 110    | 14.3   | 32.6    |         |
| 2005-07-12 |        | 27.4  |         | 937   | 1    | 1      | 15.0   | 29.4    |         |
| 2005-07-11 |        | 21.7  |         | 1241  | 166  | 113    | 12.9   | 30.9    |         |
| 2005-07-10 |        | 37.3  |         | 2768  | 177  | 126    | 12.1   | 29.7    |         |
| 2005-07-09 |        | 40.4  |         | 2746  | 171  | 127    | 12.3   | 35.1    |         |
| 2005-07-05 |        | 8.2   |         | 593   | 176  | 150    | 13.7   | 28.3    |         |
| 2005-07-02 |        | 50.9  |         | 2945  | 182  | 149    | 15.1   | 35.1    |         |
| July       | 571.10 |       |         |       |      |        |        |         |         |
| 2005-06-30 |        | 73.9  |         | 2438  | 153  | 103    | 13.2   | 30.6    |         |
| 2005-06-28 |        | 45.9  |         | 2391  | 182  | 147    | 15.7   | 31.1    |         |
| 2005-06-26 |        | 44.4  |         | 2451  | 174  | 137    | 14.3   | 31.6    |         |
| 2005-06-25 |        | 27.9  |         | 866   | 182  | 151    | 16.3   | 26.3    |         |
| 2005-06-23 |        | 100.1 |         | 4273  | 172  | 114    | 13.0   | 31.1    |         |
| 2005-06-22 |        | 26.1  |         | 1409  | 167  | 123    | 13.8   | 29.6    |         |
| 2005-06-15 |        | 38.8  |         | 1098  | 152  | 109    | 15.7   | 32.6    |         |
| 2005-06-14 |        | 36.1  |         | 1830  | 165  | 115    | 12.7   | 29.8    |         |
| 2005-06-13 |        | 21.8  |         | 1110  | 168  | 119    | 13.5   | 30.9    |         |
| 2005-06-12 |        | 18.1  |         | 962   | 171  | 121    | 13.4   | 30.3    |         |
| 2005-06-10 |        | 55.6  |         | 2474  | 177  | 133    | 13.4   | 29.5    |         |
| 2005-06-08 |        | 21.6  |         | 1253  | 160  | 113    | 13.1   | 28.8    |         |
| 2005-06-07 |        | 44.1  |         | 1978  | 180  | 157    | 16.6   | 34.3    |         |
| 2005-06-06 |        | 29    |         | 1503  | 161  | 118    | 13.1   | 30.3    |         |
| 2005-06-05 |        | 42.2  |         | 2419  | 171  | 128    | 13.3   | 29.6    |         |
| June       | 625.60 |       |         |       |      |        |        |         |         |
| 2005-05-31 |        | 43.4  |         | 2282  | 185  | 149    | 15.4   | 35.2    |         |
| 2005-05-30 |        | 49.4  |         | 2150  | 169  | 121    | 13.8   | 28.3    |         |
| 2005-05-29 |        | 39.9  |         | 1515  | 166  | 118    | 14.2   | 28.0    |         |
| 2005-05-27 |        | 40.7  |         | 1767  | 174  | 122    | 13.9   | 31.7    |         |
| 2005-05-21 |        | 79    |         | 5419  | 170  | 137    | 13.9   | 33.7    |         |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|---------|------------|--------|--------|---------|---------|
| 2005-05-19 |         | 58    |         | 2193       | 167    | 123    | 13.8    | 30.3    |
| 2005-05-18 |         | 38.8  |         | 2561       | 172    | 124    | 12.7    | 32.9    |
| 2005-05-17 |         | 37.1  |         | 1505       | 185    | 144    | 14.8    | 28.8    |
| 2005-05-14 |         | 20.6  |         | 787        | 153    | 110    | 13.3    | 31.3    |
| 2005-05-13 |         | 24.1  |         | 1342       | 178    | 130    | 14.5    | 35.9    |
| 2005-05-12 |         | 39    |         | 1740       | 159    | 114    | 12.7    | 28.9    |
| 2005-05-10 |         | 34.2  |         | 2348       | 183    | 143    | 13.5    | 31.5    |
| 2005-05-09 |         | 71.6  |         | 5000       | 168    | 131    | 12.5    | 32.3    |
| 2005-05-07 |         | 40.2  |         | 2131       | 183    | 158    | 15.3    | 35.6    |
| 2005-05-05 |         | 23.6  |         | 1359       | 161    | 121    | 13.0    | 30.5    |
| 2005-05-04 |         | 39.9  |         | 1863       | 170    | 131    | 13.7    | 30.0    |
| 2005-05-03 |         | 34.3  |         | 2143       | 183    | 159    | 14.7    | 32.3    |
| 2005-05-01 |         | 29.2  |         | 1928       | 168    | 129    | 12.3    | 28.5    |
| May        | 743.00  |       |         |            |        |        |         |         |
| 2005-04-29 |         | 51.4  |         | 1599       | 174    | 127    | 14.2    | 31.3    |
| 2005-04-28 |         | 30.8  |         | 1795       | 163    | 125    | 12.0    | 27.5    |
| 2005-04-26 |         | 38.9  |         | 1966       | 187    | 149    | 14.1    | 29.5    |
| 2005-04-25 |         | 25.2  |         | 1338       | 208    | 133    | 12.4    | 27.8    |
| 2005-04-22 |         | 24.2  |         | 881        | 151    | 118    | 13.0    | 26.6    |
| 2005-04-21 |         | 26.8  |         | 1567       | 181    | 135    | 13.4    | 29.7    |
| 2005-04-19 |         | 37.4  |         | 2245       | 182    | 157    | 15.0    | 33.9    |
| 2005-04-17 |         | 65.7  |         | 2250       | 164    | 108    | 13.1    | 30.1    |
| 2005-04-16 |         | 44.8  |         | 2546       | 175    | 137    | 12.9    | 32.3    |
| 2005-04-14 |         | 33.2  |         | 2112       | 170    | 133    | 12.4    | 29.6    |
| April      | 378.40  |       |         |            |        |        |         |         |
| 2005 Total | 4261.70 |       |         |            |        |        |         |         |

2004 lost to computer conversion  
Sad; it was a good year

2003-01-01 10 mt bike on road hidley lape  
2003-02-02 19 St. Augustine rides

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                                | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|--|------------|--------|--------|---------|---------|
| 2003-02-03 |        |       | 26                                     |            |        |        |         |         |
| 2003-02-05 |        |       | 28                                     |            |        |        |         |         |
| 2003-02-06 |        |       | 18                                     |            |        |        |         |         |
| 2003-02-21 |        |       | 14 biked mt bike 1.5 hours on road     |            |        |        |         |         |
| February   | 115.00 |       |  |            |        |        |         |         |
| 2003-03-08 |        |       | 22 on the road, mt bike                |            |        |        |         |         |
| 2003-03-23 |        |       | 40 north of natchez                    |            |        |        |         |         |
| 2003-03-24 |        |       | 42 north of jackson                    |            |        |        |         |         |
| 2003-03-25 |        |       | 32 towards tupelo                      |            |        |        |         |         |
| 2003-03-27 |        |       | 32 to tennessee line                   |            |        |        |         |         |
| March      | 168.00 |       |  |            |        |        |         |         |
| 2003-04-02 |        |       | 18 to banner elk                       |            |        |        |         |         |
| 2003-04-04 |        |       | 16 towards linville falls              |            |        |        |         |         |
| 2003-04-05 |        |       | 30 on blue ridge                       |            |        |        |         |         |
| 2003-04-06 |        |       | 38 on blue ridge                       |            |        |        |         |         |
| 2003-04-12 |        |       | 21                                     |            |        |        |         |         |
| 2003-04-13 |        |       | 23 to k&k's                            |            |        |        |         |         |
| 2003-04-14 |        |       | 21                                     |            |        |        |         |         |
| 2003-04-15 |        |       | 32                                     |            |        |        | 13.8    |         |
| 2003-04-16 |        |       | 25                                     |            |        |        |         |         |
| 2003-04-19 |        |       | 34 boyce road                          |            |        |        | 12.4    |         |
| 2003-04-20 |        |       | 32 carrol's grove                      |            |        |        | 12.9    |         |
| 2003-04-22 |        |       | 23 howie and jeff; rain, I dropped off |            |        |        | 12.2    |         |
| 2003-04-25 |        | 38.58 | 3 hour ride castelton                  |            |        |        | 12.2    |         |
| 2003-04-27 |        | 44.56 | to old chatham                         |            |        |        | 12.4    |         |
| 2003-04-28 |        | 20.5  | eagle mills                            |            |        |        | 12.5    |         |
| 2003-04-29 |        | 32    |  |            |        |        | 13.6    |         |
| April      | 448.64 |       |  |            |        |        |         |         |
| 2003-05-04 |        |       | 32                                     |            |        |        | 12.6    |         |
| 2003-05-05 |        |       | 28 totem lodge, methodist farm         |            |        |        |         |         |
| 2003-05-06 |        |       | 33 hoags corners                       |            |        |        |         |         |
| 2003-05-09 |        | 37.73 | Plank Road, troy                       |            |        |        | 12.4    |         |
| 2003-05-11 |        |       | 40 buffalo farm, castelton             |            |        |        |         |         |
| 2003-05-13 |        |       | 29 wisner road .                       |            |        |        |         |         |
| 2003-05-14 |        |       | 24 methodist farm                      |            |        |        | 12.1    |         |
| 2003-05-17 |        | 38.6  | taborton; climb 21:40                  |            |        |        | 12.4    |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                               | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------------------------------------|------------|--------|--------|---------|---------|
| 2003-05-18 |        | 38.5  | casual ride; Jim's Buffalo            |            |        |        |         |         |
| 2003-05-20 |        | 37    | out to hoags corners; kim fell;       |            |        |        | 14.6    |         |
| 2003-05-22 |        | 30    | a few hills                           |            |        |        | 11.9    |         |
| 2003-05-27 |        | 34    | beast of burden                       |            |        |        |         |         |
| 2003-05-30 |        | 33    | north road; bermas                    |            |        |        |         |         |
| May        | 434.83 |       |                                       |            |        |        |         |         |
| 2003-06-03 |        | 40    | momrow and others                     |            |        |        |         |         |
| 2003-06-05 |        | 15.37 | new pedals; rode part way in rain     |            |        |        |         |         |
| 2003-06-06 |        | 30.5  | stop 13; burden lake; reno            |            |        |        |         |         |
| 2003-06-08 |        | 33    | to babcock lake                       |            |        |        |         |         |
| 2003-06-10 |        | 36    | moonlawn; smith hill                  |            |        |        |         |         |
| 2003-06-14 |        | 18.6  |                                       |            |        |        |         |         |
| 2003-06-15 |        | 56    | back from catskills                   |            |        |        | 14.1    |         |
| 2003-06-17 |        | 26    |                                       |            |        |        |         |         |
| 2003-06-19 |        | 36.5  | route 150 to nassau lake              |            |        |        | 13.5    |         |
| June       | 291.97 |       |                                       |            |        |        |         |         |
| 2003-07-01 |        | 39    | hard ride after time off              |            |        |        |         |         |
| 2003-07-04 |        | 30    |                                       |            |        |        |         |         |
| 2003-07-05 |        | 37    | to Williamstown Petersburg Pass       |            |        |        |         |         |
| 2003-07-06 |        | 30    | burden lake country club, teal, rt 66 |            |        |        | 12.9    |         |
| 2003-07-08 |        | 41.2  | dyken pond                            |            |        |        |         |         |
| 2003-07-10 |        | 30    | easy ride; bike tuned up              |            |        |        |         |         |
| 2003-07-12 |        | 37    | carrol's grove                        |            |        |        | 13.5    |         |
| 2003-07-13 |        | 40    | gregg berninger led columbia          |            |        |        |         |         |
| 2003-07-15 |        | 36    | kipple kaper with Walk road           |            |        |        |         |         |
| 2003-07-17 |        | 73.13 | to 5 corners via garfield back 43     |            |        |        | 12.5    |         |
| 2003-07-21 |        | 28.15 | just easy out 66                      |            |        |        |         |         |
| 2003-07-22 |        | 27.45 | then ridge, hays, 150, palmer         |            |        |        | 14.5    |         |
| 2003-07-24 |        | 19.85 | richard thompson                      |            |        |        |         |         |
| 2003-07-26 |        | 40.4  | taborton; climb 21:00                 |            |        |        | 12.5    |         |
| 2003-07-28 |        | 41.59 | tamarac road                          |            |        |        | 13.9    |         |
| 2003-07-29 |        | 45    |                                       |            |        |        |         |         |
| 2003-07-31 |        | 37.15 | route 66 to hoags corners             |            |        |        | 12.5    |         |
| July       | 632.92 |       |                                       |            |        |        |         |         |
| 2003-08-02 |        | 37.5  | 9j castleton; llamas, buffalo         |            |        |        | 13.6    |         |
| 2003-08-03 |        | 42    | riders mills road                     |            |        |        | 12.9    |         |



Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment                               | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|---------------------------------------|------------|--------|--------|---------|---------|
| 2003-08-05 |         | 28    | wisner oak hill; rode very well       |            |        |        |         |         |
| 2003-08-07 |         | 36    | greylock from 5 corners 78 min.       |            |        |        |         |         |
| 2003-08-10 |         | 30    | bermas route                          |            |        |        |         |         |
| 2003-08-11 |         | 20    | dunn bridge; bike path beat rain home |            |        |        |         |         |
| 2003-08-12 |         | 36    | cbrc route; ras and bill; 15.0        |            |        |        | 15.0    |         |
| 2003-08-14 |         | 58    | time trial on 9j                      |            |        |        |         |         |
| 2003-08-17 |         | 20    | just took it easy                     |            |        |        | 13.6    |         |
| 2003-08-18 |         | 31    | hoags corners                         |            |        |        | 13.6    |         |
| 2003-08-19 |         | 30    | smith hill                            |            |        |        |         |         |
| 2003-08-21 |         | 40    | nassau; castleton                     |            |        |        |         |         |
| 2003-08-23 |         | 38.5  | taborton reverso                      |            |        |        |         |         |
| 2003-08-24 |         | 40.5  | tanglewood                            |            |        |        | 13.3    |         |
| 2003-08-26 |         | 36.5  | nassau; castleton                     |            |        |        | 16.5    |         |
| 2003-08-28 |         | 45.95 | williamstown; petersburgh; route 37   |            |        |        | 12.8    |         |
| 2003-08-31 |         | 36.6  | dyken pond                            |            |        |        | 13.1    |         |
| August     | 606.55  |       |                                       |            |        |        |         |         |
| 2003-09-02 |         | 26    | 164hr for 46 minutes!                 |            |        |        | 15.5    |         |
| 2003-09-03 |         | 50.7  | kinderhook and up 203                 |            |        |        | 13.8    |         |
| 2003-09-05 |         | 35    | snake hill 14:55                      |            |        |        |         |         |
| 2003-09-07 |         | 36    | Petersburg pass; williamstown         |            |        |        |         |         |
| 2003-09-09 |         | 30    | oak hill express                      |            |        |        |         |         |
| 2003-09-10 |         | 35    | castleton, clove                      |            |        |        | 13.3    |         |
| 2003-09-11 |         | 40    | to saratoga                           |            |        |        | 13.9    |         |
| 2003-09-13 |         | 31    | hoags corners                         |            |        |        |         |         |
| 2003-09-16 |         | 32.8  | hoags corners                         |            |        |        | 15.6    |         |
| 2003-09-17 |         | 36    | greylock with Shari                   |            |        |        |         |         |
| 2003-09-18 |         | 36.67 | castleton, clove                      |            |        |        | 13.2    |         |
| September  | 389.17  |       |                                       |            |        |        |         |         |
| 2003 Total | 3087.08 |       |                                       |            |        |        |         |         |
| 2002-01-26 |         | 11.6  | notes                                 |            |        |        |         |         |
| 2002-01-27 |         | 22.7  | 11.6 outside on bike                  |            |        |        |         |         |
| January    | 34.30   |       |                                       |            |        |        |         |         |
| 2002-02-16 |         | 25.35 | 22.7 miles on 50 degree Jan.          |            |        |        |         |         |
| 2002-02-24 |         | 21    | 2 hour bike ride outside              |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                             | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|-------------------------------------|------------|--------|--------|---------|---------|
| 2002-02-26 |        | 21    | 21 miles on the road                |            |        |        | 13.2    |         |
| February   | 67.35  |       |                                     |            |        |        |         |         |
| 2002-03-03 |        | 28    | on the road again                   |            |        |        | 13.3    |         |
| 2002-03-09 |        | 33    | eagle mills 351 .. Windy            |            |        |        |         |         |
| 2002-03-15 |        | 13.4  | rode to castleton                   |            |        |        | 13.2    |         |
| 2002-03-28 |        | 16.9  | just a quick loop                   |            |        |        |         |         |
| 2002-03-29 |        | 17.9  | rode outside                        |            |        |        | 13.4    |         |
| 2002-03-30 |        | 33.7  | outside                             |            |        |        | 13.2    |         |
| 2002-03-31 |        | 30.7  | Carrols Grove                       |            |        |        | 13.2    |         |
| March      | 173.60 |       |                                     |            |        |        |         |         |
| 2002-04-02 |        | 24.5  | castleton                           |            |        |        | 13.3    |         |
| 2002-04-07 |        | 27.17 | first Tuesday ride 190 pounds       |            |        |        |         |         |
| 2002-04-11 |        | 23.3  | cold outside, toes froze            |            |        |        | 13.2    |         |
| 2002-04-18 |        | 19.55 | white church                        |            |        |        | 13.2    |         |
| 2002-04-21 |        | 37    | dater hill                          |            |        |        | 13.2    |         |
| 2002-04-23 |        | 32    | hoags corners dunham hollow         |            |        |        | 13.3    |         |
| 2002-04-27 |        | 42    | castleton with shari, dick          |            |        |        | 15.0    |         |
| April      | 205.52 |       |                                     |            |        |        |         |         |
| 2002-05-04 |        | 54.27 | black brook boogie                  |            |        |        |         |         |
| 2002-05-06 |        | 13.2  | rode to Jiminy watched race         |            |        |        |         |         |
| 2002-05-07 |        | 44    | just a little noodling around       |            |        |        |         |         |
| 2002-05-10 |        | 10    | Carrols Grove about 16 mph          |            |        |        |         |         |
| 2002-05-11 |        | 25    | bike trouble                        |            |        |        |         |         |
| 2002-05-16 |        | 27.5  | still bike trouble but may be fixed |            |        |        |         |         |
| 2002-05-19 |        | 36    | route 150, palmer                   |            |        |        | 13.3    |         |
| 2002-05-21 |        | 31    | Nassau                              |            |        |        | 13.1    |         |
| 2002-05-25 |        | 38.6  | slow ride with Shari and Dave       |            |        |        |         |         |
| 2002-05-27 |        | 40.5  | taborton                            |            |        |        | 13.2    |         |
| 2002-05-28 |        | 36    | hoags corners                       |            |        |        | 14.3    |         |
| 2002-05-30 |        | 25.6  | Steve Ras; rode well                |            |        |        | 15.3    |         |
| May        | 381.67 |       |                                     |            |        |        |         |         |
| 2002-06-07 |        | 53    |                                     |            |        |        | 13.6    |         |
| 2002-06-08 |        | 20    | to catskills .. About 15 mph        |            |        |        | 15.0    |         |
| 2002-06-11 |        | 30    | around the catskills easy           |            |        |        |         |         |
| 2002-06-16 |        | 35.5  | a whiff; dropped by Steve, Howie    |            |        |        |         |         |
| 2002-06-18 |        | 33.4  | roaser, mosher, down oak hill       |            |        |        | 12.9    |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                           | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|-----------------------------------|------------|--------|--------|---------|---------|
| 2002-06-29 |        | 21.26 | 14.6 mph dick, don, tom v. casey  |            |        |        | 14.6    |         |
| 2002-06-30 |        | 31.5  | 14.1 mph out white church         |            |        |        | 14.1    |         |
| June       | 224.66 |       |                                   |            |        |        |         |         |
| 2002-07-02 |        | 33    | Teal, mosher                      |            |        |        | 13.1    |         |
| 2002-07-05 |        | 20.2  | dropped by Dick and John Rogers   |            |        |        |         |         |
| 2002-07-06 |        | 28.5  |                                   |            |        |        | 13.9    |         |
| 2002-07-07 |        | 37.2  |                                   |            |        |        | 14.1    |         |
| 2002-07-11 |        | 30    | taborton reverso                  |            |        |        | 13.5    |         |
| 2002-07-12 |        | 23    | snake hill                        |            |        |        | 13.5    |         |
| 2002-07-13 |        | 45.8  | to picnic at tawasentha           |            |        |        |         |         |
| 2002-07-14 |        | 24.5  | old chatham                       |            |        |        | 14.1    |         |
| 2002-07-16 |        | 44    | dater hill and moonlawn           |            |        |        | 13.8    |         |
| 2002-07-20 |        | 22    | old chatham                       |            |        |        | 15.5    |         |
| 2002-07-21 |        | 50.5  | shari, charley, dick              |            |        |        |         |         |
| 2002-07-24 |        | 32.5  | manchester McCartney exhibit      |            |        |        | 14.8    |         |
| 2002-07-25 |        | 32.5  | Ken Ormiston first retirement day |            |        |        | 15.9    |         |
| 2002-07-28 |        | 25.5  | greenman hill; hoags corners      |            |        |        | 13.0    |         |
| 2002-07-29 |        | 35.5  | caught in rain                    |            |        |        | 13.5    |         |
| 2002-07-30 |        | 32    | castleton; muitzkill; 150         |            |        |        | 14.5    |         |
| July       | 516.70 |       |                                   |            |        |        |         |         |
| 2002-08-01 |        | 25    | john rogers and casey; moonlawn   |            |        |        |         |         |
| 2002-08-02 |        | 25    | hot                               |            |        |        |         |         |
| 2002-08-03 |        | 18.7  |                                   |            |        |        |         |         |
| 2002-08-06 |        | 30    |                                   |            |        |        | 13.1    |         |
| 2002-08-07 |        | 70    | beast of burden; mediocre         |            |        |        |         |         |
| 2002-08-09 |        | 19.3  | petersburgh pass                  |            |        |        |         |         |
| 2002-08-10 |        | 39.6  | out and around                    |            |        |        | 13.5    |         |
| 2002-08-12 |        | 22    | taborton; 19:45                   |            |        |        |         |         |
| 2002-08-18 |        | 27    | hit by car                        |            |        |        |         |         |
| 2002-08-19 |        | 36.62 |                                   |            |        |        | 13.3    |         |
| 2002-08-20 |        | 38.4  | northern plank road               |            |        |        | 13.3    |         |
| 2002-08-22 |        | 38.6  | sweet milk; john rogers           |            |        |        | 15.0    |         |
| 2002-08-23 |        | 28    |                                   |            |        |        |         |         |
| 2002-08-25 |        | 38.6  |                                   |            |        |        |         |         |
| 2002-08-27 |        | 30.7  | to tanglewood; bs 9th             |            |        |        | 12.4    |         |
| 2002-08-28 |        | 45.9  | Smith Hill Ride                   |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                                | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|--|------------|--------|--------|---------|---------|
| 2002-08-31 |        | 43.25 | to chatham                             |            |        |        | 12.9    |         |
| August     | 576.67 |       |  |            |        |        |         |         |
| 2002-09-01 |        | 34.25 | kipple; momrow                         |            |        |        | 13.5    |         |
| 2002-09-02 |        | 19.75 | southern route                         |            |        |        | 14.5    |         |
| 2002-09-03 |        | 32.5  | just noodled around rensellaer         |            |        |        |         |         |
| 2002-09-05 |        | 24.12 | southern route                         |            |        |        | 16.6    |         |
| 2002-09-06 |        | 27.7  |  |            |        |        |         |         |
| 2002-09-10 |        | 30    |  |            |        |        |         |         |
| 2002-09-13 |        | 14.88 | easy ride                              |            |        |        |         |         |
| 2002-09-14 |        | 46.6  |  |            |        |        |         |         |
| 2002-09-15 |        | 13.5  |  |            |        |        |         |         |
| 2002-09-17 |        | 24.4  |  |            |        |        |         |         |
| 2002-09-18 |        | 22.5  | cadillac mt                            |            |        |        |         |         |
| 2002-09-22 |        | 20.6  |  |            |        |        |         |         |
| 2002-09-23 |        | 32.6  |  |            |        |        |         |         |
| 2002-09-24 |        | 2     |  |            |        |        | 14.5    |         |
| 2002-09-25 |        | 30    | broke seat bolt                        |            |        |        |         |         |
| 2002-09-26 |        | 28    | rode Tuesdays ride                     |            |        |        |         |         |
| 2002-09-29 |        | 41    | went up to visitors center 5 corners   |            |        |        |         |         |
| 2002-09-30 |        | 56    | taborton .. Over 21 minutes; terrible! |            |        |        |         |         |
| September  | 500.40 |       |  |            |        |        |         |         |
| 2002-10-01 |        | 15    | over to Bailey Road and back           |            |        |        |         |         |
| 2002-10-05 |        | 45    | two flats                              |            |        |        |         |         |
| 2002-10-08 |        | 25    | Greylock; rode weak                    |            |        |        | 12.6    |         |
| 2002-10-15 |        | 25    |  |            |        |        |         |         |
| 2002-10-19 |        | 32    | rode terrible                          |            |        |        |         |         |
| 2002-10-22 |        | 24    |  |            |        |        | 12.9    |         |
| 2002-10-25 |        | 27.2  | last Tuesday rode better               |            |        |        |         |         |
| 2002-10-27 |        | 30    |  |            |        |        |         |         |
| 2002-10-31 |        | 19.5  |  |            |        |        |         |         |
| October    | 242.70 |       |  |            |        |        |         |         |
| 2002-11-03 |        | 16    |  |            |        |        |         |         |
| 2002-11-08 |        | 26.4  | out to weatherwax                      |            |        |        |         |         |
| 2002-11-09 |        | 35.4  | rode outside                           |            |        |        | 12.9    |         |
| 2002-11-14 |        | 19.35 | outside                                |            |        |        | 12.6    |         |
| November   | 97.15  |       |  |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       |            | totals  | Miles | comment                               | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|------------|---------|-------|---------------------------------------|------------|--------|--------|---------|---------|
|            | 2002 Total | 3020.72 |       |                                       |            |        |        |         |         |
| 2001-03-12 |            |         | 12    |                                       |            |        |        |         |         |
|            | March      | 12.00   |       |                                       |            |        |        |         |         |
| 2001-04-16 |            |         | 11    | mt bike                               |            |        |        |         |         |
| 2001-04-28 |            |         | 21.4  | just testing ankle                    |            |        |        |         |         |
| 2001-04-29 |            |         | 33    | white church                          |            |        |        | 12.5    |         |
|            | April      | 65.40   |       |                                       |            |        |        |         |         |
| 2001-05-01 |            |         | 30    | muitzeskill                           |            |        |        | 13.5    |         |
| 2001-05-06 |            |         | 33    | rode 13 with group then dropped off   |            |        |        |         |         |
| 2001-05-08 |            |         | 32    | carrols grove by myself               |            |        |        |         |         |
| 2001-05-12 |            |         | 28    | Tuesday twister .. A little better    |            |        |        |         |         |
| 2001-05-13 |            |         | 53    | castleton                             |            |        |        | 14.3    |         |
| 2001-05-15 |            |         | 38.4  | old chatham with shari, dick, charley |            |        |        |         |         |
| 2001-05-19 |            |         | 38.2  | plank road north of troy, sid, sally  |            |        |        |         |         |
| 2001-05-20 |            |         | 30    | taborton!                             |            |        |        |         |         |
| 2001-05-24 |            |         | 22.8  | hoags corners, other taborton         |            |        |        |         |         |
| 2001-05-29 |            |         | 40    |                                       |            |        |        |         |         |
| 2001-05-31 |            |         | 21    | keep it simple shari .. Dunham hill   |            |        |        |         |         |
|            | May        | 366.40  |       |                                       |            |        |        |         |         |
| 2001-06-02 |            |         | 18    | down 9j, flat, changed tire           |            |        |        |         |         |
| 2001-06-04 |            |         | 22    | in the catskills                      |            |        |        |         |         |
| 2001-06-05 |            |         | 43.2  |                                       |            |        |        |         |         |
| 2001-06-07 |            |         | 28    | hour and a half ride each way         |            |        |        |         |         |
| 2001-06-09 |            |         | 36    | north road                            |            |        |        |         |         |
| 2001-06-10 |            |         | 50    | taborton reverso                      |            |        |        |         |         |
| 2001-06-12 |            |         | 40    | garfield; sawmill hill :)             |            |        |        |         |         |
| 2001-06-19 |            |         | 35    | chuck pateros ride                    |            |        |        |         |         |
| 2001-06-24 |            |         | 20.1  | rode terrible; hot                    |            |        |        |         |         |
| 2001-06-25 |            |         | 22    | bleeding mostly stopped               |            |        |        |         |         |
| 2001-06-26 |            |         | 32    | stopped thank god                     |            |        |        |         |         |
| 2001-06-27 |            |         | 22    | dicks rice pudding ride               |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                            | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|------------------------------------|------------|--------|--------|---------|---------|
| 2001-06-30 |        |       | 41                                 |            |        |        |         |         |
| June       | 409.30 |       |                                    |            |        |        |         |         |
| 2001-07-02 |        | 25.9  | taborton slow                      |            |        |        |         |         |
| 2001-07-03 |        | 46    |                                    |            |        |        |         |         |
| 2001-07-04 |        | 35    | Kipple Kaper .. Inconsistent,      |            |        |        |         |         |
| 2001-07-05 |        | 22    | charlie and polly                  |            |        |        |         |         |
| 2001-07-06 |        | 26    | by myself                          |            |        |        |         |         |
| 2001-07-09 |        | 22    | hilly with shari charley and polly |            |        |        |         |         |
| 2001-07-10 |        | 40    |                                    |            |        |        |         |         |
| 2001-07-12 |        | 32    | shari, ken, dick in the hills      |            |        |        |         |         |
| 2001-07-14 |        | 39    | totem lodge dirt road              |            |        |        |         |         |
| 2001-07-16 |        | 40    | taborton with dick, shari, charley |            |        |        |         |         |
| 2001-07-17 |        | 48    | and zayhowski memorial             |            |        |        |         |         |
| 2001-07-20 |        | 22.5  | the other plank road               |            |        |        |         |         |
| 2001-07-21 |        | 40    |                                    |            |        |        | 14.8    |         |
| 2001-07-22 |        | 20    | castelton                          |            |        |        |         |         |
| 2001-07-23 |        | 36    |                                    |            |        |        |         |         |
| 2001-07-24 |        | 33    | north road to dyken pond           |            |        |        |         |         |
| 2001-07-29 |        | 36    | castelton                          |            |        |        |         |         |
| 2001-07-30 |        | 25    | taborton                           |            |        |        |         |         |
| 2001-07-31 |        | 40    |                                    |            |        |        |         |         |
| July       | 628.40 |       |                                    |            |        |        |         |         |
| 2001-08-04 |        | 70    |                                    |            |        |        |         |         |
| 2001-08-05 |        | 31    | saratoga club ride                 |            |        |        | 16.3    |         |
| 2001-08-07 |        | 41    | hoags corners                      |            |        |        |         |         |
| 2001-08-11 |        | 42    | dyken pond                         |            |        |        |         |         |
| 2001-08-13 |        | 36    | shari; dick; garfield              |            |        |        |         |         |
| 2001-08-14 |        | 39    | mt greylock from 5 corners         |            |        |        |         |         |
| 2001-08-19 |        | 30    | taborton .. Dropped                |            |        |        |         |         |
| 2001-08-21 |        | 20    |                                    |            |        |        |         |         |
| 2001-08-25 |        | 30    | got to ride late                   |            |        |        |         |         |
| 2001-08-26 |        | 30    | ?                                  |            |        |        |         |         |
| 2001-08-27 |        | 32    | carrols grove                      |            |        |        |         |         |
| August     | 401.00 |       |                                    |            |        |        |         |         |
| 2001-09-08 |        | 32    |                                    |            |        |        |         |         |
| 2001-09-09 |        | 23    | wtc                                |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment                                | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|--|------------|--------|--------|---------|---------|
| 2001-09-11 |         |       | 25 to grafton                          |            |        |        |         |         |
| 2001-09-15 |         |       | 22 castleton                           |            |        |        |         |         |
| 2001-09-16 |         |       | 45                                     |            |        |        | 16.0    |         |
| 2001-09-18 |         |       | 34 garfield from rt 43                 |            |        |        |         |         |
| 2001-09-23 |         |       | 46.6 did pretty good, chamberlain hill |            |        |        |         |         |
| 2001-09-25 |         |       | 32 columbia county plus to and from    |            |        |        |         |         |
| 2001-09-29 |         |       | 63 taborton with gary toth             |            |        |        |         |         |
| September  | 322.60  |       |  |            |        |        |         |         |
| 2001-10-04 |         |       | with john kocsis                       |            |        |        | 16.6    |         |
| 2001-10-09 |         |       | 32                                     |            |        |        |         |         |
| 2001-10-16 |         |       | 21                                     |            |        |        |         |         |
| 2001-10-23 |         |       | 21                                     |            |        |        |         |         |
| October    | 74.00   |       |  |            |        |        |         |         |
| 2001-11-03 |         |       | 21                                     |            |        |        |         |         |
| 2001-11-04 |         |       | 25                                     |            |        |        |         |         |
| 2001-11-18 |         |       | 27                                     |            |        |        |         |         |
| 2001-11-22 |         |       | 9.5 temps in 50s                       |            |        |        |         |         |
| 2001-11-24 |         |       | 25                                     |            |        |        |         |         |
| 2001-11-25 |         |       | 31 temps in 50s                        |            |        |        |         |         |
| November   | 138.50  |       |  |            |        |        |         |         |
| 2001-12-01 |         |       | 27 likewise                            |            |        |        |         |         |
| 2001-12-02 |         |       | 19                                     |            |        |        |         |         |
| December   | 46.00   |       |  |            |        |        |         |         |
| 2001 Total | 2463.60 |       |  |            |        |        |         |         |
| 2000-01-08 |         |       | 20                                     |            |        |        |         |         |
| January    | 20.00   |       |  |            |        |        |         |         |
| 2000-02-06 |         |       | 9                                      |            |        |        |         |         |
| 2000-02-27 |         |       | 22                                     |            |        |        |         |         |
| February   | 31.00   |       |  |            |        |        |         |         |
| 2000-03-04 |         |       | 25                                     |            |        |        |         |         |
| 2000-03-25 |         |       | 10 road bike                           |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                                   | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---|------------|--------|--------|---------|---------|
| 2000-03-26 |        |       | 28 caught in rain                         |            |        |        |         |         |
| March      | 63.00  |       |   |            |        |        |         |         |
| 2000-04-01 |        |       | 35 better                                 |            |        |        |         |         |
| 2000-04-02 |        | 28.3  | rt 150 to 9j and aiken                    |            |        |        | 14.6    |         |
| 2000-04-08 |        |       | 35 rt 66 burden lake bittig palmer        |            |        |        | 14.1    |         |
| 2000-04-14 |        | 20.8  | Carrols Grove, john snyder                |            |        |        |         |         |
| 2000-04-15 |        |       | 33 white church                           |            |        |        |         |         |
| 2000-04-16 |        | 36.5  | Dormandys ride from Nassau                |            |        |        | 16.5    |         |
| 2000-04-20 |        |       | 25 taborton reverso sort of               |            |        |        |         |         |
| 2000-04-24 |        | 21.4  | just before the rain                      |            |        |        |         |         |
| 2000-04-25 |        |       | 32 white church                           |            |        |        |         |         |
| 2000-04-29 |        |       | 47 rode with dick                         |            |        |        |         |         |
| 2000-04-30 |        | 36.6  | club ride; with Bill Longwell             |            |        |        |         |         |
| April      | 350.60 |       |   |            |        |        |         |         |
| 2000-05-02 |        |       | 28 hoags corners alone                    |            |        |        |         |         |
| 2000-05-04 |        |       | 25 with shari, dick,                      |            |        |        |         |         |
| 2000-05-07 |        |       | 40 down snake hill                        |            |        |        |         |         |
| 2000-05-09 |        |       | 34 taborton .. 90 degrees; had to use 26  |            |        |        |         |         |
| 2000-05-11 |        |       | 30 nassau with shari; steve ras           |            |        |        |         |         |
| 2000-05-14 |        |       | 41 roaser                                 |            |        |        |         |         |
| 2000-05-16 |        |       | 40 nassau                                 |            |        |        |         |         |
| 2000-05-17 |        |       | 20 shari; jeff ? carolls grove            |            |        |        |         |         |
| 2000-05-20 |        |       | 25 by myself                              |            |        |        |         |         |
| 2000-05-23 |        |       | 25 taborton party ride; led really casual |            |        |        |         |         |
| 2000-05-27 |        |       | 43 bridge out                             |            |        |        |         |         |
| 2000-05-28 |        |       | 58 burden lake tour ride; doing better    |            |        |        |         |         |
| 2000-05-30 |        |       | 34 castleton casual with Caz              |            |        |        |         |         |
| May        | 443.00 |       |   |            |        |        |         |         |
| 2000-06-07 |        |       | 25 road good with Dick, Lenore            |            |        |        |         |         |
| 2000-06-10 |        |       | 40 25 at the cape                         |            |        |        |         |         |
| 2000-06-11 |        |       | 48 40 tstwassas                           |            |        |        |         |         |
| 2000-06-15 |        |       | 33 48 castleton, kinderhook               |            |        |        |         |         |
| 2000-06-18 |        |       | 33  |            |        |        |         |         |
| 2000-06-19 |        |       | 33 olfactory ride; oak hill in 7:20       |            |        |        |         |         |
| 2000-06-20 |        |       | 38  |            |        |        |         |         |
| 2000-06-23 |        |       | 2 rode good                               |            |        |        |         |         |



Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                                  | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|--|------------|--------|--------|---------|---------|
| 2000-06-24 |        |       | 38 testing bike; bleeding that night     |            |        |        |         |         |
| 2000-06-25 |        |       | 20 kens impromptu ride with Dick         |            |        |        |         |         |
| 2000-06-27 |        |       | 38 hot                                   |            |        |        |         |         |
| June       | 348.00 |       |  |            |        |        |         |         |
| 2000-07-02 |        |       | 48.6 to beulah land                      |            |        |        | 15.5    |         |
| 2000-07-04 |        |       | 38.6 taborton about 19 minutes           |            |        |        |         |         |
| 2000-07-05 |        |       | 26 just out and around                   |            |        |        |         |         |
| 2000-07-08 |        |       | 42.6 hoags corners, greenman hill        |            |        |        |         |         |
| 2000-07-10 |        |       | 22 snake hill around 16:00               |            |        |        |         |         |
| 2000-07-11 |        |       | 38 blue factory                          |            |        |        |         |         |
| 2000-07-14 |        |       | 32                                       |            |        |        |         |         |
| 2000-07-17 |        |       | 23 nothing special                       |            |        |        |         |         |
| 2000-07-18 |        |       | 43 garfield; down greenman .. rode great |            |        |        |         |         |
| 2000-07-20 |        |       | 25 nuttin special                        |            |        |        |         |         |
| 2000-07-22 |        |       | 33                                       |            |        |        |         |         |
| 2000-07-23 |        |       | 38 rolling to red rock; caz              |            |        |        |         |         |
| 2000-07-24 |        |       | 55 babcock lake!                         |            |        |        |         |         |
| 2000-07-25 |        |       | 40 kipple caper .. terri whopped me      |            |        |        |         |         |
| 2000-07-27 |        |       | 8.6 just testing the new shifter         |            |        |        |         |         |
| 2000-07-29 |        |       | 33 dormadys ride in the rain             |            |        |        |         |         |
| July       | 546.40 |       |  |            |        |        |         |         |
| 2000-08-01 |        |       | 33 teal; skipped roaser felt tired       |            |        |        |         |         |
| 2000-08-04 |        |       | 52 berlin; stephentown                   |            |        |        |         |         |
| 2000-08-05 |        |       | 33 castelton                             |            |        |        |         |         |
| 2000-08-06 |        |       | 33 blue factory                          |            |        |        |         |         |
| 2000-08-08 |        |       | 37 taborton; walk                        |            |        |        |         |         |
| 2000-08-09 |        |       | 20 new fork on lightspeed                |            |        |        |         |         |
| 2000-08-13 |        |       | 41.1 plank road up by troy               |            |        |        |         |         |
| 2000-08-15 |        |       | 40 carrols grove                         |            |        |        | 17.0    |         |
| 2000-08-18 |        |       | 39 nassau                                |            |        |        |         |         |
| 2000-08-22 |        |       | 36 a whiff of olfactory oak hill in 7:00 |            |        |        |         |         |
| 2000-08-26 |        |       | 28 knee hurting                          |            |        |        |         |         |
| 2000-08-27 |        |       | 24 knee still hurting                    |            |        |        |         |         |
| 2000-08-31 |        |       | 29 knee not perfect by any means         |            |        |        |         |         |
| August     | 445.10 |       |  |            |        |        |         |         |
| 2000-09-01 |        |       | 42.1 with ken ormiston                   |            |        |        |         | 16      |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment                             | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|-------------------------------------|------------|--------|--------|---------|---------|
| 2000-09-02 |         | 17.5  | just around; knee not great at all  |            |        |        |         |         |
| 2000-09-05 |         | 36    | momrow knee not bad                 |            |        |        | 15.2    |         |
| 2000-09-07 |         | 25.6  | just easy; springer road            |            |        |        |         |         |
| 2000-09-10 |         | 38.41 | taborton 19:30! ugh                 |            |        |        |         |         |
| 2000-09-12 |         | 28.4  | springer .. didnt do that well, fat |            |        |        |         |         |
| 2000-09-14 |         | 28    | hayes to 9j                         |            |        |        |         |         |
| 2000-09-16 |         | 64    | casual peaches + to and from        |            |        |        | 16.4    |         |
| 2000-09-18 |         | 22    |                                     |            |        |        |         |         |
| 2000-09-19 |         | 10    | rain                                |            |        |        |         |         |
| 2000-09-21 |         | 24    |                                     |            |        |        |         |         |
| 2000-09-24 |         | 25.5  |                                     |            |        |        |         |         |
| 2000-09-27 |         | 22    | dater hill                          |            |        |        |         |         |
| 2000-09-29 |         | 8     | testing new saddle                  |            |        |        |         |         |
| 2000-09-30 |         | 37    | pre rode memorial ride with Ken     |            |        |        | 15.2    |         |
| September  | 428.51  |       |                                     |            |        |        |         |         |
| 2000-10-01 |         | 20    | up to grafton                       |            |        |        |         |         |
| 2000-10-04 |         | 20    |                                     |            |        |        |         |         |
| 2000-10-07 |         | 34    | lakes ride for memorial             |            |        |        |         |         |
| 2000-10-10 |         | 23    | shari, ken                          |            |        |        |         |         |
| 2000-10-14 |         | 62    | peaches too fat 185                 |            |        |        |         |         |
| 2000-10-17 |         | 22    |                                     |            |        |        |         |         |
| 2000-10-24 |         | 20    |                                     |            |        |        |         |         |
| October    | 201.00  |       |                                     |            |        |        |         |         |
| 2000-11-04 |         | 15    | flat on the trek, wrecked tire      |            |        |        |         |         |
| 2000-11-05 |         | 20    | caught in rain a bit 40 degrees     |            |        |        |         |         |
| 2000-11-26 |         | 21    | finally a sunny day                 |            |        |        |         |         |
| November   | 56.00   |       |                                     |            |        |        |         |         |
| 2000 Total | 2932.61 |       |                                     |            |        |        |         |         |
| 1999-03-06 |         | 16    |                                     |            |        |        |         |         |
| 1999-03-17 |         | 12    | to Kingsleys                        |            |        |        |         |         |
| 1999-03-20 |         | 30    |                                     |            |        |        |         |         |
| 1999-03-23 |         | 11    | with Shari, Dick                    |            |        |        |         |         |
| 1999-03-27 |         | 35    |                                     |            |        |        |         |         |
| 1999-03-30 |         | 16    |                                     |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       |       | totals | Miles | comment                              | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|-------|--------|-------|--------------------------------------|------------|--------|--------|---------|---------|
|            | March | 120.00 |       |                                      |            |        |        |         |         |
| 1999-04-02 |       |        | 32.2  |                                      |            |        |        |         |         |
| 1999-04-03 |       |        | 35.4  |                                      |            |        |        |         |         |
| 1999-04-04 |       |        | 16    |                                      |            |        |        |         |         |
| 1999-04-06 |       |        | 35    |                                      |            |        |        |         |         |
| 1999-04-07 |       |        | 25    | Williamstown, petersburg pass        |            |        |        | 11.7    |         |
| 1999-04-10 |       |        | 37.7  | castelton                            |            |        |        | 15.1    |         |
| 1999-04-11 |       |        | 35    | carrols grove                        |            |        |        |         |         |
| 1999-04-13 |       |        | 36    |                                      |            |        |        |         |         |
| 1999-04-15 |       |        | 20    | rt 7 ramble                          |            |        |        |         |         |
| 1999-04-18 |       |        | 48    | shari dick richard                   |            |        |        | 17.0    |         |
| 1999-04-20 |       |        | 36    |                                      |            |        |        |         |         |
| 1999-04-24 |       |        | 40    | taborton                             |            |        |        |         |         |
| 1999-04-25 |       |        | 41    | momrow, shari, bill longwell         |            |        |        |         |         |
| 1999-04-27 |       |        | 35    | oak hill                             |            |        |        |         |         |
| 1999-04-29 |       |        | 25.7  | hoags corners, garfield, sutherland  |            |        |        |         |         |
|            | April | 498.00 |       |                                      |            |        |        |         |         |
| 1999-05-01 |       |        | 49    | led taborton, jean, donna            |            |        |        |         |         |
| 1999-05-02 |       |        | 40    | in the rain                          |            |        |        |         |         |
| 1999-05-04 |       |        | 15    | joes buffalo ride                    |            |        |        |         |         |
| 1999-05-09 |       |        | 40    | bleeding roids again cut ride short  |            |        |        |         |         |
| 1999-05-11 |       |        | 35    | solo at club picnic ... babcock lake |            |        |        |         |         |
| 1999-05-15 |       |        | 30    | glenn berningers ride                |            |        |        |         |         |
| 1999-05-16 |       |        | 50    | Tuesday twister                      |            |        |        |         |         |
| 1999-05-25 |       |        | 38    | taborton                             |            |        |        |         |         |
| 1999-05-29 |       |        | 38    | valatie                              |            |        |        |         |         |
| 1999-05-30 |       |        | 48    | started late                         |            |        |        |         |         |
|            | May   | 383.00 |       |                                      |            |        |        |         |         |
| 1999-06-01 |       |        | 25    | to catskills 15.2                    |            |        |        | 15.2    |         |
| 1999-06-04 |       |        | 55    | with richard                         |            |        |        |         |         |
| 1999-06-05 |       |        | 17.2  | back from catskills                  |            |        |        | 15.5    |         |
| 1999-06-06 |       |        | 55    |                                      |            |        |        |         |         |
| 1999-06-13 |       |        | 21    | slow Tuesday                         |            |        |        |         |         |
| 1999-06-15 |       |        | 30    | getting over cold but bleeding       |            |        |        |         |         |
| 1999-06-18 |       |        | 31.9  |                                      |            |        |        |         |         |
| 1999-06-20 |       |        | 19.2  | mt bike                              |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles  | comment                          | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|--------|----------------------------------|------------|--------|--------|---------|---------|
| 1999-06-21 |        |        | 6 dropped .. yuck                |            |        |        |         |         |
| 1999-06-22 |        |        | 35 taborton reverso              |            |        |        |         |         |
| 1999-06-24 |        |        | 36 sprints on lape               |            |        |        |         |         |
| 1999-06-25 |        |        | 6 albany cty metric .. did bad   |            |        |        | 14.5    |         |
| 1999-06-26 |        | 61.8   | tsastwassas hot out              |            |        |        |         |         |
| 1999-06-27 |        | 35.4   | barbs                            |            |        |        |         |         |
|            | June   | 434.50 |                                  |            |        |        |         |         |
| 1999-07-04 |        |        | 40 grafton and back blue factory |            |        |        |         |         |
| 1999-07-11 |        |        | 42                               |            |        |        |         |         |
| 1999-07-13 |        |        | 35                               |            |        |        |         |         |
| 1999-07-15 |        |        | 22 very hot out                  |            |        |        |         |         |
| 1999-07-17 |        |        | 39                               |            |        |        |         |         |
| 1999-07-18 |        |        | 37                               |            |        |        |         |         |
| 1999-07-20 |        |        | 35                               |            |        |        |         |         |
| 1999-07-21 |        | 22.1   |                                  |            |        |        |         |         |
| 1999-07-23 |        |        | 38 taborton                      |            |        |        |         |         |
| 1999-07-24 |        |        | 30                               |            |        |        |         |         |
| 1999-07-25 |        |        | 22 to grafton the hilly way      | 2000       |        |        |         |         |
| 1999-07-27 |        |        | 33 momrow                        |            |        |        |         |         |
| 1999-07-30 |        |        | 22                               |            |        |        |         |         |
| 1999-07-31 |        |        | 33 barb bensons ride             |            |        |        |         |         |
|            | July   | 450.10 |                                  |            |        |        |         |         |
| 1999-08-01 |        |        | 32 north road                    |            |        |        |         |         |
| 1999-08-03 |        |        | 39 buttermilk                    |            |        |        |         |         |
| 1999-08-06 |        | 27.5   | rt 150, reno                     |            |        |        |         |         |
| 1999-08-07 |        |        | 36                               |            |        |        |         |         |
| 1999-08-09 |        | 23.5   |                                  |            |        |        |         |         |
| 1999-08-10 |        | 38.5   |                                  |            |        |        |         |         |
| 1999-08-12 |        |        | 33                               |            |        |        | 15.0    |         |
| 1999-08-16 |        |        | 30 momrow                        |            |        |        |         |         |
| 1999-08-17 |        |        | 35 taborton, momrow,kipple       |            |        |        |         |         |
| 1999-08-19 |        |        | 26                               |            |        |        |         |         |
| 1999-08-21 |        |        | 25                               |            |        |        |         |         |
| 1999-08-22 |        |        | 46 tanglewood                    |            |        |        |         |         |
| 1999-08-25 |        |        | 32                               |            |        |        |         |         |
| 1999-08-29 |        |        | 35                               |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment                              | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|--------------------------------------|------------|--------|--------|---------|---------|
| 1999-08-30 |         |       | 25                                   |            |        |        |         |         |
| 1999-08-31 |         |       | 60 mt washington                     |            |        |        |         |         |
| August     | 543.50  |       |                                      |            |        |        |         |         |
| 1999-09-01 |         |       | 28                                   |            |        |        |         |         |
| 1999-09-02 |         |       | 25                                   |            |        |        |         |         |
| 1999-09-06 |         |       | 26                                   |            |        |        |         |         |
| 1999-09-08 |         |       | 26                                   |            |        |        |         |         |
| 1999-09-11 |         |       | 60 just peaches with Dana            |            |        |        | 15.7    |         |
| 1999-09-12 |         |       | 36.7 taborton                        |            |        |        |         |         |
| 1999-09-13 |         |       | 21.2 just a little ramble around     |            |        |        |         |         |
| 1999-09-15 |         |       | 21.7                                 |            |        |        |         |         |
| 1999-09-17 |         |       | 21 to budget picnic                  |            |        |        |         |         |
| 1999-09-18 |         |       | 25 snake hill down oak hill          |            |        |        |         |         |
| 1999-09-19 |         |       | 57 past tomahannock                  |            |        |        |         |         |
| 1999-09-22 |         |       | 25                                   |            |        |        |         |         |
| 1999-09-25 |         |       | 46 to chatham, nassau                |            |        |        |         |         |
| 1999-09-27 |         |       | 20.6 white church                    |            |        |        |         |         |
| 1999-09-29 |         |       | 20                                   |            |        |        |         |         |
| September  | 459.20  |       |                                      |            |        |        |         |         |
| 1999-10-02 |         |       | 48 greylock ride to bottom of bailey |            |        |        |         |         |
| 1999-10-04 |         |       | 20                                   |            |        |        |         |         |
| 1999-10-06 |         |       | 15                                   |            |        |        |         |         |
| 1999-10-11 |         |       | 20 dater hill                        |            |        |        |         |         |
| October    | 103.00  |       |                                      |            |        |        |         |         |
| 1999-12-05 |         |       | 21                                   |            |        |        |         |         |
| 1999-12-19 |         |       | 8                                    |            |        |        |         |         |
| December   | 29.00   |       |                                      |            |        |        |         |         |
| 1999 Total | 3020.30 |       |                                      |            |        |        |         |         |
| 1998-01-03 |         |       | 20 mt bike                           |            |        |        |         |         |
| January    | 20.00   |       |                                      |            |        |        |         |         |
| 1998-02-16 |         |       | 11 about an hour on mt bike          |            |        |        |         |         |
| 1998-02-22 |         |       | 25 taborton mt! mt bike              |            |        |        |         |         |
| 1998-02-28 |         |       | 56                                   |            |        |        |         |         |
| 1998-02-16 |         |       | 11                                   |            |        |        |         |         |
| 1998-02-22 |         |       | 25                                   |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                        | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|--------------------------------|------------|--------|--------|---------|---------|
| 1998-02-28 |        |       | 56                             |            |        |        |         |         |
| February   | 184.00 |       |                                |            |        |        |         |         |
| 1998-03-07 |        |       | 34 castleton, ridge            |            |        |        |         |         |
| 1998-03-08 |        |       | 24 moonlawn                    |            |        |        |         |         |
| 1998-03-22 |        |       | 22 strasburg                   |            |        |        |         |         |
| 1998-03-24 |        |       | 10 strasburg                   |            |        |        |         |         |
| 1998-03-28 |        |       | 30 to kingsleys plus           |            |        |        |         |         |
| 1998-03-29 |        |       | 24 to kingsleys                |            |        |        |         |         |
| March      | 144.00 |       |                                |            |        |        |         |         |
| 1998-04-11 |        |       | 35 15mph                       |            |        |        |         |         |
| 1998-04-12 |        |       | 35 to andy janzs ride          |            |        |        |         |         |
| 1998-04-14 |        |       | 41 first Tuesday               |            |        |        |         |         |
| 1998-04-18 |        |       | 40 taborton 19!!! fat slob     |            |        |        |         |         |
| 1998-04-21 |        |       | 35                             |            |        |        |         |         |
| 1998-04-24 |        |       | 22                             |            |        |        |         |         |
| 1998-04-26 |        | 47.5  | tomahonnock area               |            |        |        |         |         |
| 1998-04-28 |        |       | 44 castleton plus              |            |        |        | 16.4    |         |
| 1998-04-30 |        |       | 30 a whiff portion             |            |        |        |         |         |
| April      | 329.50 |       |                                |            |        |        |         |         |
| 1998-05-03 |        |       | 38 dunham hollow               |            |        |        | 14.8    |         |
| 1998-05-04 |        |       | 21 oak hill                    |            |        |        |         |         |
| 1998-05-05 |        |       | 37 led ride                    |            |        |        |         |         |
| 1998-05-07 |        |       | 31 blue factory easy way       |            |        |        |         |         |
| 1998-05-08 |        |       | 21                             |            |        |        |         |         |
| 1998-05-12 |        |       | 37 tstawassas with mechanicals |            |        |        |         |         |
| 1998-05-15 |        |       | 14                             |            |        |        |         |         |
| 1998-05-16 |        |       | 38 led babcock lake ride       |            |        |        |         |         |
| 1998-05-17 |        |       | 13 work party here             |            |        |        |         |         |
| 1998-05-19 |        |       | 42 fell                        |            |        |        |         |         |
| 1998-05-22 |        |       | 21                             |            |        |        |         |         |
| 1998-05-23 |        |       | 41 John Petiets ride           |            |        |        |         |         |
| 1998-05-24 |        |       | 20 to Grafton kind of easy     |            |        |        |         |         |
| 1998-05-25 |        |       | 33 castleton                   |            |        |        |         |         |
| 1998-05-26 |        |       | 42 bleeding                    |            |        |        |         |         |
| 1998-05-30 |        | 38.4  | taborton reverso               |            |        |        |         |         |
| 1998-05-31 |        |       | 66 Jericho Valley              |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       |      | totals | Miles | comment                          | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|------|--------|-------|----------------------------------|------------|--------|--------|---------|---------|
|            | May  | 553.40 |       |                                  |            |        |        |         |         |
| 1998-06-05 |      |        | 14    | parents here                     |            |        |        |         |         |
| 1998-06-06 |      |        | 12    |                                  |            |        |        |         |         |
| 1998-06-07 |      |        | 14    |                                  |            |        |        |         |         |
| 1998-06-10 |      |        | 16    |                                  |            |        |        |         |         |
| 1998-06-11 |      |        | 34    | snake hill                       |            |        |        |         |         |
| 1998-06-12 |      |        | 38    | blue factory                     |            |        |        |         |         |
| 1998-06-16 |      |        | 27    | gym                              |            |        |        |         |         |
| 1998-06-18 |      |        | 32    | casual                           |            |        |        |         |         |
| 1998-06-20 |      |        | 39    | taborton reverso                 |            |        |        |         |         |
| 1998-06-21 |      |        | 41    | buttermilk                       |            |        |        |         |         |
| 1998-06-23 |      |        | 43    | gym                              |            |        |        |         |         |
| 1998-06-25 |      |        | 32    | ken ormistons ride               |            |        |        |         |         |
| 1998-06-27 |      |        | 43    | albany metric solo               |            |        |        | 15.0    |         |
| 1998-06-28 |      |        | 63    | gym                              |            |        |        |         |         |
| 1998-06-30 |      |        | 45    | muitzekill and beyond            |            |        |        |         |         |
|            | June | 493.00 |       |                                  |            |        |        |         |         |
| 1998-07-02 |      |        | 28    |                                  |            |        |        |         |         |
| 1998-07-04 |      |        | 36    | taborton reverso                 |            |        |        |         |         |
| 1998-07-05 |      |        | 32    | oak hill 6:47, kipple            |            |        |        |         |         |
| 1998-07-09 |      |        | 32    |                                  |            |        |        |         |         |
| 1998-07-11 |      |        | 55    | babcock grafton hills            |            |        |        |         |         |
| 1998-07-12 |      |        | 38.2  | castleton                        |            |        |        |         |         |
| 1998-07-13 |      |        | 20    |                                  |            |        |        |         |         |
| 1998-07-14 |      |        | 45    | 18+                              |            |        |        | 18.0    |         |
| 1998-07-18 |      |        | 30    | snake hill 14:50                 |            |        |        |         |         |
| 1998-07-20 |      |        | 32    |                                  |            |        |        |         |         |
| 1998-07-21 |      |        | 40    |                                  |            |        |        |         |         |
| 1998-07-23 |      |        | 15    |                                  |            |        |        |         |         |
| 1998-07-25 |      |        | 85.3  | Washington country hill and dale |            |        |        | 17.2    |         |
| 1998-07-26 |      |        | 40    | greylock ... 69 minutes ... fat  |            |        |        |         |         |
| 1998-07-28 |      |        | 43    | bleeding                         |            |        |        |         |         |
| 1998-07-29 |      |        | 17    |                                  |            |        |        |         |         |
|            | July | 588.50 |       |                                  |            |        |        |         |         |
| 1998-08-01 |      |        | 36.5  | new taborton road to momrow      |            |        |        |         |         |
| 1998-08-02 |      |        | 37.8  | taborton ... flat (and slow)     |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                                     | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---|------------|--------|--------|---------|---------|
| 1998-08-05 |        |       | 41 past grandfather                         |            |        |        |         |         |
| 1998-08-06 |        |       | 31 villas crucis, banner elk, part of beech |            |        |        |         |         |
| 1998-08-07 |        |       | 15  |            |        |        |         |         |
| 1998-08-08 |        |       | 8 flat                                      |            |        |        |         |         |
| 1998-08-11 |        |       | 34 slow, didnt feel good                    |            |        |        |         |         |
| 1998-08-14 |        |       | 36.1 taborton reverso                       |            |        |        |         |         |
| 1998-08-15 |        |       | 52 shari, charley,dick, gary, mary          |            |        |        |         |         |
| 1998-08-16 |        |       | 30 just took it easy                        |            |        |        |         |         |
| 1998-08-19 |        |       | 30 dunham hollow                            |            |        |        |         |         |
| 1998-08-21 |        |       | 12 just a quickie                           |            |        |        |         |         |
| 1998-08-22 |        |       | 54 saugerties for Pat Methany               |            |        |        |         |         |
| 1998-08-23 |        |       | 25 snake hill taborton to teal in 5:53      |            |        |        |         |         |
| 1998-08-25 |        |       | 29 didnt find group .. oak hill             |            |        |        |         |         |
| 1998-08-27 |        |       | 27.2 just a ride                            |            |        |        |         |         |
| 1998-08-30 |        |       | 32  |            |        |        |         |         |
| August     | 530.60 |       |   |            |        |        |         |         |
| 1998-09-01 |        |       | 33  |            |        |        |         |         |
| 1998-09-02 |        |       | 27  |            |        |        |         |         |
| 1998-09-05 |        |       | 40.2 taborton via momrow, kipple            |            |        |        |         |         |
| 1998-09-06 |        |       | 30  |            |        |        |         |         |
| 1998-09-08 |        |       | 4 stomache flu                              |            |        |        |         |         |
| 1998-09-11 |        |       | 15  |            |        |        |         |         |
| 1998-09-12 |        |       | 63.5 metric century 17.7 mph 3:36           |            |        |        |         | 17.5    |
| 1998-09-13 |        |       | 63.5 metric century 18.4 mph 3:26           |            |        |        |         | 18.4    |
| 1998-09-15 |        |       | 31 Dick, Don, Bill, Scott                   |            |        |        |         | 16.0    |
| 1998-09-20 |        |       | 31 oak hill, taborton, walk road            |            |        |        |         |         |
| 1998-09-22 |        |       | 34 crank again                              |            |        |        |         |         |
| 1998-09-24 |        |       | 15 before club meeting                      |            |        |        |         |         |
| 1998-09-26 |        |       | 45.1  |            |        |        |         |         |
| 1998-09-27 |        |       | 52.2 to berlin, stephentown                 |            |        |        |         |         |
| 1998-09-29 |        |       | 34  |            |        |        |         |         |
| September  | 518.50 |       |   |            |        |        |         |         |
| 1998-10-03 |        |       | 70 greylock ...about 68 minutes             |            |        |        |         |         |
| 1998-10-04 |        |       | 32 poestenkill, burden lake                 |            |        |        |         |         |
| 1998-10-13 |        |       | 26  |            |        |        |         |         |
| 1998-10-20 |        |       | 29  |            |        |        |         |         |



Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment               | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|-----------------------|------------|--------|--------|---------|---------|
| 1998-10-24 |         |       | 38.7 Ollies folly     |            |        |        |         |         |
| 1998-10-25 |         |       | 38 taborton           |            |        |        |         |         |
| October    | 233.70  |       |                       |            |        |        |         |         |
| 1998-11-01 |         |       | 32 castleton          |            |        |        |         |         |
| 1998-11-08 |         |       | 32                    |            |        |        |         |         |
| 1998-11-11 |         |       | 36                    |            |        |        |         |         |
| 1998-11-21 |         |       | 10 mt bike gibbs farm |            |        |        |         |         |
| 1998-11-22 |         |       | 34                    |            |        |        |         |         |
| 1998-11-28 |         |       | 29                    |            |        |        |         |         |
| 1998-11-29 |         |       | 26                    |            |        |        |         |         |
| November   | 199.00  |       |                       |            |        |        |         |         |
| 1998-12-05 |         |       | 14 mt bike            |            |        |        |         |         |
| 1998-12-06 |         |       | 14 mt bike            |            |        |        |         |         |
| December   | 28.00   |       |                       |            |        |        |         |         |
| 1998 Total | 3822.20 |       |                       |            |        |        |         |         |
| 1997-02-01 |         |       | 10                    |            |        |        |         |         |
| 1997-02-02 |         |       | 12                    |            |        |        |         |         |
| 1997-02-09 |         |       | 10 back hurts         |            |        |        |         |         |
| 1997-02-15 |         |       | 10 mt bike            |            |        |        |         |         |
| 1997-02-16 |         |       | 12                    |            |        |        |         |         |
| 1997-02-22 |         |       | 20                    |            |        |        |         |         |
| 1997-02-23 |         |       | 15                    |            |        |        |         |         |
| February   | 89.00   |       |                       |            |        |        |         |         |
| 1997-03-01 |         |       | 20                    |            |        |        |         |         |
| 1997-03-02 |         |       | 20                    |            |        |        |         |         |
| 1997-03-09 |         |       | 15                    |            |        |        |         |         |
| 1997-03-16 |         |       | 9                     |            |        |        |         |         |
| 1997-03-22 |         |       | 9                     |            |        |        |         |         |
| 1997-03-23 |         |       | 14                    |            |        |        |         |         |
| 1997-03-28 |         |       | 22                    |            |        |        |         |         |
| 1997-03-29 |         |       | 24.4                  |            |        |        |         |         |
| 1997-03-30 |         |       | 26                    |            |        |        |         |         |
| March      | 159.40  |       |                       |            |        |        |         |         |
| 1997-04-01 |         |       | 15                    |            |        |        |         |         |
| 1997-04-02 |         |       | 20                    |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                         | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------------------------------|------------|--------|--------|---------|---------|
| 1997-04-03 |        | 22    |                                 |            |        |        |         |         |
| 1997-04-05 |        | 50    |                                 |            |        |        |         |         |
| 1997-04-06 |        | 24    |                                 |            |        |        |         |         |
| 1997-04-08 |        | 33    |                                 |            |        |        |         |         |
| 1997-04-12 |        | 42    | charley said he'd puke          |            |        |        |         |         |
| 1997-04-13 |        | 16    |                                 |            |        |        |         |         |
| 1997-04-14 |        | 36    |                                 |            |        |        |         |         |
| 1997-04-15 |        | 35    |                                 |            |        |        | 18.2    |         |
| 1997-04-17 |        | 20    |                                 |            |        |        |         |         |
| 1997-04-20 |        | 42    |                                 |            |        |        |         |         |
| 1997-04-21 |        | 14    |                                 |            |        |        |         |         |
| 1997-04-22 |        | 45    |                                 |            |        |        | 18.3    |         |
| 1997-04-23 |        | 18    |                                 |            |        |        |         |         |
| 1997-04-26 |        | 53    | shari, charley, dick to chatham |            |        |        |         |         |
| 1997-04-27 |        | 39.1  | taborton 17:40                  |            |        |        |         |         |
| 1997-04-29 |        | 45    | om Verburg and Duane            |            |        |        | 17.3    |         |
| 1997-04-30 |        | 21.7  | snake hill                      |            |        |        |         |         |
| April      | 590.80 |       |                                 |            |        |        |         |         |
| 1997-05-04 |        | 35    |                                 |            |        |        |         |         |
| 1997-05-05 |        | 37    |                                 |            |        |        |         |         |
| 1997-05-06 |        | 40    |                                 |            |        |        |         |         |
| 1997-05-10 |        | 31    | blue factory                    |            |        |        |         |         |
| 1997-05-11 |        | 50    | jean beaudets                   |            |        |        |         |         |
| 1997-05-14 |        | 28    | oak hill 8minutes               |            |        |        |         |         |
| 1997-05-17 |        | 47.8  | rolling thru red rock           |            |        |        | 16.4    |         |
| 1997-05-18 |        | 37    | picnic .. babcock lake          |            |        |        |         |         |
| 1997-05-20 |        | 40    | dropped                         |            |        |        |         |         |
| 1997-05-23 |        | 25    |                                 |            |        |        |         |         |
| 1997-05-24 |        | 33    | 19mph                           |            |        |        |         |         |
| 1997-05-26 |        | 37.8  | taborton                        |            |        |        |         |         |
| 1997-05-27 |        | 44    | rode real well                  |            |        |        | 18.3    |         |
| 1997-05-29 |        | 26    | oak hill 7:20                   |            |        |        |         |         |
| 1997-05-31 |        | 30    | mt bike on roads, ormistons     |            |        |        |         |         |
| May        | 541.60 |       |                                 |            |        |        |         |         |
| 1997-06-02 |        | 26    |                                 |            |        |        |         |         |
| 1997-06-03 |        | 43    |                                 |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                            | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|------------------------------------|------------|--------|--------|---------|---------|
| 1997-06-06 |        | 54    | to catskills                       |            |        |        |         |         |
| 1997-06-07 |        | 21.1  | with richard                       |            |        |        |         |         |
| 1997-06-08 |        | 53    | from catskills                     |            |        |        |         |         |
| 1997-06-10 |        | 21.1  | white church                       |            |        |        | 17.1    |         |
| 1997-06-11 |        | 10    | philly                             |            |        |        |         |         |
| 1997-06-13 |        | 25    | southport                          |            |        |        |         |         |
| 1997-06-14 |        | 5     | southport                          |            |        |        |         |         |
| 1997-06-15 |        | 20    | statesville                        |            |        |        |         |         |
| 1997-06-16 |        | 20    | statesville                        |            |        |        |         |         |
| 1997-06-17 |        | 65    | mt mitchell 34 minutes             |            |        |        |         |         |
| 1997-06-21 |        | 35    | with bill schwarz                  |            |        |        |         |         |
| 1997-06-22 |        | 54    | kinderhook                         |            |        |        |         |         |
| 1997-06-24 |        | 45    | dropped                            |            |        |        | 18.5    |         |
| 1997-06-26 |        | 37    | taborton 16:40                     |            |        |        |         |         |
| June       | 534.20 |       |                                    |            |        |        |         |         |
| 1997-07-04 |        | 32.7  | recovered a bit                    |            |        |        |         |         |
| 1997-07-05 |        | 51    | babcock lake                       |            |        |        |         |         |
| 1997-07-06 |        | 34    | to saratoga further with toni      |            |        |        |         |         |
| 1997-07-08 |        | 42    |                                    |            |        |        |         |         |
| 1997-07-10 |        | 31.1  | blue factory .. 16 minutes         |            |        |        |         |         |
| 1997-07-12 |        | 35    | with Toni                          |            |        |        |         |         |
| 1997-07-13 |        | 28.7  | taborton 16:20 or so               |            |        |        |         |         |
| 1997-07-14 |        | 22.1  |                                    |            |        |        |         |         |
| 1997-07-15 |        | 35    | slow rode sweep                    |            |        |        |         |         |
| 1997-07-17 |        | 22    | oak hill 7                         |            |        |        |         |         |
| 1997-07-18 |        | 28    | castleton 9j                       |            |        |        |         |         |
| 1997-07-19 |        | 54    | lost buffalo                       |            |        |        |         |         |
| 1997-07-20 |        | 36.4  | greylock 63:30                     |            |        |        |         |         |
| 1997-07-22 |        | 50    |                                    |            |        |        | 17.0    |         |
| 1997-07-23 |        | 30    | Blue Factory 23 from restaurant    |            |        |        |         |         |
| 1997-07-26 |        | 34    | to delanson                        |            |        |        |         |         |
| 1997-07-28 |        | 34    | whiff of old factory oak hill 6:50 |            |        |        |         |         |
| 1997-07-29 |        | 50    | camel snake                        |            |        |        |         |         |
| 1997-07-31 |        | 27    | snake hill 14:35                   |            |        |        |         |         |
| July       | 677.00 |       |                                    |            |        |        |         |         |
| 1997-08-01 |        | 29    | watched empire state games race    |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                            | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|------------------------------------|------------|--------|--------|---------|---------|
| 1997-08-02 |        |       | 35 rt 150                          |            |        |        |         |         |
| 1997-08-03 |        | 36.6  | Greylock the hard way; got dropped |            |        |        |         |         |
| 1997-08-05 |        | 44    |                                    |            |        |        |         |         |
| 1997-08-07 |        | 32    | north road, snake hill             |            |        |        |         |         |
| 1997-08-09 |        | 38    | castelton                          |            |        |        |         |         |
| 1997-08-10 |        | 39.2  | taborton                           |            |        |        |         |         |
| 1997-08-12 |        | 43    | to Lenox                           |            |        |        |         |         |
| 1997-08-14 |        | 80    | Williamstown                       |            |        |        |         |         |
| 1997-08-15 |        | 25    | met inge, doug, wade               |            |        |        |         |         |
| 1997-08-16 |        | 48    | John Petiets ride ... did good     |            |        |        |         |         |
| 1997-08-19 |        | 35    | whiff of olfactory                 |            |        |        |         |         |
| 1997-08-23 |        | 44    | columbia country back roads        |            |        |        |         |         |
| 1997-08-26 |        | 35    |                                    |            |        |        |         |         |
| 1997-08-29 |        | 25    |                                    |            |        |        |         |         |
| 1997-08-30 |        | 82.6  | to Ken Ormiston's ride and back    |            |        |        |         |         |
| 1997-08-31 |        | 28.6  | just around                        |            |        |        |         |         |
| August     | 700.00 |       |                                    |            |        |        |         |         |
| 1997-09-02 |        |       | 40 led ride                        |            |        |        |         |         |
| 1997-09-05 |        | 16    |                                    |            |        |        |         |         |
| 1997-09-06 |        | 32    |                                    |            |        |        |         |         |
| 1997-09-07 |        | 9     | sues birthday                      |            |        |        |         |         |
| 1997-09-09 |        | 5     | crashed chain broke                |            |        |        |         |         |
| 1997-09-13 |        | 43.6  | to grafton mt. bike fest.          |            |        |        |         |         |
| 1997-09-14 |        | 41    | castelton, schodack                |            |        |        |         |         |
| 1997-09-16 |        | 32    |                                    |            |        |        |         |         |
| 1997-09-20 |        | 31    |                                    |            |        |        |         |         |
| September  | 249.60 |       |                                    |            |        |        |         |         |
| 1997-10-07 |        | 12    | knee still                         |            |        |        |         |         |
| 1997-10-10 |        | 9     |                                    |            |        |        |         |         |
| 1997-10-11 |        | 32    | with Shari                         |            |        |        |         |         |
| 1997-10-14 |        | 26    | castleton                          |            |        |        | 15.2    |         |
| 1997-10-19 |        | 32    | last Tuesday ride                  |            |        |        |         |         |
| 1997-10-21 |        | 25    | mt bike                            |            |        |        |         |         |
| October    | 136.00 |       |                                    |            |        |        |         |         |
| 1997-11-29 |        | 15    |                                    |            |        |        |         |         |
| November   | 15.00  |       |                                    |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       |            | totals  | Miles | comment                  | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|------------|---------|-------|--------------------------|------------|--------|--------|---------|---------|
|            | 1997 Total | 3692.60 |       |                          |            |        |        |         |         |
| 1996-01-01 |            |         |       | 10 on mt bike            |            |        |        |         |         |
|            | January    | 10.00   |       |                          |            |        |        |         |         |
| 1996-02-10 |            |         |       | 15 rode up to ski area   |            |        |        |         |         |
| 1996-02-23 |            |         |       | 25 numerous mechanicals  |            |        |        |         |         |
|            | February   | 40.00   |       |                          |            |        |        |         |         |
| 1996-03-18 |            |         |       | 25 mt bike               |            |        |        |         |         |
| 1996-03-24 |            |         |       | 10                       |            |        |        |         |         |
| 1996-03-29 |            |         |       | 10 N. Columbia           |            |        |        |         |         |
| 1996-03-30 |            |         |       | 30 1st tuesday rode good |            |        |        |         |         |
|            | March      | 75.00   |       |                          |            |        |        |         |         |
| 1996-04-02 |            |         |       | 30 cindy wahns ride      |            |        |        |         |         |
| 1996-04-06 |            |         |       | 40 mt bike               |            |        |        |         |         |
| 1996-04-07 |            |         |       | 9                        |            |        |        |         |         |
| 1996-04-09 |            |         |       | 30                       |            |        |        |         |         |
| 1996-04-11 |            |         |       | 30                       |            |        |        |         |         |
| 1996-04-15 |            |         |       | 30                       |            |        |        |         |         |
| 1996-04-18 |            |         |       | 26 taborton 19:30        |            |        |        |         |         |
| 1996-04-20 |            |         |       | 6 just around house      |            |        |        |         |         |
| 1996-04-21 |            |         |       | 40 n. columbia county    |            |        |        |         |         |
| 1996-04-25 |            |         |       | 48 llamas, buffalo       |            |        |        |         |         |
| 1996-04-27 |            |         |       | 41 schodack              |            |        |        |         |         |
| 1996-04-28 |            |         |       | 36 taborton 17:42        |            |        |        |         |         |
|            | April      | 366.00  |       |                          |            |        |        |         |         |
| 1996-05-01 |            |         |       | 30                       |            |        |        |         |         |
| 1996-05-02 |            |         |       | 30 blue factory          |            |        |        |         |         |
| 1996-05-04 |            |         |       | 30 in rain               |            |        |        |         |         |
| 1996-05-05 |            |         |       | 40 4 chathams            |            |        |        |         |         |
| 1996-05-07 |            |         |       | 38                       |            |        |        |         |         |
| 1996-05-14 |            |         |       | 35                       |            |        |        |         |         |
| 1996-05-18 |            |         |       | 50 rain                  |            |        |        |         |         |
| 1996-05-19 |            |         |       | 57 sharis house          |            |        |        |         |         |
| 1996-05-21 |            |         |       | 34                       |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                          | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|----------------------------------|------------|--------|--------|---------|---------|
| 1996-05-24 |        |       | 40 taborton pre-ride 17:45       |            |        |        |         |         |
| 1996-05-25 |        |       | 40 tab. 17:50 or so up           |            |        |        | 16.0    |         |
| 1996-05-26 |        |       | 42 chathams                      |            |        |        |         |         |
| 1996-05-28 |        |       | 42 road good                     |            |        |        |         |         |
| May        | 508.00 |       |                                  |            |        |        |         |         |
| 1996-06-01 |        |       | 55 albany county king of mt ride |            |        |        |         |         |
| 1996-06-02 |        | 21.1  | white church 17.1 mph            |            |        |        | 17.1    |         |
| 1996-06-04 |        | 35    |                                  |            |        |        |         |         |
| 1996-06-07 |        |       | 56 to catskills                  |            |        |        |         |         |
| 1996-06-08 |        | 21    |                                  |            |        |        |         |         |
| 1996-06-09 |        | 17.5  | with richard                     |            |        |        |         |         |
| 1996-06-11 |        | 43    | tstawassas                       |            |        |        |         |         |
| 1996-06-14 |        | 12    | titanium                         |            |        |        |         |         |
| 1996-06-15 |        | 31    | north road                       |            |        |        |         |         |
| 1996-06-16 |        | 40.7  | taborton 16:22                   |            |        |        |         |         |
| 1996-06-18 |        | 43    |                                  |            |        |        |         |         |
| 1996-06-21 |        | 24    |                                  |            |        |        |         |         |
| 1996-06-22 |        | 41    | columbia county                  |            |        |        |         |         |
| 1996-06-23 |        | 53.5  | babcock lake                     |            |        |        |         |         |
| 1996-06-25 |        | 33    | oak hill                         |            |        |        |         |         |
| 1996-06-26 |        | 26.5  | roaser                           |            |        |        |         |         |
| 1996-06-29 |        | 30    | blue factory                     |            |        |        |         |         |
| June       | 583.30 |       |                                  |            |        |        |         |         |
| 1996-07-02 |        | 45    |                                  |            |        |        |         |         |
| 1996-07-05 |        | 22    | white church                     |            |        |        |         |         |
| 1996-07-06 |        | 62    | columbia county                  |            |        |        | 17.6    |         |
| 1996-07-07 |        | 32    | momrow kipple                    |            |        |        |         |         |
| 1996-07-09 |        | 40    |                                  |            |        |        |         |         |
| 1996-07-10 |        | 14    |                                  |            |        |        |         |         |
| 1996-07-11 |        | 50    | toad point!                      |            |        |        |         |         |
| 1996-07-12 |        | 22    | white church                     |            |        |        |         |         |
| 1996-07-14 |        | 43    | tanglewood with steve ras 16 mph |            |        |        |         |         |
| 1996-07-16 |        | 40    | road good                        |            |        |        |         |         |
| 1996-07-18 |        | 40    | taborton 16:20                   |            |        |        |         |         |
| 1996-07-20 |        | 30    | another stupid day               |            |        |        |         |         |
| 1996-07-21 |        | 25    | snake hill 15:20                 |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                            | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|------------------------------------|------------|--------|--------|---------|---------|
| 1996-07-22 |        | 20    |                                    |            |        |        |         |         |
| 1996-07-23 |        | 40    | Tuesday twister                    |            |        |        |         |         |
| 1996-07-26 |        | 20    | snake hill 14:30                   |            |        |        |         |         |
| 1996-07-27 |        | 40    | taborton 16:30                     |            |        |        |         |         |
| 1996-07-28 |        | 30    |                                    |            |        |        |         |         |
| July       | 615.00 |       |                                    |            |        |        |         |         |
| 1996-08-04 |        | 32.2  |                                    |            |        |        |         |         |
| 1996-08-05 |        | 22.2  |                                    |            |        |        |         |         |
| 1996-08-09 |        | 44.4  | kokee climb                        |            |        |        |         |         |
| 1996-08-10 |        | 36.4  |                                    |            |        |        |         |         |
| 1996-08-11 |        | 17.4  |                                    |            |        |        |         |         |
| 1996-08-12 |        | 28.4  |                                    |            |        |        |         |         |
| 1996-08-13 |        | 27.7  | waileau falls                      |            |        |        |         |         |
| 1996-08-15 |        | 18    |                                    |            |        |        |         |         |
| 1996-08-18 |        | 46.1  | grafton                            |            |        |        |         |         |
| 1996-08-20 |        | 22    | to tcs                             |            |        |        |         |         |
| 1996-08-21 |        | 49.5  | Greylock 59:50                     |            |        |        |         |         |
| 1996-08-22 |        | 40    | greylock with shari and charley    |            |        |        |         |         |
| 1996-08-24 |        | 21.4  | white church                       |            |        |        | 17.0    |         |
| 1996-08-25 |        | 40.6  | taborton 16:25                     |            |        |        |         |         |
| 1996-08-27 |        | 39    | castleton                          |            |        |        | 18.8    |         |
| 1996-08-29 |        | 23    |                                    |            |        |        |         |         |
| 1996-08-31 |        | 42.8  |                                    |            |        |        |         |         |
| August     | 551.10 |       |                                    |            |        |        |         |         |
| 1996-09-01 |        | 49.6  |                                    |            |        |        | 15.9    |         |
| 1996-09-02 |        | 24.8  | snake hill 13:40                   |            |        |        |         |         |
| 1996-09-03 |        | 40    |                                    |            |        |        |         |         |
| 1996-09-08 |        | 22    | sues 50th                          |            |        |        |         |         |
| 1996-09-10 |        | 35    |                                    |            |        |        |         |         |
| 1996-09-12 |        | 25    |                                    |            |        |        |         |         |
| 1996-09-14 |        | 13    | mt bike festival                   |            |        |        |         |         |
| 1996-09-15 |        | 59.1  | stung by yellow jacket tomohannock |            |        |        |         |         |
| 1996-09-17 |        | 39    |                                    |            |        |        |         |         |
| 1996-09-19 |        | 25    |                                    |            |        |        |         |         |
| 1996-09-21 |        | 49    | toad point ride                    |            |        |        |         |         |
| 1996-09-22 |        | 19    |                                    |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment                      | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|------------------------------|------------|--------|--------|---------|---------|
| 1996-09-25 |         |       | 22                           |            |        |        |         |         |
| 1996-09-28 |         |       | 60 just peaches              |            |        |        |         |         |
| 1996-09-29 |         |       | 40 taborton                  |            |        |        |         |         |
| September  | 522.50  |       |                              |            |        |        |         |         |
| 1996-10-01 |         |       | 55 33 mile tues ride plus 22 |            |        |        | 19.2    |         |
| 1996-10-05 |         |       | 80 Greylock (climb 67 (:)    |            |        |        |         |         |
| 1996-10-08 |         |       | 26 in rain                   |            |        |        |         |         |
| 1996-10-12 |         |       | 36 to thompsons lake         |            |        |        |         |         |
| 1996-10-13 |         |       | 26 oak hill                  |            |        |        |         |         |
| 1996-10-14 |         |       | 21                           |            |        |        |         |         |
| 1996-10-15 |         |       | 28                           |            |        |        |         |         |
| 1996-10-18 |         |       | 42 to saratoga               |            |        |        |         |         |
| 1996-10-22 |         |       | 26                           |            |        |        |         |         |
| 1996-10-26 |         |       | 20 lake george with corey    |            |        |        |         |         |
| 1996-10-27 |         |       | 32 north road                |            |        |        |         |         |
| October    | 392.00  |       |                              |            |        |        |         |         |
| 1996-11-02 |         |       | 12 down to office            |            |        |        |         |         |
| 1996-11-03 |         |       | 16 poestenkill mt. bike      |            |        |        |         |         |
| 1996-11-09 |         |       | 12 mt bike                   |            |        |        |         |         |
| 1996-11-11 |         |       | 15 mt bike                   |            |        |        |         |         |
| 1996-11-24 |         |       | 10 mt bike                   |            |        |        |         |         |
| 1996-11-28 |         |       | 9 mt bike                    |            |        |        |         |         |
| 1996-11-29 |         |       | 15 mt bike                   |            |        |        |         |         |
| November   | 89.00   |       |                              |            |        |        |         |         |
| 1996-12-15 |         |       | 12 mt bike                   |            |        |        |         |         |
| 1996-12-25 |         |       | 9 mt bike                    |            |        |        |         |         |
| 1996-12-26 |         |       | 12 mt bike                   |            |        |        |         |         |
| 1996-12-29 |         |       | 12 mt bike                   |            |        |        |         |         |
| December   | 45.00   |       |                              |            |        |        |         |         |
| 1996 Total | 3796.90 |       |                              |            |        |        |         |         |
| 1995-01-01 |         |       | 14                           |            |        |        |         |         |
| 1995-01-08 |         |       | 14                           |            |        |        |         |         |
| 1995-01-14 |         |       | 18.6                         |            |        |        |         |         |
| 1995-01-22 |         |       | 6 mt bike on power line      |            |        |        |         |         |



Frank Kelly's cycling mileage

| Date       |          | totals | Miles | comment               | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|----------|--------|-------|-----------------------|------------|--------|--------|---------|---------|
|            | January  | 52.60  |       |                       |            |        |        |         |         |
| 1995-02-18 |          |        | 38    |                       |            |        |        |         |         |
| 1995-02-19 |          |        | 20.8  |                       |            |        |        |         |         |
| 1995-02-20 |          |        | 23.8  |                       |            |        |        |         |         |
| 1995-02-22 |          |        | 15    |                       |            |        |        |         |         |
| 1995-02-23 |          |        | 15    |                       |            |        |        |         |         |
| 1995-02-24 |          |        | 15    |                       |            |        |        |         |         |
| 1995-02-25 |          |        | 15    |                       |            |        |        |         |         |
| 1995-02-26 |          |        | 5     |                       |            |        |        |         |         |
|            | February | 147.60 |       |                       |            |        |        |         |         |
| 1995-03-03 |          |        |       | 9 mt bike after work  |            |        |        |         |         |
| 1995-03-04 |          |        | 23.8  | road bike             |            |        |        |         |         |
| 1995-03-05 |          |        | 39    | charley, shari        |            |        |        | 15.3    |         |
| 1995-03-09 |          |        | 12    | mt bike               |            |        |        |         |         |
| 1995-03-11 |          |        | 15    | mt bike               |            |        |        |         |         |
| 1995-03-12 |          |        | 35    | road bike new chain   |            |        |        |         |         |
| 1995-03-13 |          |        | 9     | edwards               |            |        |        |         |         |
| 1995-03-14 |          |        | 12.9  | best                  |            |        |        |         |         |
| 1995-03-15 |          |        | 9     | edwards ,, flat       |            |        |        |         |         |
| 1995-03-16 |          |        | 16    |                       |            |        |        |         |         |
| 1995-03-18 |          |        | 29    | John Petiets ride     |            |        |        |         |         |
| 1995-03-19 |          |        | 37    | excess baggage ride   |            |        |        | 16.5    |         |
| 1995-03-22 |          |        | 16    |                       |            |        |        |         |         |
| 1995-03-25 |          |        | 32    | bensons ride          |            |        |        |         |         |
| 1995-03-26 |          |        | 19.1  | flatted               |            |        |        |         |         |
| 1995-03-27 |          |        | 18.7  |                       |            |        |        | 15.0    |         |
| 1995-03-28 |          |        | 16.6  |                       |            |        |        |         |         |
| 1995-03-29 |          |        | 16    |                       |            |        |        |         |         |
|            | March    | 365.10 |       |                       |            |        |        |         |         |
| 1995-04-01 |          |        | 58.8  | sharis ride           |            |        |        |         |         |
| 1995-04-02 |          |        | 35    | taborton              |            |        |        |         |         |
| 1995-04-06 |          |        | 18.7  |                       |            |        |        |         |         |
| 1995-04-09 |          |        | 35.3  | castelton             |            |        |        | 15.8    |         |
| 1995-04-10 |          |        | 21.2  |                       |            |        |        |         |         |
| 1995-04-11 |          |        | 38    |                       |            |        |        | 17.7    |         |
| 1995-04-15 |          |        | 46.2  | glenn berningers ride |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                          | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|----------------------------------|------------|--------|--------|---------|---------|
| 1995-04-16 |        | 29.2  | taborton 17:05                   |            |        |        |         |         |
| 1995-04-17 |        | 23    | oak hill                         |            |        |        |         |         |
| 1995-04-18 |        | 36    |                                  |            |        |        |         |         |
| 1995-04-23 |        | 26    | on the road again                |            |        |        |         |         |
| 1995-04-24 |        | 25    |                                  |            |        |        |         |         |
| 1995-04-25 |        | 40    | dropped                          |            |        |        |         |         |
| 1995-04-26 |        | 30    | whiff old factory                |            |        |        |         |         |
| 1995-04-27 |        | 21    | church rd. 16.5                  |            |        |        |         |         |
| 1995-04-29 |        | 47.7  | skyline, dropped terrible        |            |        |        |         |         |
| 1995-04-30 |        | 36.3  | hoags corners alone              |            |        |        |         |         |
| April      | 567.40 |       |                                  |            |        |        |         |         |
| 1995-05-03 |        | 36.4  | Taborton 18:15                   |            |        |        |         |         |
| 1995-05-06 |        | 88    | rens perimeter cramped           |            |        |        | 16.4    |         |
| 1995-05-07 |        | 30    |                                  |            |        |        |         |         |
| 1995-05-09 |        | 42    |                                  |            |        |        |         |         |
| 1995-05-10 |        | 6     | mt bike                          |            |        |        |         |         |
| 1995-05-12 |        | 51.6  | berlin petersburg                |            |        |        |         |         |
| 1995-05-13 |        | 36.6  | taborton 17:56                   |            |        |        |         |         |
| 1995-05-14 |        | 70    | to voorhesville then petiet ride |            |        |        |         |         |
| 1995-05-16 |        | 21    | dropped off tuesday ride         |            |        |        |         |         |
| 1995-05-20 |        | 36    | bleeding                         |            |        |        |         |         |
| 1995-05-21 |        | 21    |                                  |            |        |        |         |         |
| 1995-05-27 |        | 27    | watched snake hill ride          |            |        |        |         |         |
| 1995-05-28 |        | 28.9  |                                  |            |        |        |         |         |
| 1995-05-30 |        | 40    |                                  |            |        |        |         |         |
| 1995-05-31 |        | 20.8  | white church                     |            |        |        |         | 15.3    |
| May        | 555.30 |       |                                  |            |        |        |         |         |
| 1995-06-01 |        | 26.8  | castleton                        |            |        |        |         |         |
| 1995-06-03 |        | 26.3  | north road                       |            |        |        |         |         |
| 1995-06-04 |        | 38    | andy janz casual ride (so so)    |            |        |        |         |         |
| 1995-06-06 |        | 38    | dropped badly                    |            |        |        |         |         |
| 1995-06-10 |        | 15    | with cousins                     |            |        |        |         |         |
| 1995-06-11 |        | 20    |                                  |            |        |        |         |         |
| 1995-06-14 |        | 27.8  |                                  |            |        |        |         |         |
| 1995-06-15 |        | 31    |                                  |            |        |        |         |         |
| 1995-06-16 |        | 39    | taborton 18:45                   |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                          | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|----------------------------------|------------|--------|--------|---------|---------|
| 1995-06-17 |        | 26.8  |                                  |            |        |        |         |         |
| 1995-06-18 |        | 41.2  | nassau & around                  |            |        |        |         |         |
| 1995-06-19 |        | 20.8  |                                  |            |        |        |         |         |
| 1995-06-20 |        | 38    | dropped                          |            |        |        |         |         |
| 1995-06-24 |        | 38.5  |                                  |            |        |        |         |         |
| 1995-06-25 |        | 42    |                                  |            |        |        |         |         |
| 1995-06-27 |        | 47    |                                  |            |        |        |         |         |
| 1995-06-28 |        | 35    | blue factory, bolson             |            |        |        |         |         |
| June       | 551.20 |       |                                  |            |        |        |         |         |
| 1995-06-30 |        | 18    |                                  |            |        |        |         |         |
| 1995-07-01 |        | 46.9  | rolling to red rock              |            |        |        | 17.2    |         |
| 1995-07-02 |        | 35    |                                  |            |        |        |         |         |
| 1995-07-04 |        | 31    |                                  |            |        |        |         |         |
| 1995-07-07 |        | 23    |                                  |            |        |        |         |         |
| 1995-07-08 |        | 76    | peace pagoda (doing much better) |            |        |        |         |         |
| 1995-07-09 |        | 37.4  | momrow, kipple                   |            |        |        |         |         |
| 1995-07-11 |        | 42    | north, catlin, taborton, roaser  |            |        |        |         |         |
| 1995-07-12 |        | 30    |                                  |            |        |        |         |         |
| 1995-07-14 |        | 33    | tonis house 99 degrees           |            |        |        |         |         |
| 1995-07-18 |        | 40    |                                  |            |        |        | 18.2    |         |
| 1995-07-19 |        | 33.6  | blue factory, snake              |            |        |        |         |         |
| 1995-07-22 |        | 66.5  | to moreau 16 mph                 |            |        |        | 16.0    |         |
| 1995-07-23 |        | 8     | t storm                          |            |        |        |         |         |
| 1995-07-25 |        | 40    | rens ridges                      |            |        |        |         |         |
| 1995-07-28 |        | 29    |                                  |            |        |        |         |         |
| 1995-07-29 |        | 51    | 18.1 mph                         |            |        |        |         |         |
| 1995-07-30 |        | 33    | taborton, kipple, walk           |            |        |        |         |         |
| July       | 673.40 |       |                                  |            |        |        |         |         |
| 1995-08-01 |        | 41    |                                  |            |        |        |         |         |
| 1995-08-06 |        | 22    | maine                            |            |        |        |         |         |
| 1995-08-07 |        | 28    |                                  |            |        |        |         |         |
| 1995-08-08 |        | 36    |                                  |            |        |        |         |         |
| 1995-08-09 |        | 47    | jerry died!                      |            |        |        |         |         |
| 1995-08-10 |        | 32    |                                  |            |        |        |         |         |
| 1995-08-11 |        | 22    |                                  |            |        |        |         |         |
| 1995-08-14 |        | 25.5  | oak hill                         |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                            | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|------------------------------------|------------|--------|--------|---------|---------|
| 1995-08-15 |        |       | 36 taborton 16:48                  |            |        |        |         |         |
| 1995-08-16 |        |       | 48 greylock 1:03:30                |            |        |        |         |         |
| 1995-08-17 |        | 27.1  |                                    |            |        |        |         |         |
| 1995-08-18 |        | 27    |                                    |            |        |        |         |         |
| 1995-08-19 |        | 79    | schen. perimeter 17.1 stayed up!   |            |        |        | 17.1    |         |
| 1995-08-20 |        | 41.2  | tanglewood                         |            |        |        |         |         |
| 1995-08-22 |        | 40    | road good                          |            |        |        |         |         |
| 1995-08-23 |        | 24.6  |                                    |            |        |        |         |         |
| 1995-08-25 |        | 15.7  |                                    |            |        |        |         |         |
| 1995-08-26 |        | 80    | cooperstown                        |            |        |        | 17.2    |         |
| 1995-08-28 |        | 42    |                                    |            |        |        |         |         |
| 1995-08-29 |        | 42    |                                    |            |        |        |         |         |
| August     | 756.10 |       |                                    |            |        |        |         |         |
| 1995-09-01 |        |       | 21 white church 17 mph             |            |        |        | 17.0    |         |
| 1995-09-02 |        |       | 86 just peaches + ride to and from |            |        |        |         |         |
| 1995-09-03 |        |       | 20 snake hill                      |            |        |        |         |         |
| 1995-09-05 |        |       | 32 18 but still dropped            |            |        |        | 18.0    |         |
| 1995-09-06 |        |       | 33 met doug leith Taborton 16:45   |            |        |        |         |         |
| 1995-09-10 |        |       | 60 metric at 17 mph                |            |        |        | 17.0    |         |
| 1995-09-16 |        |       | 8 new mt bike                      |            |        |        |         |         |
| 1995-09-17 |        |       | 20 road bike agin                  |            |        |        |         |         |
| 1995-09-18 |        |       | 25 roaser                          |            |        |        |         |         |
| 1995-09-20 |        |       | 20 white church                    |            |        |        |         |         |
| 1995-09-23 |        |       | 42 taborton reverso                |            |        |        |         |         |
| 1995-09-24 |        |       | 46 tomhannock                      |            |        |        |         |         |
| 1995-09-25 |        | 21.1  | snake hill 14:53                   |            |        |        |         |         |
| 1995-09-29 |        | 38.4  | afternoon off                      |            |        |        |         |         |
| 1995-09-30 |        | 46.1  |                                    |            |        |        |         |         |
| September  | 518.60 |       |                                    |            |        |        |         |         |
| 1995-10-01 |        |       | 34 to nassau                       |            |        |        |         |         |
| 1995-10-02 |        | 22.1  |                                    |            |        |        |         |         |
| 1995-10-04 |        | 10    | mt bike                            |            |        |        |         |         |
| 1995-10-06 |        | 14.6  |                                    |            |        |        |         |         |
| 1995-10-07 |        | 81    | greylock                           |            |        |        |         |         |
| 1995-10-09 |        | 30    |                                    |            |        |        |         |         |
| 1995-10-11 |        | 5     | mt bike                            |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment                            | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|------------------------------------|------------|--------|--------|---------|---------|
| 1995-10-12 |         |       | 20                                 |            |        |        |         |         |
| 1995-10-15 |         |       | 42 stratton mt                     |            |        |        |         |         |
| 1995-10-17 |         | 34.7  | 18 mph shari, dick                 |            |        |        | 18.0    |         |
| 1995-10-18 |         |       | 10 mt bike                         |            |        |        |         |         |
| 1995-10-23 |         |       | 20 snake hill 15:02                |            |        |        |         |         |
| 1995-10-24 |         |       | 25 last tuesday                    |            |        |        |         |         |
| 1995-10-26 |         |       | 10 mt bike                         |            |        |        |         |         |
| October    | 358.40  |       |                                    |            |        |        |         |         |
| 1995-11-05 |         | 27.8  |                                    |            |        |        |         |         |
| 1995-11-19 |         |       | 10 mt bike on road                 |            |        |        |         |         |
| 1995-11-25 |         |       | 16                                 |            |        |        |         |         |
| 1995-11-26 |         |       | 15                                 |            |        |        |         |         |
| November   | 68.80   |       |                                    |            |        |        |         |         |
| 1995-12-03 |         |       | 10                                 |            |        |        |         |         |
| 1995-12-10 |         |       | 10                                 |            |        |        |         |         |
| 1995-12-24 |         |       | 10                                 |            |        |        |         |         |
| 1995-12-31 |         |       | 15 poestenkill                     |            |        |        |         |         |
| December   | 45.00   |       |                                    |            |        |        |         |         |
| 1995 Total | 4659.50 |       |                                    |            |        |        |         |         |
| 1994-02-05 |         |       | 11 !rode hidley edwards 30 degrees |            |        |        |         |         |
| 1994-02-06 |         |       | 12 again back not perfect          |            |        |        |         |         |
| 1994-02-19 |         |       | 12                                 |            |        |        |         |         |
| 1994-02-20 |         |       | 25 taborton                        |            |        |        |         |         |
| 1994-02-21 |         |       | 10                                 |            |        |        |         |         |
| February   | 70.00   |       |                                    |            |        |        |         |         |
| 1994-03-13 |         |       | 20 rt 150 to best ran into inge    |            |        |        |         |         |
| 1994-03-20 |         |       | 25 rt 151, 150 mt bike             |            |        |        |         |         |
| 1994-03-23 |         |       | 13 weatherwax 1 hour               |            |        |        |         |         |
| 1994-03-24 |         |       | 13 same                            |            |        |        |         |         |
| 1994-03-25 |         |       | 5 test road bike in wind           |            |        |        |         |         |
| 1994-03-26 |         |       | 35 berninger coeymans 16mph        |            |        |        |         |         |
| 1994-03-28 |         |       | 18 150 151 best                    |            |        |        |         |         |
| 1994-03-29 |         |       | 18                                 |            |        |        |         |         |
| 1994-03-30 |         |       | 18                                 |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                              | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|--------------------------------------|------------|--------|--------|---------|---------|
| 1994-03-31 |        | 20.8  | white church                         |            |        |        |         |         |
| March      | 185.80 |       |                                      |            |        |        |         |         |
| 1994-04-02 |        | 25.6  |                                      |            |        |        |         |         |
| 1994-04-04 |        | 26    | e Poestenskill                       |            |        |        |         |         |
| 1994-04-05 |        | 34    | Tuesday ride!                        |            |        |        |         |         |
| 1994-04-07 |        | 30    |                                      |            |        |        |         |         |
| 1994-04-09 |        | 35    |                                      |            |        |        |         |         |
| 1994-04-11 |        | 30    | blue factory                         |            |        |        |         |         |
| 1994-04-12 |        | 17    | in rain                              |            |        |        |         |         |
| 1994-04-15 |        | 61.2  | 9j                                   |            |        |        |         |         |
| 1994-04-16 |        | 18.2  |                                      |            |        |        |         |         |
| 1994-04-17 |        | 5     | snow ras ride                        |            |        |        |         |         |
| 1994-04-18 |        | 25    | taborton 16:50                       |            |        |        |         |         |
| 1994-04-19 |        | 26    | rain                                 |            |        |        |         |         |
| 1994-04-21 |        | 34    |                                      |            |        |        |         |         |
| 1994-04-23 |        | 76    | Sghaticoke ride Ben Hill to and from |            |        |        |         |         |
| 1994-04-24 |        | 24.4  | taborton back way                    |            |        |        |         |         |
| 1994-04-26 |        | 41    | schodack 17mph                       |            |        |        | 17.0    |         |
| 1994-04-27 |        | 87.5  | rens perimeter                       |            |        |        |         |         |
| 1994-04-30 |        | 48    | tivoli ride                          |            |        |        |         |         |
| April      | 643.90 |       |                                      |            |        |        |         |         |
| 1994-05-02 |        | 25    | oak hill, taborton                   |            |        |        |         |         |
| 1994-05-03 |        | 40    | greenman hill                        |            |        |        |         |         |
| 1994-05-05 |        | 31    | blue factory, snake hill             |            |        |        |         |         |
| 1994-05-07 |        | 88    | rens perimeter (10 riders, 17 mph)   |            |        |        | 17.0    |         |
| 1994-05-10 |        | 44    |                                      |            |        |        |         |         |
| 1994-05-11 |        | 25    | taborton 16:56                       |            |        |        |         |         |
| 1994-05-14 |        | 66    | jericho valley (dropped)             | 4450       |        |        | 14.5    |         |
| 1994-05-16 |        | 20    | white church                         |            |        |        | 15.9    |         |
| 1994-05-17 |        | 40    | dropped, bleeding                    |            |        |        |         |         |
| 1994-05-19 |        | 30    | taborton 20                          |            |        |        |         |         |
| 1994-05-20 |        | 16.8  |                                      |            |        |        |         |         |
| 1994-05-21 |        | 36.8  |                                      |            |        |        |         |         |
| 1994-05-22 |        | 32    | taborton via oak hill and back       |            |        |        |         |         |
| 1994-05-23 |        | 20    |                                      |            |        |        |         |         |
| 1994-05-24 |        | 30    | dropped on blue factory              |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                            | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|------------------------------------|------------|--------|--------|---------|---------|
| 1994-05-27 |        | 20    |                                    |            |        |        |         |         |
| 1994-05-28 |        | 21    |                                    |            |        |        |         |         |
| 1994-05-29 |        | 61.4  |                                    |            |        |        |         |         |
| 1994-05-30 |        | 17.6  |                                    |            |        |        |         |         |
| 1994-05-31 |        | 45    | better not great                   |            |        |        |         |         |
| May        | 709.60 |       |                                    |            |        |        |         |         |
| 1994-06-01 |        | 36.3  | taborton 18:33                     |            |        |        |         |         |
| 1994-06-04 |        | 63.6  | steph see-saw, improving           |            |        |        |         |         |
| 1994-06-05 |        | 29.6  |                                    |            |        |        |         |         |
| 1994-06-07 |        | 36.1  |                                    |            |        |        |         |         |
| 1994-06-08 |        | 36.3  | taborton 17:13                     |            |        |        |         |         |
| 1994-06-10 |        | 20.8  | white church 16.6 avg!             |            |        |        | 16.6    |         |
| 1994-06-11 |        | 42    | catskills down dev. kitchen        |            |        |        |         |         |
| 1994-06-13 |        | 19.5  | snake hill                         |            |        |        |         |         |
| 1994-06-14 |        | 33    | castleton                          |            |        |        |         |         |
| 1994-06-15 |        | 38.5  | taborton loop                      |            |        |        |         |         |
| 1994-06-17 |        | 37    | Greylock                           |            |        |        |         |         |
| 1994-06-18 |        | 28    |                                    |            |        |        |         |         |
| 1994-06-19 |        | 22    |                                    |            |        |        |         |         |
| 1994-06-20 |        | 23    |                                    |            |        |        |         |         |
| 1994-06-21 |        | 35    |                                    |            |        |        | 17.4    |         |
| 1994-06-25 |        | 40    | taborton 17:44                     |            |        |        |         |         |
| 1994-06-26 |        | 36    | taborton reverse                   |            |        |        |         |         |
| 1994-06-27 |        | 15    | snake hill                         |            |        |        |         |         |
| 1994-06-28 |        | 41    | moonlawn, snake                    |            |        |        | 17.4    |         |
| 1994-06-29 |        | 56    | berlin stephentown charlie & shari |            |        |        |         |         |
| June       | 688.70 |       |                                    |            |        |        |         |         |
| 1994-07-02 |        | 41.6  | barb bensons ride                  |            |        |        |         |         |
| 1994-07-03 |        | 28    |                                    |            |        |        |         |         |
| 1994-07-04 |        | 31.2  | with mark & pat                    |            |        |        |         |         |
| 1994-07-05 |        | 36    | roaser roaster                     |            |        |        |         |         |
| 1994-07-09 |        | 45    | with Mark Settles hill             |            |        |        |         |         |
| 1994-07-10 |        | 35    | Saratoga bbs disaster day          |            |        |        |         |         |
| 1994-07-12 |        | 37    | taborton led                       |            |        |        |         |         |
| 1994-07-16 |        | 48    | tim dormandys ride                 |            |        |        |         |         |
| 1994-07-17 |        | 25    | taborton 16:28                     |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                 | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|-------------------------|------------|--------|--------|---------|---------|
| 1994-07-19 |        | 37    | williamstown            |            |        |        |         |         |
| 1994-07-20 |        | 25    |                         |            |        |        |         |         |
| 1994-07-21 |        | 25    |                         |            |        |        |         |         |
| 1994-07-24 |        | 37    | taborton reverse        |            |        |        | 20.0    |         |
| 1994-07-25 |        | 30    | shari & dick            |            |        |        |         |         |
| 1994-07-26 |        | 40    | 19 mph Tim crashed      |            |        |        | 19.0    |         |
| 1994-07-30 |        | 42.6  | taborton reverso        |            |        |        |         |         |
| July       | 563.40 |       |                         |            |        |        |         |         |
| 1994-08-02 |        | 29.6  | caught in storm         |            |        |        |         |         |
| 1994-08-03 |        | 20    | cable frayed            |            |        |        |         |         |
| 1994-08-06 |        | 79    | tri-state ride          |            |        |        |         |         |
| 1994-08-07 |        | 43    | casual bethlehem ride   |            |        |        |         |         |
| 1994-08-09 |        | 44    |                         |            |        |        |         |         |
| 1994-08-11 |        | 31.1  |                         |            |        |        |         |         |
| 1994-08-13 |        | 38.2  | taborton                |            |        |        |         |         |
| 1994-08-15 |        | 20    |                         |            |        |        |         |         |
| 1994-08-16 |        | 70    | adirondacks             |            |        |        |         |         |
| 1994-08-17 |        | 25    | whiteface               |            |        |        |         |         |
| 1994-08-20 |        | 36    |                         |            |        |        |         |         |
| 1994-08-21 |        | 20.7  | white church            |            |        |        | 16.8    |         |
| 1994-08-22 |        | 32.6  | blue factory            |            |        |        |         |         |
| 1994-08-23 |        | 45    | 18 plus                 |            |        |        | 18.0    |         |
| 1994-08-24 |        | 24.6  | taborton                |            |        |        |         |         |
| 1994-08-26 |        | 20    | snake hill              |            |        |        |         |         |
| 1994-08-27 |        | 82    | Wash county hill & dale |            |        |        | 17.9    |         |
| 1994-08-28 |        | 26.8  |                         |            |        |        |         |         |
| August     | 687.60 |       |                         |            |        |        |         |         |
| 1994-09-02 |        | 20.8  | white church            |            |        |        | 16.0    |         |
| 1994-09-03 |        | 77.5  | cooperstown             |            |        |        | 16.9    |         |
| 1994-09-04 |        | 30.2  |                         |            |        |        |         |         |
| 1994-09-05 |        | 29.6  |                         |            |        |        |         |         |
| 1994-09-06 |        | 35    |                         |            |        |        |         |         |
| 1994-09-08 |        | 21.6  |                         |            |        |        |         |         |
| 1994-09-10 |        | 100.8 | 5:50 with flat          |            |        |        | 18.0    |         |
| 1994-09-12 |        | 21.2  |                         |            |        |        |         |         |
| 1994-09-13 |        | 32    | is thais the way home   |            |        |        |         |         |



Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                              | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|--------------------------------------|------------|--------|--------|---------|---------|
| 1994-09-14 |        | 22.2  | oak hill                             |            |        |        |         |         |
| 1994-09-18 |        | 39.3  | taborton 17:11                       |            |        |        |         |         |
| 1994-09-20 |        | 36    | Greenman hill                        |            |        |        | 16.8    |         |
| 1994-09-21 |        | 26.5  | north road                           |            |        |        |         |         |
| 1994-09-22 |        | 6     | mt bike                              |            |        |        |         |         |
| 1994-09-24 |        | 15    | mt bike festival                     |            |        |        |         |         |
| 1994-09-25 |        | 35.5  | rt. 150 loop                         |            |        |        |         |         |
| 1994-09-26 |        | 20    |                                      |            |        |        |         |         |
| 1994-09-27 |        | 35    |                                      |            |        |        |         |         |
| September  | 604.20 |       |                                      |            |        |        |         |         |
| 1994-10-09 |        | 35    |                                      |            |        |        |         |         |
| 1994-10-10 |        | 23    |                                      |            |        |        |         |         |
| 1994-10-11 |        | 18.6  |                                      |            |        |        |         |         |
| 1994-10-12 |        | 20.8  | white church                         |            |        |        | 16.2    |         |
| 1994-10-13 |        | 19    | snake hill                           |            |        |        |         |         |
| 1994-10-15 |        | 39.2  | taborton                             |            |        |        | 14.0    |         |
| 1994-10-16 |        | 43.3  | tomohannock reservoir (pretty good)  |            |        |        | 16.4    |         |
| 1994-10-18 |        | 35    |                                      |            |        |        | 18.4    |         |
| 1994-10-19 |        | 16.7  |                                      |            |        |        |         |         |
| 1994-10-21 |        | 21.1  |                                      |            |        |        |         |         |
| 1994-10-22 |        | 39.7  | Petiets ride helderbergs             |            |        |        | 16.8    |         |
| 1994-10-23 |        | 46    | degree days ride (rode good!)        |            |        |        |         |         |
| 1994-10-24 |        | 18    |                                      |            |        |        |         |         |
| 1994-10-25 |        | 23    |                                      |            |        |        |         |         |
| 1994-10-29 |        | 39    | ras, jeff blue fact. oak hill        |            |        |        |         |         |
| 1994-10-30 |        | 32    | taborton 16:04                       |            |        |        |         |         |
| October    | 469.40 |       |                                      |            |        |        |         |         |
| 1994-11-05 |        | 48    | rolling to red rock                  |            |        |        |         |         |
| 1994-11-08 |        | 40    | taborton                             |            |        |        |         |         |
| 1994-11-11 |        | 30    | castleton 150                        |            |        |        |         |         |
| 1994-11-12 |        | 48    | ! nassau                             |            |        |        |         |         |
| 1994-11-13 |        | 31    | blue factory                         |            |        |        |         |         |
| 1994-11-19 |        | 47    | bozenkill bounty                     |            |        |        |         |         |
| 1994-11-20 |        | 45    | tomhonnock charlie shari glenn steve |            |        |        |         |         |
| 1994-11-24 |        | 10    | mt bike                              |            |        |        |         |         |
| 1994-11-27 |        | 10    | mt bike 25 degrees                   |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       |            | totals  | Miles | comment                 | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|------------|---------|-------|-------------------------|------------|--------|--------|---------|---------|
|            | November   | 308.30  |       |                         |            |        |        |         |         |
| 1994-12-03 |            |         | 37    | dec. ride               |            |        |        |         |         |
| 1994-12-04 |            |         | 39    | taborton!               |            |        |        |         |         |
| 1994-12-10 |            |         | 10    |                         |            |        |        |         |         |
| 1994-12-17 |            |         | 17    | around                  |            |        |        |         |         |
| 1994-12-18 |            |         | 22    | white churc             |            |        |        |         |         |
| 1994-12-19 |            |         | 14    |                         |            |        |        |         |         |
|            | December   | 139.20  |       |                         |            |        |        |         |         |
|            | 1994 Total | 5070.10 |       |                         |            |        |        |         |         |
|            |            |         |       |                         |            |        |        |         |         |
| 1993-01-02 |            |         | 8     | outside                 |            |        |        |         |         |
| 1993-01-09 |            |         | 22    | white church            |            |        |        |         |         |
| 1993-01-10 |            |         | 10    | werking                 |            |        |        |         |         |
| 1993-01-17 |            |         | 12    | church sharpe route     |            |        |        |         |         |
| 1993-01-23 |            |         | 33    | 3 hours mt bike         |            |        |        |         |         |
| 1993-01-24 |            |         | 22    | 2 hours mt bike         |            |        |        |         |         |
| 1993-01-26 |            |         | 20    | 2 HOURS MT BIKE         |            |        |        |         |         |
| 1993-01-30 |            |         | 8     | mt bike 10 degrees      |            |        |        |         |         |
| 1993-01-31 |            |         | 14    | mt bike a little warmer |            |        |        |         |         |
|            | January    | 149.00  |       |                         |            |        |        |         |         |
| 1993-02-03 |            |         | 20    | white church route      |            |        |        |         |         |
| 1993-02-07 |            |         | 10    | in cold 0 degrees       |            |        |        |         |         |
| 1993-02-20 |            |         | 20    | white church            |            |        |        |         |         |
| 1993-02-21 |            |         | 12    | cold                    |            |        |        |         |         |
| 1993-02-27 |            |         | 18    | to albany cold!         |            |        |        |         |         |
| 1993-02-28 |            |         | 18    | taborton +              |            |        |        |         |         |
|            | February   | 98.00   |       |                         |            |        |        |         |         |
| 1993-03-02 |            |         | 15    | solo tuesday            |            |        |        |         |         |
| 1993-03-06 |            |         | 21    | white church            |            |        |        |         |         |
| 1993-03-07 |            |         | 32    | gibbs                   |            |        |        |         |         |
| 1993-03-21 |            |         | 2     | skied                   |            |        |        |         |         |
| 1993-03-22 |            |         | 12    | new season starts       |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                         | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|---------------------------------|------------|--------|--------|---------|---------|
| 1993-03-23 |        |       | 12                              |            |        |        |         |         |
| 1993-03-24 |        |       | 12                              |            |        |        |         |         |
| 1993-03-25 |        |       | 12                              |            |        |        |         |         |
| 1993-03-26 |        |       | 12 road bike                    |            |        |        |         |         |
| 1993-03-27 |        |       | 23 settles hill ride            |            |        |        |         |         |
| 1993-03-28 |        |       | 24 to K&K                       |            |        |        |         |         |
| 1993-03-30 |        |       | 17 joe, coz, chuck              |            |        |        |         |         |
| 1993-03-31 |        |       | 16.6                            |            |        |        |         |         |
| March      | 210.60 |       |                                 |            |        |        |         |         |
| 1993-04-04 |        |       | 40 intro to hills 2550 vertical |            |        |        |         |         |
| 1993-04-05 |        |       | 21.4 white church               |            |        |        |         |         |
| 1993-04-06 |        |       | 33 Poestenkill 17.2 avg         |            |        |        | 17.2    |         |
| 1993-04-07 |        |       | 26.4 North Rd.                  |            |        |        |         |         |
| 1993-04-08 |        |       | 22                              |            |        |        |         |         |
| 1993-04-10 |        |       | 32 led whiff ben and darryl     |            |        |        |         |         |
| 1993-04-11 |        |       | 33 mitezkill                    |            |        |        |         |         |
| 1993-04-13 |        |       | 36 avg 17.4                     |            |        |        | 17.4    |         |
| 1993-04-14 |        |       | 40 taborton                     |            |        |        |         |         |
| 1993-04-17 |        |       | 10 rain                         |            |        |        |         |         |
| 1993-04-18 |        |       | 55 yoyo river 17.3 mph          |            |        |        | 17.3    |         |
| 1993-04-19 |        |       | 21 white church                 |            |        |        |         |         |
| 1993-04-20 |        |       | 36                              |            |        |        | 17.2    |         |
| 1993-04-21 |        |       | 26 rode to work                 |            |        |        |         |         |
| 1993-04-23 |        |       | 31 barb benson duanesburg hills |            |        |        |         |         |
| 1993-04-27 |        |       | 21 road sweep chuck broke       |            |        |        |         |         |
| 1993-04-29 |        |       | 32                              |            |        |        |         |         |
| 1993-04-30 |        |       | 38                              |            |        |        |         |         |
| April      | 553.80 |       |                                 |            |        |        |         |         |
| 1993-05-02 |        |       | 88 rens perimeter               |            |        |        |         |         |
| 1993-05-03 |        |       | 21                              |            |        |        |         |         |
| 1993-05-04 |        |       | 30                              |            |        |        |         |         |
| 1993-05-06 |        |       | 75 jericho valley               |            |        |        |         |         |
| 1993-05-08 |        |       | 47.5 tivoli ride 17.5 mph       |            |        |        | 17.5    |         |
| 1993-05-09 |        |       | 23.6 taborton back way          |            |        |        |         |         |
| 1993-05-10 |        |       | 31.2 blue factory               |            |        |        |         |         |
| 1993-05-11 |        |       | 33 17.7 mph                     |            |        |        | 17.7    |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles  | comment                   | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|--------|---------------------------|------------|--------|--------|---------|---------|
| 1993-05-13 |        | 29.6   | moonlawn                  |            |        |        |         |         |
| 1993-05-15 |        | 72     | jericho valley -- dropped |            |        |        |         |         |
| 1993-05-16 |        | 31.6   | roaser                    |            |        |        |         |         |
| 1993-05-17 |        | 36     | taborton                  |            |        |        |         |         |
| 1993-05-18 |        | 32     | in rain ben & girls       |            |        |        |         |         |
| 1993-05-21 |        | 21.6   | white church              |            |        |        |         |         |
| 1993-05-23 |        | 100    | diabetes century 5:45     |            |        |        | 18.4    |         |
| 1993-05-25 |        | 38     | roaser roaster            |            |        |        |         |         |
| 1993-05-26 |        | 21.6   | white church              |            |        |        |         |         |
| 1993-05-28 |        | 26     |                           |            |        |        |         |         |
| 1993-05-29 |        | 40     | ollies folly              |            |        |        | 16.7    |         |
| 1993-05-30 |        | 38.4   | tour de manure            |            |        |        |         |         |
| 1993-05-31 |        | 26     |                           |            |        |        |         |         |
|            | May    | 862.10 |                           |            |        |        |         |         |
| 1993-06-01 |        | 46.4   | tomohannock               |            |        |        |         |         |
| 1993-06-02 |        | 28.4   | blue factory              |            |        |        |         |         |
| 1993-06-03 |        | 36.2   | castelton                 |            |        |        |         |         |
| 1993-06-04 |        | 28     |                           |            |        |        |         |         |
| 1993-06-05 |        | 28     | cauterskill               |            |        |        |         |         |
| 1993-06-06 |        | 22     |                           |            |        |        |         |         |
| 1993-06-08 |        | 43     | schodack landing          |            |        |        | 19.4    |         |
| 1993-06-09 |        | 45.1   | stockbridge               |            |        |        |         |         |
| 1993-06-11 |        | 45     | back from saratoga plus   |            |        |        |         |         |
| 1993-06-12 |        | 50     | beebe forest ride         |            |        |        |         |         |
| 1993-06-13 |        | 56.9   |                           |            |        |        |         |         |
| 1993-06-14 |        | 22.3   |                           |            |        |        |         |         |
| 1993-06-16 |        | 41.3   |                           |            |        |        |         |         |
| 1993-06-17 |        | 40     |                           |            |        |        |         |         |
| 1993-06-19 |        | 12     | tstwassas                 |            |        |        |         |         |
| 1993-06-22 |        | 45     | taborton loop             |            |        |        |         |         |
| 1993-06-23 |        | 36     | white church              |            |        |        | 16.3    |         |
| 1993-06-24 |        | 24.4   | castleton                 |            |        |        |         |         |
| 1993-06-25 |        | 30.3   | blue factory with moped   |            |        |        |         |         |
| 1993-06-26 |        | 34.4   | stephentown see-saw       |            |        |        |         |         |
| 1993-06-27 |        | 60.6   | round rens. Ras fell      |            |        |        |         |         |
| 1993-06-29 |        | 36.5   | taborton                  |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       |      | totals | Miles | comment                              | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|------|--------|-------|--------------------------------------|------------|--------|--------|---------|---------|
|            | June | 811.80 |       |                                      |            |        |        |         |         |
| 1993-07-01 |      |        | 36.3  | notes for 7/31                       |            |        |        |         |         |
| 1993-07-02 |      |        | 20.2  | bennington impatience ride           |            |        |        | 17.4    |         |
| 1993-07-03 |      |        | 84.5  | with Mark, Pat                       |            |        |        |         |         |
| 1993-07-04 |      |        | 30.3  | taborton                             |            |        |        |         |         |
| 1993-07-05 |      |        | 22.4  | whiff old factory                    |            |        |        |         |         |
| 1993-07-06 |      |        | 33    | taborton/snake                       |            |        |        |         |         |
| 1993-07-08 |      |        | 31.2  | barbs canal daze plus 28 to ride     |            |        |        |         |         |
| 1993-07-10 |      |        | 67.5  | taborton 16:30 climb                 |            |        |        |         |         |
| 1993-07-11 |      |        | 16.8  |                                      |            |        |        |         |         |
| 1993-07-12 |      |        | 29.4  |                                      |            |        |        |         |         |
| 1993-07-13 |      |        | 49.6  |                                      |            |        |        |         |         |
| 1993-07-14 |      |        | 30.8  | taborton/momrow/kipple               |            |        |        |         |         |
| 1993-07-15 |      |        | 36.8  | ben hills ride                       |            |        |        | 19.2    |         |
| 1993-07-17 |      |        | 67.2  |                                      |            |        |        |         |         |
| 1993-07-18 |      |        | 26.4  |                                      |            |        |        |         |         |
| 1993-07-20 |      |        | 37    |                                      |            |        |        |         |         |
| 1993-07-22 |      |        | 33    | white church                         |            |        |        | 16.1    |         |
| 1993-07-23 |      |        | 20.7  | beulah land                          |            |        |        | 18.0    |         |
| 1993-07-24 |      |        | 50    | on the road again                    |            |        |        |         |         |
| 1993-07-26 |      |        | 35.5  | rain!                                |            |        |        |         |         |
| 1993-07-27 |      |        | 15.2  | taborton                             |            |        |        |         |         |
| 1993-07-28 |      |        | 39.8  |                                      |            |        |        |         |         |
| 1993-07-31 |      |        | 34.2  | jeff r. vermont ride                 |            |        |        |         |         |
|            | July | 847.80 |       |                                      |            |        |        |         |         |
| 1993-08-01 |      |        | 64    |                                      |            |        |        |         |         |
| 1993-08-02 |      |        | 34    | blue factory (front group!)          |            |        |        |         |         |
| 1993-08-03 |      |        | 38    | babcock lake                         |            |        |        |         |         |
| 1993-08-04 |      |        | 55    | greylock 58:20!!                     |            |        |        |         |         |
| 1993-08-05 |      |        | 49.7  | wesch son of hilly 3500 vert         |            |        |        |         |         |
| 1993-08-08 |      |        | 54    | toad point from taborton             |            |        |        |         |         |
| 1993-08-09 |      |        | 41.2  | valatie                              |            |        |        |         |         |
| 1993-08-10 |      |        | 44    | williamstown ptrsbrg twice 4450 vert |            |        |        |         |         |
| 1993-08-11 |      |        | 52.2  | taborton 16:28                       |            |        |        |         |         |
| 1993-08-13 |      |        | 36.6  | bear swamp                           |            |        |        |         |         |
| 1993-08-14 |      |        | 51.9  | taborton rain                        |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment                  | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|--------------------------|------------|--------|--------|---------|---------|
| 1993-08-16 |         | 12.9  |                          |            |        |        | 18.7    |         |
| 1993-08-17 |         | 48.7  | taborton reverso         |            |        |        |         |         |
| 1993-08-19 |         | 41.7  | cooperstown              |            |        |        |         |         |
| 1993-08-21 |         | 85    | tanglewood               |            |        |        |         |         |
| 1993-08-22 |         | 42    | a 9j jump start          |            |        |        |         |         |
| 1993-08-24 |         | 40.6  | taborton                 |            |        |        |         |         |
| 1993-08-26 |         | 36.6  |                          |            |        |        |         |         |
| 1993-08-27 |         | 25.5  | up down & round (hot)    |            |        |        |         |         |
| 1993-08-28 |         | 45.9  | beat mark                |            |        |        |         |         |
| 1993-08-29 |         | 43.4  | 9j                       |            |        |        |         |         |
| 1993-08-30 |         | 35.7  |                          |            |        |        |         |         |
| 1993-08-31 |         | 43.1  | taborton 15:54           |            |        |        |         |         |
| August     | 1021.70 |       |                          |            |        |        |         |         |
| 1993-09-02 |         | 27.1  | krash!! 6 broke ribs     |            |        |        |         |         |
| 1993-09-04 |         | 28.8  | foolish miles            |            |        |        |         |         |
| 1993-09-13 |         | 8.5   | castleton                |            |        |        |         |         |
| 1993-09-29 |         | 24    | weatherwax still sore    |            |        |        |         |         |
| 1993-09-30 |         | 14.4  | still hurts              |            |        |        |         |         |
| September  | 102.80  |       |                          |            |        |        |         |         |
| 1993-10-08 |         | 8.5   | outside, still sore      |            |        |        |         |         |
| 1993-10-16 |         | 18.7  | white church! sore still |            |        |        |         |         |
| 1993-10-23 |         | 21.7  | mt bike lape             |            |        |        |         |         |
| 1993-10-24 |         | 6     | loops still sore         |            |        |        |         |         |
| October    | 54.90   |       |                          |            |        |        |         |         |
| 1993-11-06 |         | 11.1  | mt bike                  |            |        |        |         |         |
| 1993-11-28 |         | 8     |                          |            |        |        |         |         |
| November   | 19.10   |       |                          |            |        |        |         |         |
| 1993 Total | 4731.60 |       |                          |            |        |        |         |         |
| 1992-01-11 |         | 8     | outside                  |            |        |        |         |         |
| 1992-01-12 |         | 8     |                          |            |        |        |         |         |
| 1992-01-16 |         | 5     |                          |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                    | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|----------------------------|------------|--------|--------|---------|---------|
| 1992-01-18 |        |       | 10 mt bike                 |            |        |        |         |         |
| 1992-01-23 |        |       | 6                          |            |        |        |         |         |
| 1992-01-24 |        |       | 6 6:03 mile                |            |        |        |         |         |
| 1992-01-25 |        |       | 10 mt bike                 |            |        |        |         |         |
| 1992-01-26 |        |       | 10 mt bike                 |            |        |        |         |         |
| 1992-01-31 |        |       | 4 mile 5:58                |            |        |        |         |         |
| January    | 67.00  |       |                            |            |        |        |         |         |
| 1992-02-01 |        |       | 8                          |            |        |        |         |         |
| 1992-02-02 |        |       | 8                          |            |        |        |         |         |
| 1992-02-08 |        |       | 21 white church            |            |        |        |         |         |
| 1992-02-15 |        |       | 25 road to albany          |            |        |        |         |         |
| 1992-02-16 |        |       | 20 white church            |            |        |        |         |         |
| 1992-02-17 |        |       | 43 all around              |            |        |        |         |         |
| 1992-02-19 |        |       | 48 afternoon off 13 avg    |            |        |        | 13.0    |         |
| 1992-02-23 |        |       | 25 all around              |            |        |        |         |         |
| February   | 198.00 |       |                            |            |        |        |         |         |
| 1992-03-03 |        |       | 28 tuesday ride 15.9       |            |        |        | 15.9    |         |
| 1992-03-08 |        |       | 20 mt bike to swamp        |            |        |        |         |         |
| 1992-03-10 |        |       | 26 tuesday ride            |            |        |        |         |         |
| 1992-03-15 |        |       | 40 buffalo ride 20 degrees |            |        |        |         |         |
| 1992-03-17 |        |       | 25 slow tuesday            |            |        |        |         |         |
| March      | 139.00 |       |                            |            |        |        |         |         |
| 1992-04-02 |        |       | 5                          |            |        |        |         |         |
| 1992-04-03 |        |       | 5                          |            |        |        |         |         |
| 1992-04-04 |        |       | 16 outside                 |            |        |        |         |         |
| 1992-04-05 |        |       | 5                          |            |        |        |         |         |
| 1992-04-06 |        |       | 20 outside                 |            |        |        |         |         |
| 1992-04-18 |        |       | 20 what the heck           |            |        |        |         |         |
| 1992-04-19 |        |       | 20                         |            |        |        |         |         |
| 1992-04-20 |        |       | 25                         |            |        |        |         |         |
| 1992-04-23 |        |       | 25                         |            |        |        |         |         |
| 1992-04-24 |        |       | 20                         |            |        |        | 12.5    |         |
| 1992-04-26 |        |       | 52                         |            |        |        | 13.5    |         |
| 1992-04-28 |        |       | 26                         |            |        |        | 15.5    |         |
| 1992-04-29 |        |       | 32                         |            |        |        | 14.0    |         |
| 1992-04-30 |        |       | 20                         |            |        |        | 13.4    |         |

Frank Kelly's cycling mileage

| Date       |       | totals | Miles | comment                       | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|-------|--------|-------|-------------------------------|------------|--------|--------|---------|---------|
|            | April | 291.00 |       |                               |            |        |        |         |         |
| 1992-05-02 |       |        | 20    |                               |            |        |        |         |         |
| 1992-05-03 |       |        | 52    | chris roach ride              |            |        |        |         |         |
| 1992-05-04 |       |        | 26    | north road                    |            |        |        |         |         |
| 1992-05-05 |       |        | 47    | sharis ride                   |            |        |        | 15.6    |         |
| 1992-05-06 |       |        | 37    | muizetkill                    |            |        |        | 13.5    |         |
| 1992-05-09 |       |        | 31    | blue factory from plank       |            |        |        | 12.4    |         |
| 1992-05-10 |       |        | 38    | taborton reverso              |            |        |        |         |         |
| 1992-05-11 |       |        | 37    | muizetkill                    |            |        |        |         |         |
| 1992-05-12 |       |        | 40    |                               |            |        |        |         |         |
| 1992-05-14 |       |        | 26    |                               |            |        |        |         |         |
| 1992-05-16 |       |        | 50    | to beulah land                |            |        |        | 15.0    |         |
| 1992-05-17 |       |        | 15    | beginners ride                |            |        |        |         |         |
| 1992-05-18 |       |        | 20    | white church                  |            |        |        |         |         |
| 1992-05-19 |       |        | 38    | muizetkill                    |            |        |        | 17.9    |         |
| 1992-05-20 |       |        | 26    | oak hill                      |            |        |        |         |         |
| 1992-05-22 |       |        | 21    | snake hill                    |            |        |        |         |         |
| 1992-05-23 |       |        | 42    | excellent adventure           |            |        |        |         |         |
| 1992-05-25 |       |        | 49    | hilly dilly 22:30 up crawford |            |        |        |         |         |
| 1992-05-26 |       |        | 30    |                               |            |        |        | 17.1    |         |
| 1992-05-27 |       |        | 21    | caught in rain                |            |        |        |         |         |
| 1992-05-28 |       |        | 30    | snake hill twice              |            |        |        |         |         |
| 1992-05-30 |       |        | 50    | stone fort                    |            |        |        |         |         |
|            | May   | 746.00 |       |                               |            |        |        |         |         |
| 1992-06-01 |       |        | 22    | caught again                  |            |        |        |         |         |
| 1992-06-02 |       |        | 42    | buffalo ride                  |            |        |        |         |         |
| 1992-06-03 |       |        | 28    | blue factory                  |            |        |        |         |         |
| 1992-06-06 |       |        | 12    |                               |            |        |        |         |         |
| 1992-06-07 |       |        | 42    |                               |            |        |        |         |         |
| 1992-06-08 |       |        | 13    |                               |            |        |        |         |         |
| 1992-06-09 |       |        | 35    |                               |            |        |        |         |         |
| 1992-06-12 |       |        | 40    | charlie, sue to taborton      |            |        |        |         |         |
| 1992-06-13 |       |        | 75    | tim morans ride warrensburg   |            |        |        | 16.1    |         |
| 1992-06-14 |       |        | 17.6  |                               |            |        |        |         |         |
| 1992-06-15 |       |        | 32    |                               |            |        |        |         |         |



Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                          | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|----------------------------------|------------|--------|--------|---------|---------|
| 1992-06-16 |        | 42    |                                  |            |        |        |         |         |
| 1992-06-17 |        | 24    |                                  |            |        |        |         |         |
| 1992-06-20 |        | 64    | voorhesville                     |            |        |        |         |         |
| 1992-06-21 |        | 37    | taborton                         |            |        |        |         |         |
| 1992-06-23 |        | 25    | krashed!!                        |            |        |        |         |         |
| 1992-06-27 |        | 25    | taborton                         |            |        |        |         |         |
| 1992-06-28 |        | 62    | stephentown see-saw              |            |        |        |         |         |
| 1992-06-29 |        | 27.5  |                                  |            |        |        |         |         |
| 1992-06-30 |        | 42    | dropped                          |            |        |        | 17.0    |         |
| June       | 707.10 |       |                                  |            |        |        |         |         |
| 1992-07-01 |        | 31.1  | blue factory                     |            |        |        |         |         |
| 1992-07-04 |        | 37.5  | mark & mopeds                    |            |        |        |         |         |
| 1992-07-05 |        | 40    | buffalo ride                     |            |        |        |         |         |
| 1992-07-07 |        | 44    |                                  |            |        |        | 16.4    |         |
| 1992-07-08 |        | 22    |                                  |            |        |        |         |         |
| 1992-07-09 |        | 40    | taborton ride                    |            |        |        |         |         |
| 1992-07-11 |        | 20    | mt bike truck broke              |            |        |        |         |         |
| 1992-07-12 |        | 60    | led taborton ride 17 miles later |            |        |        | 15.4    |         |
| 1992-07-13 |        | 27    |                                  |            |        |        |         |         |
| 1992-07-14 |        | 38    |                                  |            |        |        | 18.0    |         |
| 1992-07-16 |        | 26    | taborton backway                 |            |        |        |         |         |
| 1992-07-18 |        | 32    | blue factory both ways           |            |        |        |         |         |
| 1992-07-19 |        | 8     | speed work                       |            |        |        |         |         |
| 1992-07-20 |        | 30    | test whiff blue fact             |            |        |        |         |         |
| 1992-07-21 |        | 33    | whiff blue fact                  |            |        |        |         |         |
| 1992-07-23 |        | 30    |                                  |            |        |        |         |         |
| 1992-07-25 |        | 51    | mt greylock                      |            |        |        |         |         |
| 1992-07-26 |        | 50    |                                  |            |        |        | 15.4    |         |
| 1992-07-27 |        | 29    | met shari & dick                 |            |        |        |         |         |
| 1992-07-28 |        | 34    |                                  |            |        |        | 17.1    |         |
| 1992-07-30 |        | 20    | white church                     |            |        |        |         |         |
| July       | 702.60 |       |                                  |            |        |        |         |         |
| 1992-08-02 |        | 20    |                                  |            |        |        |         |         |
| 1992-08-03 |        | 30    |                                  |            |        |        |         |         |
| 1992-08-04 |        | 37    |                                  |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment               | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|-----------------------|------------|--------|--------|---------|---------|
| 1992-08-06 |         | 75    |                       |            |        |        |         |         |
| 1992-08-07 |         | 42    |                       |            |        |        |         |         |
| 1992-08-08 |         | 83    |                       |            |        |        |         |         |
| 1992-08-09 |         | 62    |                       |            |        |        |         |         |
| 1992-08-13 |         | 21    |                       |            |        |        |         |         |
| 1992-08-14 |         | 20    |                       |            |        |        |         |         |
| 1992-08-15 |         | 21    |                       |            |        |        |         |         |
| 1992-08-16 |         | 98.4  | greylock cent         | 8350       |        |        | 14.3    |         |
| 1992-08-18 |         | 39    | blue factory          |            |        |        |         |         |
| 1992-08-20 |         | 29    |                       |            |        |        |         |         |
| 1992-08-21 |         | 20    |                       |            |        |        |         |         |
| 1992-08-22 |         | 11.5  |                       |            |        |        |         |         |
| 1992-08-23 |         | 51    | cape                  |            |        |        |         |         |
| 1992-08-24 |         | 53.7  |                       |            |        |        |         |         |
| 1992-08-25 |         | 41.9  |                       |            |        |        |         |         |
| 1992-08-26 |         | 97.2  | to ptown races point  |            |        |        |         |         |
| 1992-08-27 |         | 48.1  |                       |            |        |        |         |         |
| 1992-08-29 |         | 65    | fall of barbersville  | 5100       |        |        |         |         |
| 1992-08-30 |         | 35.2  | taborton, momrow      |            |        |        |         |         |
| 1992-08-31 |         | 27    |                       |            |        |        |         |         |
|            | 1028.00 |       |                       |            |        |        |         |         |
| 1992-09-01 |         | 40    |                       |            |        |        |         |         |
| 1992-09-02 |         | 16.8  |                       |            |        |        |         |         |
| 1992-09-03 |         | 4.2   | rain                  |            |        |        |         |         |
| 1992-09-04 |         | 23.8  |                       |            |        |        |         |         |
| 1992-09-05 |         | 102.8 | cent. preview         | 17.3       | 5:50   | or so  |         | 17.3    |
| 1992-09-06 |         | 15.8  |                       |            |        |        |         |         |
| 1992-09-08 |         | 40    |                       |            |        |        |         | 18.1    |
| 1992-09-09 |         | 30    | kipple                |            |        |        |         |         |
| 1992-09-11 |         | 24.8  |                       |            |        |        |         |         |
| 1992-09-12 |         | 40    |                       |            |        |        |         |         |
| 1992-09-13 |         | 67    | moose turd pie bonked |            |        |        |         |         |
| 1992-09-15 |         | 34    |                       |            |        |        |         |         |
| 1992-09-20 |         | 20    |                       |            |        |        |         |         |
| 1992-09-23 |         | 10    | mt bike               |            |        |        |         |         |
| 1992-09-25 |         | 10    |                       |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment                     | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|-----------------------------|------------|--------|--------|---------|---------|
| 1992-09-26 |         |       | 10                          |            |        |        |         |         |
| September  | 489.20  |       |                             |            |        |        |         |         |
| 1992-10-06 |         |       | 22                          |            |        |        |         |         |
| 1992-10-10 |         |       | 34                          |            |        |        |         |         |
| 1992-10-11 |         |       | 30                          |            |        |        |         |         |
| 1992-10-12 |         |       | 35                          |            |        |        |         |         |
| 1992-10-15 |         |       | 20                          |            |        |        |         |         |
| 1992-10-20 |         |       | 20 last tuesday             |            |        |        |         |         |
| 1992-10-24 |         |       | 10 in rain                  |            |        |        |         |         |
| 1992-10-25 |         |       | 35 led ride                 |            |        |        |         |         |
| 1992-10-28 |         |       | 7                           |            |        |        |         |         |
| 1992-10-31 |         |       | 47.5 spook hollow           |            |        |        |         |         |
| October    | 260.50  |       |                             |            |        |        |         |         |
| 1992-11-01 |         |       | 35 peggy day                |            |        |        |         |         |
| 1992-11-07 |         |       | 32 stoodly corners          |            |        |        |         |         |
| 1992-11-10 |         |       | 7                           |            |        |        |         |         |
| 1992-11-11 |         |       | 12 out in rain              |            |        |        |         |         |
| 1992-11-12 |         |       | 7                           |            |        |        |         |         |
| 1992-11-13 |         |       | 7                           |            |        |        |         |         |
| 1992-11-14 |         |       | 12 crashed in New Salem     |            |        |        |         |         |
| 1992-11-26 |         |       | 10 on the road              |            |        |        |         |         |
| 1992-11-29 |         |       | 10 on the road              |            |        |        |         |         |
| November   | 132.00  |       |                             |            |        |        |         |         |
| 1992-12-19 |         |       | 8 on road                   |            |        |        |         |         |
| 1992-12-20 |         |       | 24 to taborton & back       |            |        |        |         |         |
| 1992-12-25 |         |       | 8 road cold wind            |            |        |        |         |         |
| 1992-12-27 |         |       | 12 to taborton < 20 degrees |            |        |        |         |         |
| December   | 52.00   |       |                             |            |        |        |         |         |
| 1992 Total | 4812.40 |       |                             |            |        |        |         |         |
| 1991-01-05 |         |       | 12 shari's ride             |            |        |        |         |         |
| 1991-01-06 |         |       | 10 taborton                 |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                      | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|------------------------------|------------|--------|--------|---------|---------|
| 1991-01-07 |        |       | 10 wind trainer              |            |        |        |         |         |
| 1991-01-08 |        |       | 10 hip                       |            |        |        |         |         |
| 1991-01-09 |        |       | 8                            |            |        |        |         |         |
| 1991-01-11 |        |       | 8 fat                        |            |        |        |         |         |
| 1991-01-12 |        |       | 8                            |            |        |        |         |         |
| 1991-01-13 |        |       | 8 x country ski              |            |        |        |         |         |
| 1991-01-14 |        |       | 8 wind trainer               |            |        |        |         |         |
| 1991-01-15 |        |       | 8                            |            |        |        |         |         |
| 1991-01-18 |        |       | 25                           |            |        |        |         |         |
| 1991-01-19 |        |       | 4 on the road                |            |        |        |         |         |
| 1991-01-20 |        |       | 8 wind t. plus x country ski |            |        |        |         |         |
| January    | 127.00 |       |                              |            |        |        |         |         |
| 1991-02-01 |        |       | 20 exercise bike             |            |        |        |         |         |
| 1991-02-02 |        |       | 40 on road                   |            |        |        |         |         |
| 1991-02-03 |        |       | 8 taborton loop              |            |        |        |         |         |
| 1991-02-04 |        |       | 45 wind trainer              |            |        |        |         |         |
| 1991-02-09 |        |       | 25 tomohonnock               |            |        |        |         |         |
| 1991-02-10 |        |       | 12 on road                   |            |        |        |         |         |
| February   | 150.00 |       |                              |            |        |        |         |         |
| 1991-03-02 |        |       | 28 rens loop 57:15           |            |        |        |         |         |
| 1991-03-03 |        |       | 43 out and around            |            |        |        |         |         |
| 1991-03-09 |        |       | 18 rode over to alb voorh    |            |        |        |         |         |
| 1991-03-10 |        |       | 24 cold cold cold            |            |        |        |         |         |
| 1991-03-24 |        |       | 26 taborton                  |            |        |        |         |         |
| 1991-03-30 |        |       | 33                           |            |        |        |         |         |
| 1991-03-31 |        |       | 67                           |            |        |        |         |         |
| March      | 239.00 |       |                              |            |        |        |         |         |
| 1991-04-06 |        |       | 23 voorhesville              |            |        |        |         |         |
| 1991-04-07 |        |       | 30 taborton back way         |            |        |        |         |         |
| 1991-04-13 |        |       | 40                           |            |        |        |         |         |
| 1991-04-14 |        |       | 32                           |            |        |        |         |         |
| 1991-04-20 |        |       | 14 with moped brunswick      |            |        |        |         |         |
| 1991-04-23 |        |       | 27 double trouble            |            |        |        |         |         |
| 1991-04-25 |        |       | 36 snake hill                |            |        |        |         |         |
| 1991-04-27 |        |       | 56 taborton                  |            |        |        |         |         |
| 1991-04-28 |        |       | 15 lake luzerne              |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                                | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|--|------------|--------|--------|---------|---------|
| 1991-04-29 |        |       | 15                                     |            |        |        |         |         |
| 1991-04-30 |        |       | 25 38:10 brevator                      |            |        |        |         |         |
| April      | 313.00 |       |  |            |        |        |         |         |
| 1991-05-01 |        |       | 5                                      |            |        |        |         |         |
| 1991-05-02 |        |       | 12 mt bike                             |            |        |        |         |         |
| 1991-05-03 |        |       | 55 road to work                        |            |        |        |         |         |
| 1991-05-04 |        |       | 40 herzogs ride                        |            |        |        |         |         |
| 1991-05-05 |        |       | 26 taborton preview                    |            |        |        |         |         |
| 1991-05-07 |        |       | 40 manny hanny 21:40 or so             |            |        |        |         |         |
| 1991-05-11 |        |       | 23 taborton ride                       |            |        |        |         |         |
| 1991-05-12 |        |       | 30                                     |            |        |        |         |         |
| 1991-05-14 |        |       | 25                                     |            |        |        |         |         |
| 1991-05-16 |        |       | 32                                     |            |        |        |         |         |
| 1991-05-18 |        |       | 40 taborton                            |            |        |        |         |         |
| 1991-05-19 |        |       | 12 cherry plain ride 4 hours mt bike   |            |        |        |         |         |
| 1991-05-20 |        |       | 35                                     |            |        |        |         |         |
| 1991-05-21 |        |       | 72 shari, joe, gary                    |            |        |        |         |         |
| 1991-05-25 |        |       | 25 shari's jericho valley              |            |        |        |         |         |
| 1991-05-27 |        |       | 50 taborton                            |            |        |        |         |         |
| 1991-05-28 |        |       | 46 evening ride !!                     |            |        |        |         |         |
| 1991-05-30 |        |       | 12 with charley dyken pond             |            |        |        |         |         |
| May        | 580.00 |       |  |            |        |        |         |         |
| 1991-06-01 |        |       | 12 mt bike at winter clove             |            |        |        |         |         |
| 1991-06-02 |        |       | 6.5 back home short                    |            |        |        |         |         |
| 1991-06-03 |        |       | 20                                     |            |        |        |         |         |
| 1991-06-06 |        |       | 52                                     |            |        |        |         |         |
| 1991-06-08 |        |       | 28 old stone fort                      |            |        |        |         |         |
| 1991-06-09 |        |       | 24 old factory                         |            |        |        |         |         |
| 1991-06-12 |        |       | 65 wght down for a week or two then up |            |        |        |         |         |
| 1991-06-13 |        |       | 52 to saratoga                         |            |        |        |         |         |
| 1991-06-15 |        |       | 32 rensville lost agin                 |            |        |        |         |         |
| 1991-06-16 |        |       | 32 rens relentless                     |            |        |        |         |         |
| 1991-06-18 |        |       | 22 hoags corner hoe down               |            |        |        |         |         |
| 1991-06-22 |        |       | 36                                     |            |        |        |         |         |
| 1991-06-23 |        |       | 25 dyken pond                          |            |        |        |         |         |
| 1991-06-24 |        |       | 32                                     |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                  | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|--------------------------|------------|--------|--------|---------|---------|
| 1991-06-25 |        |       | 32                       |            |        |        |         |         |
| 1991-06-27 |        |       | 50 hot                   |            |        |        |         |         |
| 1991-06-29 |        |       | 25 stephentown stomp     |            |        |        |         |         |
| June       | 545.50 |       |                          |            |        |        |         |         |
| 1991-07-01 |        |       | 32 to taborton           |            |        |        |         |         |
| 1991-07-02 |        |       | 25 shari's ride          |            |        |        |         |         |
| 1991-07-06 |        |       | 58                       |            |        |        |         |         |
| 1991-07-07 |        |       | 15 5 chathams            |            |        |        |         |         |
| 1991-07-08 |        |       | 36                       |            |        |        |         |         |
| 1991-07-09 |        |       | 15                       |            |        |        |         |         |
| 1991-07-10 |        |       | 33                       |            |        |        |         |         |
| 1991-07-11 |        |       | 33 which chatham         |            |        |        |         |         |
| 1991-07-14 |        |       | 15 blue factory          |            |        |        |         |         |
| 1991-07-15 |        |       | 36                       |            |        |        |         |         |
| 1991-07-16 |        |       | 16 blue factory again    |            |        |        |         |         |
| 1991-07-17 |        |       | 33 5:24, 5:40 at track   |            |        |        |         |         |
| 1991-07-20 |        |       | 72 seven lakes           |            |        |        |         |         |
| 1991-07-21 |        |       | 35 anniversary ride      |            |        |        |         |         |
| 1991-07-23 |        |       | 46                       |            |        |        |         |         |
| 1991-07-27 |        |       | 16                       |            |        |        |         |         |
| 1991-07-28 |        |       | 35                       |            |        |        |         |         |
| 1991-07-30 |        |       | 21                       |            |        |        | 19.0    |         |
| 1991-07-31 |        |       | 55                       |            |        |        |         |         |
| July       | 627.00 |       |                          |            |        |        |         |         |
| 1991-08-04 |        |       | 45 taconic ride          |            |        |        |         |         |
| 1991-08-05 |        |       | 35 stockbridge           |            |        |        |         |         |
| 1991-08-06 |        |       | 57 blue factory          |            |        |        |         |         |
| 1991-08-07 |        |       | 40 greylock              |            |        |        |         |         |
| 1991-08-08 |        |       | 25 charlie taborton      |            |        |        |         |         |
| 1991-08-10 |        |       | 53 with moped            |            |        |        |         |         |
| 1991-08-11 |        |       | 36 bernie bit by dog     |            |        |        |         |         |
| 1991-08-13 |        |       | 11                       |            |        |        |         |         |
| 1991-08-17 |        |       | 94 greylock century 6:45 | 7180       |        |        |         |         |
| 1991-08-18 |        |       | 21                       |            |        |        |         |         |
| 1991-08-21 |        |       | 24 road in rain          |            |        |        |         |         |
| 1991-08-24 |        |       | 55 taborton back way     |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                            | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|------------------------------------|------------|--------|--------|---------|---------|
| 1991-08-25 |        |       | 30 bash bish with toni 40 birthday |            |        |        |         |         |
| 1991-08-27 |        |       | 13                                 |            |        |        |         |         |
| 1991-08-29 |        |       | 13                                 |            |        |        |         |         |
| August     | 552.00 |       |                                    |            |        |        |         |         |
| 1991-09-01 |        |       | 12                                 |            |        |        |         |         |
| 1991-09-02 |        |       | 12                                 |            |        |        |         |         |
| 1991-09-04 |        |       | 18                                 |            |        |        |         |         |
| 1991-09-07 |        |       | 45                                 |            |        |        |         |         |
| 1991-09-08 |        |       | 15                                 |            |        |        |         |         |
| 1991-09-10 |        |       | 8                                  |            |        |        |         |         |
| 1991-09-11 |        |       | 55                                 |            |        |        |         |         |
| 1991-09-12 |        |       | 55 jiminy peak                     |            |        |        |         |         |
| 1991-09-14 |        |       | 30 westerlo thing                  |            |        |        |         |         |
| 1991-09-17 |        |       | 12                                 |            |        |        |         |         |
| 1991-09-18 |        |       | 85                                 |            |        |        |         |         |
| 1991-09-21 |        |       | 30 cobleskill                      |            |        |        |         |         |
| 1991-09-22 |        |       | 12                                 |            |        |        |         |         |
| 1991-09-24 |        |       | 45                                 |            |        |        |         |         |
| 1991-09-28 |        |       | 40 4 counties -- dropped           |            |        |        |         |         |
| 1991-09-29 |        |       | 4                                  |            |        |        |         |         |
| September  | 478.00 |       |                                    |            |        |        |         |         |
| 1991-10-01 |        |       | 84 greylock got wooped             |            |        |        |         |         |
| 1991-10-05 |        |       | 8                                  |            |        |        |         |         |
| 1991-10-24 |        |       | 27                                 |            |        |        |         |         |
| 1991-10-26 |        |       | 52                                 |            |        |        |         |         |
| 1991-10-27 |        |       | 8 road marathon alan evans         |            |        |        |         |         |
| 1991-10-30 |        |       | 8                                  |            |        |        |         |         |
| 1991-10-31 |        |       |                                    |            |        |        |         |         |
| October    | 187.00 |       |                                    |            |        |        |         |         |
| 1991-11-01 |        |       | 25                                 |            |        |        |         |         |
| 1991-11-02 |        |       | 36 white church                    |            |        |        |         |         |
| 1991-11-03 |        |       | 8 benson's ride                    |            |        |        |         |         |
| 1991-11-07 |        |       | 8                                  |            |        |        |         |         |
| 1991-11-08 |        |       | 21                                 |            |        |        |         |         |
| 1991-11-09 |        |       | 12 white church loop               |            |        |        |         |         |
| 1991-11-10 |        |       | 8 taborton                         |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals  | Miles | comment                             | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|---------|-------|-------------------------------------|------------|--------|--------|---------|---------|
| 1991-11-16 |         |       | 30 led ride                         |            |        |        |         |         |
| 1991-11-17 |         |       | 5 blue factory; cold out            |            |        |        |         |         |
| 1991-11-18 |         |       | 8                                   |            |        |        |         |         |
| 1991-11-19 |         |       | 8                                   |            |        |        |         |         |
| 1991-11-20 |         |       | 8                                   |            |        |        |         |         |
| 1991-11-21 |         |       | 38                                  |            |        |        |         |         |
| 1991-11-23 |         |       | 25 taborton back way                |            |        |        |         |         |
| November   | 240.00  |       |                                     |            |        |        |         |         |
| 1991 Total | 4038.50 |       |                                     |            |        |        |         |         |
|            |         |       |                                     |            |        |        |         |         |
| 1990-02-08 |         |       | 20.0 hidley road and back           |            |        |        |         |         |
| 1990-02-11 |         |       | 15 one hour ride krumkil            |            |        |        |         |         |
| February   | 35.00   |       |                                     |            |        |        |         |         |
| 1990-03-03 |         |       | 35 new trek to marks house and back |            |        |        |         |         |
| 1990-03-04 |         |       | 12 20 degrees                       |            |        |        |         |         |
| 1990-03-10 |         |       | 36 rens. with mark                  |            |        |        |         |         |
| 1990-03-11 |         |       | 31 benson dropped                   |            |        |        |         |         |
| 1990-03-13 |         |       | 38 thatcher road                    |            |        |        |         |         |
| 1990-03-15 |         |       | 32 bike & ride                      |            |        |        |         |         |
| 1990-03-17 |         |       | 7 ride in rain                      |            |        |        |         |         |
| 1990-03-18 |         |       | 30 hoags corner hoe down            |            |        |        |         |         |
| 1990-03-24 |         |       | 10                                  |            |        |        |         |         |
| 1990-03-25 |         |       | 25 first taborton ride              |            |        |        |         |         |
| 1990-03-29 |         |       | 15                                  |            |        |        |         |         |
| 1990-03-31 |         |       | 40 alb tri towns + to and from      |            |        |        |         |         |
| March      | 311.00  |       |                                     |            |        |        |         |         |
| 1990-04-01 |         |       | 40 ollie's folly                    |            |        |        |         |         |
| 1990-04-07 |         |       | 26 out to rowens                    |            |        |        |         |         |
| 1990-04-08 |         |       | 55 rensville in snow                |            |        |        |         |         |
| 1990-04-14 |         |       | 50 dougs taxing half century        |            |        |        |         |         |
| 1990-04-19 |         |       | 50                                  |            |        |        |         |         |
| 1990-04-22 |         |       | 35 dev kitch with mark pat sue      |            |        |        |         |         |



Frank Kelly's cycling mileage

| Date       | totals | Miles | comment                       | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|--------|-------|-------------------------------|------------|--------|--------|---------|---------|
| 1990-04-23 |        |       | 16                            |            |        |        |         |         |
| 1990-04-24 |        |       | 15                            |            |        |        |         |         |
| 1990-04-26 |        |       | 40 alterd dev kitchen route   |            |        |        |         |         |
| 1990-04-28 |        |       | 41 skyline ride               |            |        |        |         |         |
| 1990-04-29 |        |       | 20                            |            |        |        |         |         |
| 1990-04-30 |        |       | 17                            |            |        |        |         |         |
| April      | 405.00 |       |                               |            |        |        |         |         |
| 1990-05-01 |        |       | 15                            |            |        |        |         |         |
| 1990-05-02 |        |       | 15                            |            |        |        |         |         |
| 1990-05-05 |        |       | 10 road in rain               |            |        |        |         |         |
| 1990-05-06 |        |       | 55 luzerne ride I died        |            |        |        |         |         |
| 1990-05-10 |        |       | 40                            |            |        |        |         |         |
| 1990-05-12 |        |       | 12 watched tour               |            |        |        |         |         |
| 1990-05-14 |        |       | 25                            |            |        |        |         |         |
| 1990-05-15 |        |       | 16                            |            |        |        |         |         |
| 1990-05-19 |        |       | 25 in cape cod                |            |        |        |         |         |
| 1990-05-26 |        |       | 42 up down and around         |            |        |        |         |         |
| 1990-05-27 |        |       | 25 to taborton                |            |        |        |         |         |
| 1990-05-28 |        |       | 20 with moped                 |            |        |        |         |         |
| 1990-05-30 |        |       | 12 just around                |            |        |        |         |         |
| 1990-05-31 |        |       | 20                            |            |        |        |         |         |
| May        | 332.00 |       |                               |            |        |        |         |         |
| 1990-06-01 |        |       | 15 catskills                  |            |        |        |         |         |
| 1990-06-02 |        |       | 45 reverse walt mitty         |            |        |        |         |         |
| 1990-06-03 |        |       | 45 back from green 17mph      |            |        |        |         |         |
| 1990-06-09 |        |       | 13                            |            |        |        |         |         |
| 1990-06-10 |        |       | 45 led taborton ride          |            |        |        |         |         |
| 1990-06-11 |        |       | 15 hour or so                 |            |        |        |         |         |
| 1990-06-14 |        |       | 29 joes 27 mile ride          |            |        |        |         |         |
| 1990-06-17 |        |       | 45                            |            |        |        |         |         |
| 1990-06-18 |        |       | 15                            |            |        |        |         |         |
| 1990-06-20 |        |       | 45 mapped taborton ride       |            |        |        |         |         |
| 1990-06-24 |        |       | 50 berlin stphtown with moped |            |        |        |         |         |
| 1990-06-26 |        |       | 7                             |            |        |        |         |         |
| 1990-06-27 |        |       | 25                            |            |        |        |         |         |
| 1990-06-30 |        |       | 52 20 mph stillwater          |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       |      | totals | Miles | comment                           | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|------|--------|-------|-----------------------------------|------------|--------|--------|---------|---------|
|            | June | 446.00 |       |                                   |            |        |        |         |         |
| 1990-07-01 |      |        |       | 40 rens county challenge dormandy |            |        |        |         |         |
| 1990-07-03 |      |        |       | 30 snake hill                     |            |        |        |         |         |
| 1990-07-04 |      |        |       | 80 catskill with mopeds           |            |        |        |         |         |
| 1990-07-07 |      |        |       | 62 alb county                     |            |        |        |         |         |
| 1990-07-08 |      |        |       | 10                                |            |        |        |         |         |
| 1990-07-11 |      |        |       | 30                                |            |        |        |         |         |
| 1990-07-14 |      |        |       | 45 test of rens relentless        |            |        |        |         |         |
| 1990-07-15 |      |        |       | 30                                |            |        |        |         |         |
| 1990-07-18 |      |        |       | 25 swim                           |            |        |        |         |         |
| 1990-07-19 |      |        |       | 65                                |            |        |        |         |         |
| 1990-07-21 |      |        |       | 42 alcove extendo                 |            |        |        |         |         |
| 1990-07-22 |      |        |       | 75 lake george parasail           |            |        |        |         |         |
| 1990-07-24 |      |        |       | 80 scotia                         |            |        |        |         |         |
| 1990-07-26 |      |        |       | 12 mt bike                        |            |        |        |         |         |
| 1990-07-28 |      |        |       | 35 led rens relentless            |            |        |        |         |         |
| 1990-07-29 |      |        |       | 32 beatle hill ride               |            |        |        |         |         |
|            | July | 693.00 |       |                                   |            |        |        |         |         |
| 1990-08-01 |      |        |       | 14 5:18 mile at track             |            |        |        |         |         |
| 1990-08-02 |      |        |       | 25                                |            |        |        |         |         |
| 1990-08-04 |      |        |       | 30                                |            |        |        |         |         |
| 1990-08-05 |      |        |       | 48 hilly dilly                    |            |        |        |         |         |
| 1990-08-07 |      |        |       | 30                                |            |        |        |         |         |
| 1990-08-08 |      |        |       | 50                                |            |        |        |         |         |
| 1990-08-09 |      |        |       | 35 mt bike cherry plains          |            |        |        |         |         |
| 1990-08-11 |      |        |       | 85 peggy's just peaches +         |            |        |        |         |         |
| 1990-08-12 |      |        |       | 30                                |            |        |        |         |         |
| 1990-08-13 |      |        |       | 42                                |            |        |        |         |         |
| 1990-08-15 |      |        |       | 35                                |            |        |        |         |         |
| 1990-08-16 |      |        |       | 37                                |            |        |        |         |         |
| 1990-08-17 |      |        |       | 35 mt bike                        |            |        |        |         |         |
| 1990-08-19 |      |        |       | 20                                |            |        |        |         |         |
| 1990-08-20 |      |        |       | 20                                |            |        |        |         |         |
| 1990-08-21 |      |        |       | 20                                |            |        |        |         |         |
| 1990-08-25 |      |        |       | 64 bumpster ride                  |            |        |        |         |         |
| 1990-08-26 |      |        |       | 30 cherry plain mt ride           |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       |           | totals | Miles | comment                         | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|-----------|--------|-------|---------------------------------|------------|--------|--------|---------|---------|
| 1990-08-30 |           |        |       | 20                              |            |        |        |         |         |
|            | August    | 670.00 |       |                                 |            |        |        |         |         |
| 1990-09-01 |           |        |       | 70 arglye ride injured back     |            |        |        |         |         |
| 1990-09-08 |           |        |       | 25 to taborton                  |            |        |        |         |         |
| 1990-09-10 |           |        |       | 45 blue factory with sue        |            |        |        |         |         |
| 1990-09-11 |           |        |       | 35 dyken pond                   |            |        |        |         |         |
| 1990-09-12 |           |        |       | 40 tomahonnock                  |            |        |        |         |         |
| 1990-09-13 |           |        |       | 40                              |            |        |        |         |         |
| 1990-09-15 |           |        |       | 35                              |            |        |        |         |         |
| 1990-09-16 |           |        |       | 60 navigational ramble          |            |        |        |         |         |
| 1990-09-23 |           |        |       | 50 east rens roads              |            |        |        |         |         |
| 1990-09-24 |           |        |       | 22                              |            |        |        |         |         |
| 1990-09-26 |           |        |       | 8                               |            |        |        |         |         |
| 1990-09-29 |           |        |       | 43 john rogers ride             |            |        |        |         |         |
| 1990-09-30 |           |        |       | 30                              |            |        |        |         |         |
|            | September | 503.00 |       |                                 |            |        |        |         |         |
| 1990-10-03 |           |        |       | 8                               |            |        |        |         |         |
| 1990-10-06 |           |        |       | 82 mt greylock                  |            |        |        |         |         |
| 1990-10-07 |           |        |       | 20                              |            |        |        |         |         |
| 1990-10-08 |           |        |       | 12                              |            |        |        |         |         |
| 1990-10-13 |           |        |       | 12 mt bike                      |            |        |        |         |         |
| 1990-10-14 |           |        |       | 66 delanson thing               |            |        |        |         |         |
| 1990-10-20 |           |        |       | 25                              |            |        |        |         |         |
| 1990-10-21 |           |        |       | 30 five chathams                |            |        |        |         |         |
| 1990-10-27 |           |        |       | 25 taborton                     |            |        |        |         |         |
| 1990-10-28 |           |        |       | 10 mt bike                      |            |        |        |         |         |
|            | October   | 290.00 |       |                                 |            |        |        |         |         |
| 1990-11-03 |           |        |       | 35                              |            |        |        |         |         |
| 1990-11-04 |           |        |       | 12 mt bike platt island         |            |        |        |         |         |
| 1990-11-24 |           |        |       | 12 mt bike                      |            |        |        |         |         |
| 1990-11-25 |           |        |       | 25 mt bike                      |            |        |        |         |         |
| 1990-11-28 |           |        |       | 40 taborton back way 68 degrees |            |        |        |         |         |
| 1990-11-30 |           |        |       | 12 40 minutes wind t. hamstring |            |        |        |         |         |
|            | November  | 136.00 |       |                                 |            |        |        |         |         |
| 1990-12-01 |           |        |       | 20 snake hill                   |            |        |        |         |         |
| 1990-12-02 |           |        |       | 12 taborton again               |            |        |        |         |         |

Frank Kelly's cycling mileage

| Date       | totals    | Miles | comment                  | Elev. Gain | Max HR | Avg HR | Avg Spd | Max Spd |
|------------|-----------|-------|--------------------------|------------|--------|--------|---------|---------|
| 1990-12-04 |           | 10    |                          |            |        |        |         |         |
| 1990-12-05 |           | 10    |                          |            |        |        |         |         |
| 1990-12-07 |           | 10    |                          |            |        |        |         |         |
| 1990-12-08 |           | 15    | plank road for xmas tree |            |        |        |         |         |
| 1990-12-09 |           | 20    | white church             |            |        |        |         |         |
| 1990-12-16 |           | 8     | road in snow             |            |        |        |         |         |
| December   | 105.00    |       |                          |            |        |        |         |         |
| 1990 Total | 3926.00   |       |                          |            |        |        |         |         |
| total      | 109253.51 |       |                          |            |        |        |         |         |