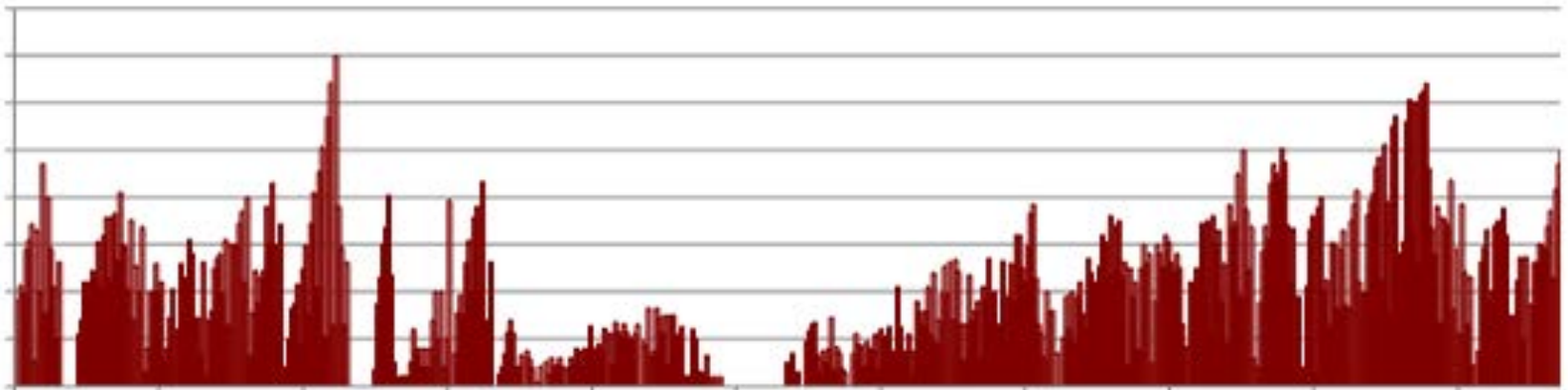
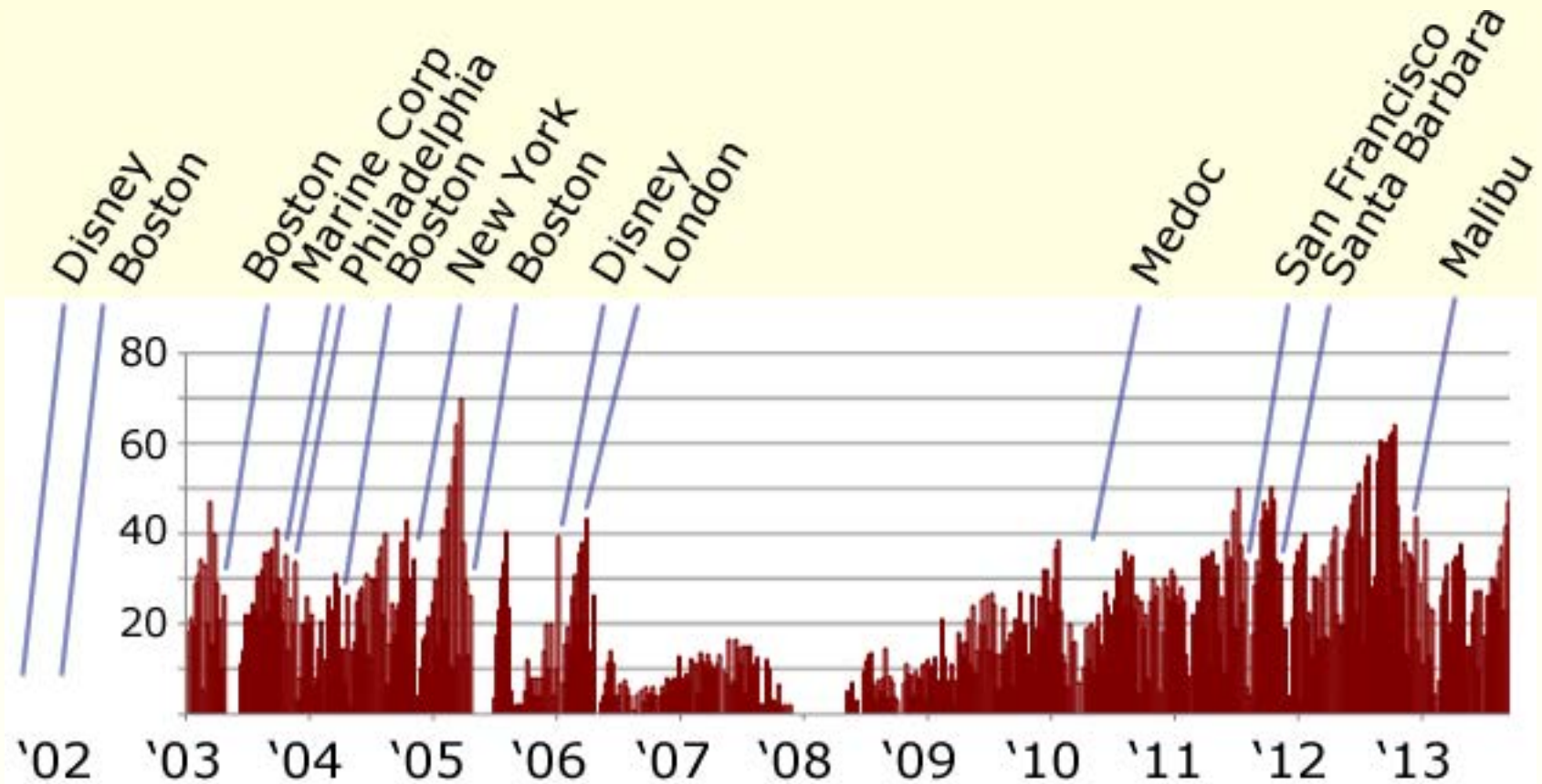


Tracking 10,000 running miles over 10 years

Julie Price

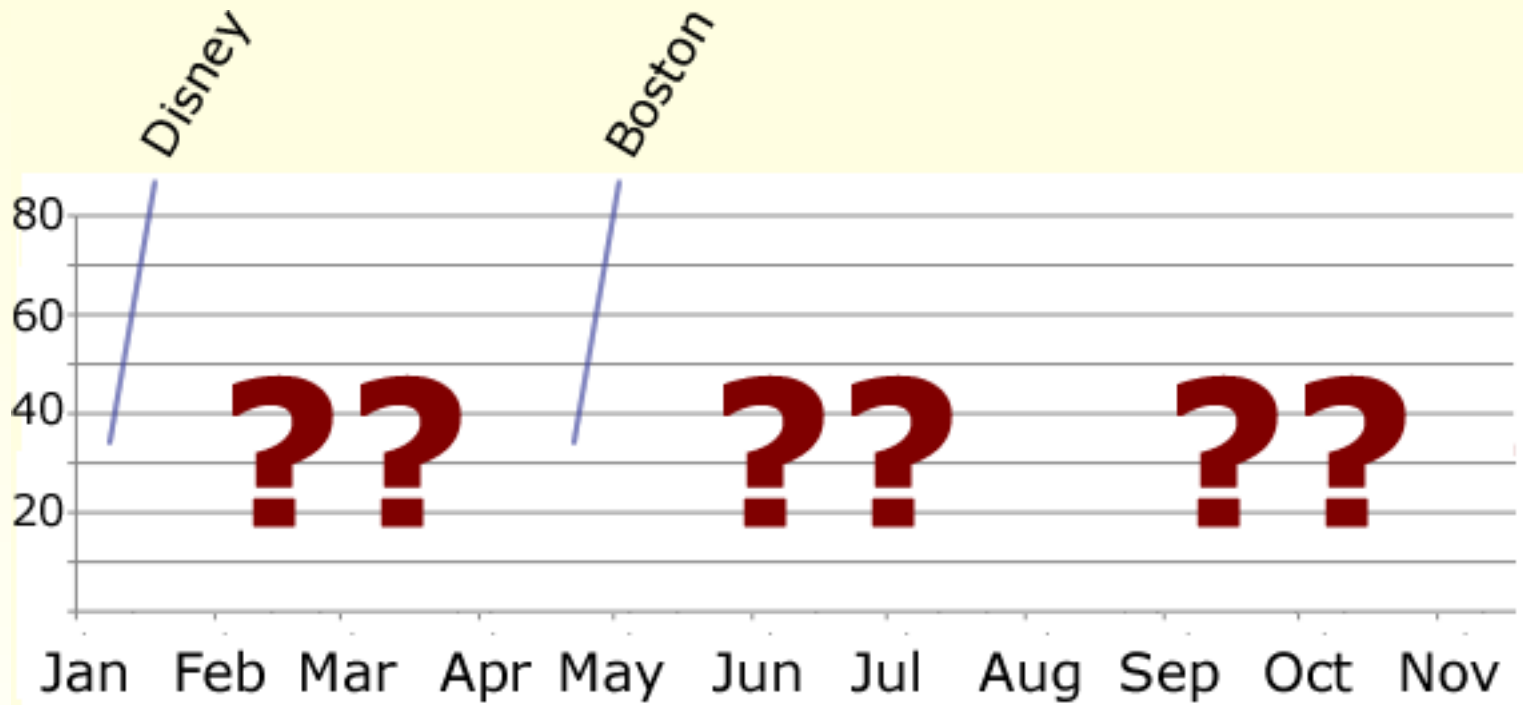


Running Miles per Week



14 Marathons so far...

2002

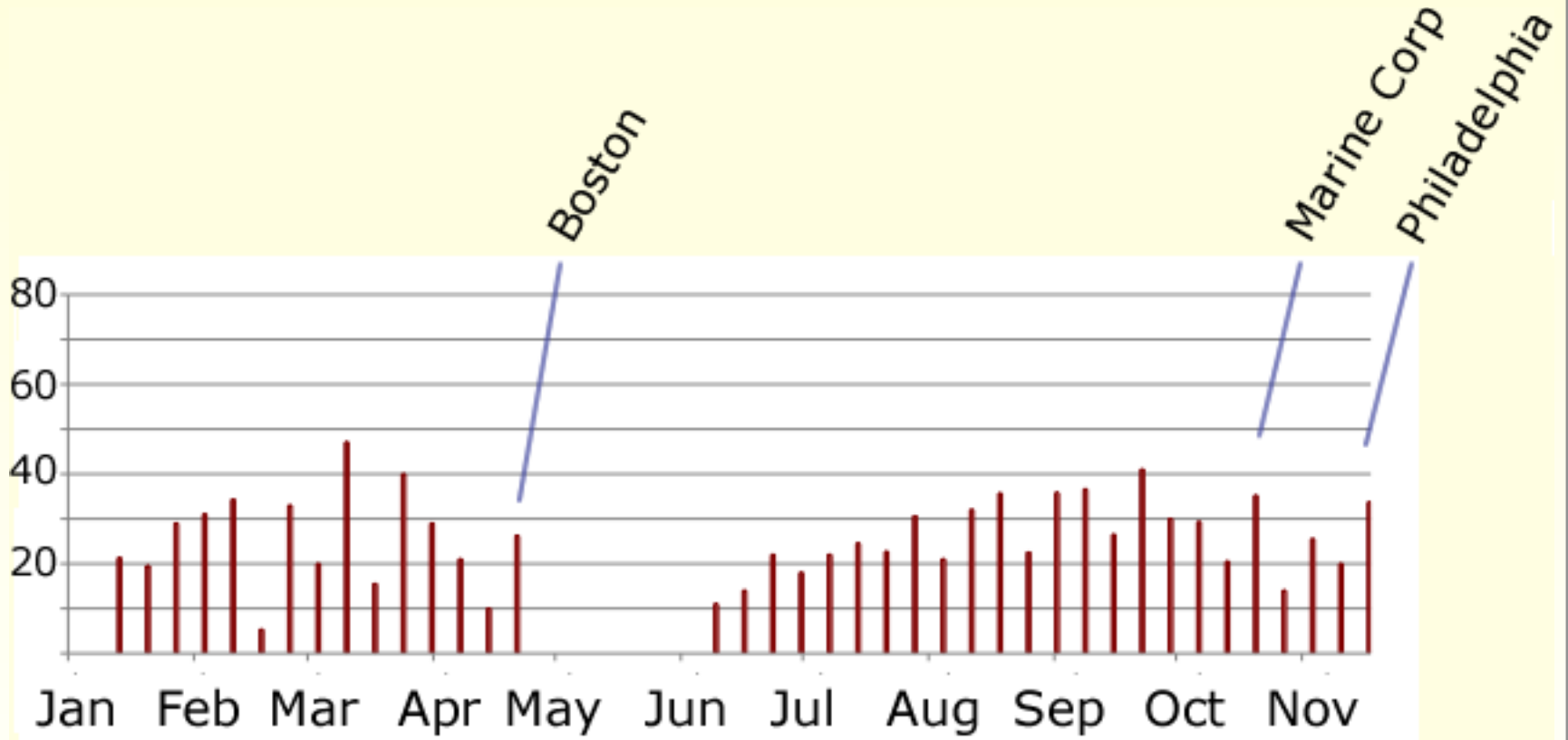


Learned some running rules

**10%
Rule**

**Hard/Easy
Rule**

2003



Learned more running rules

**10%
Rule**

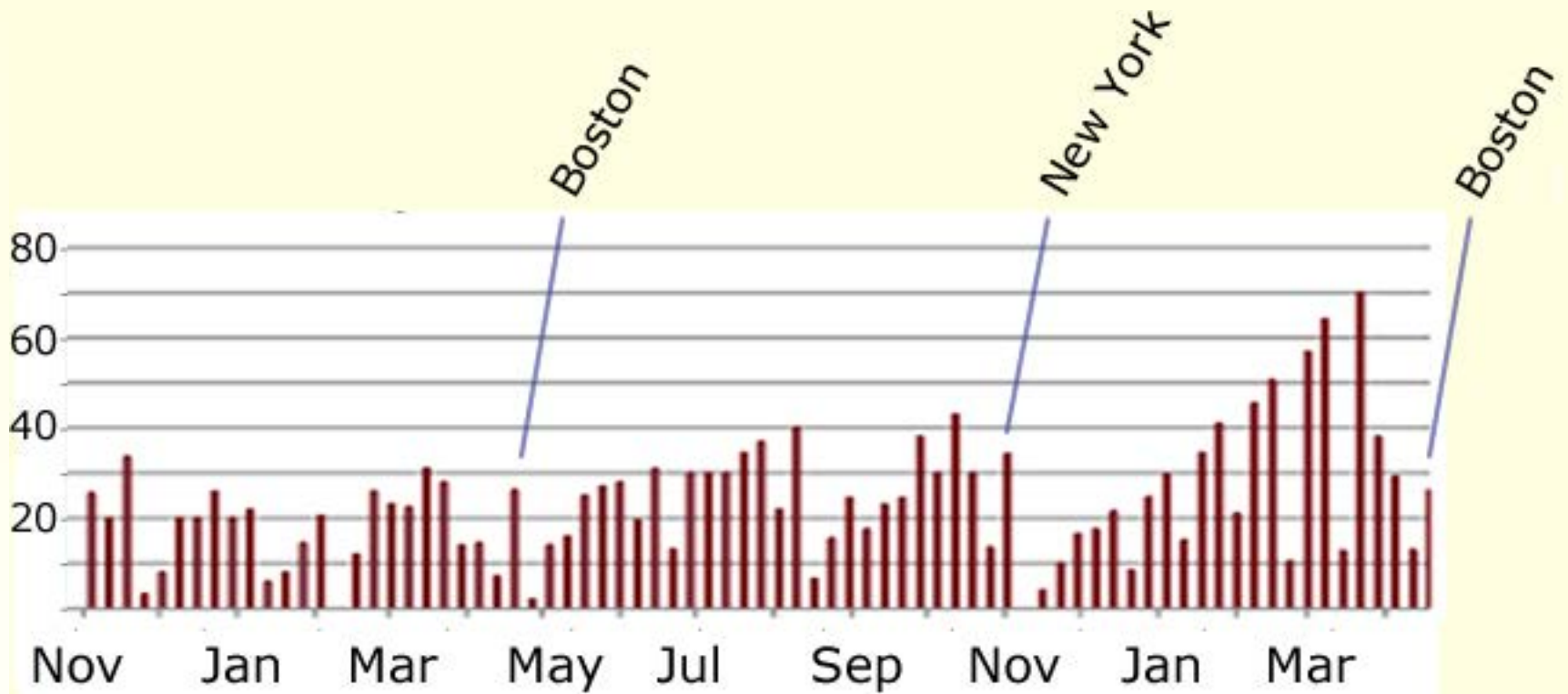
**Hard/Easy
Rule**



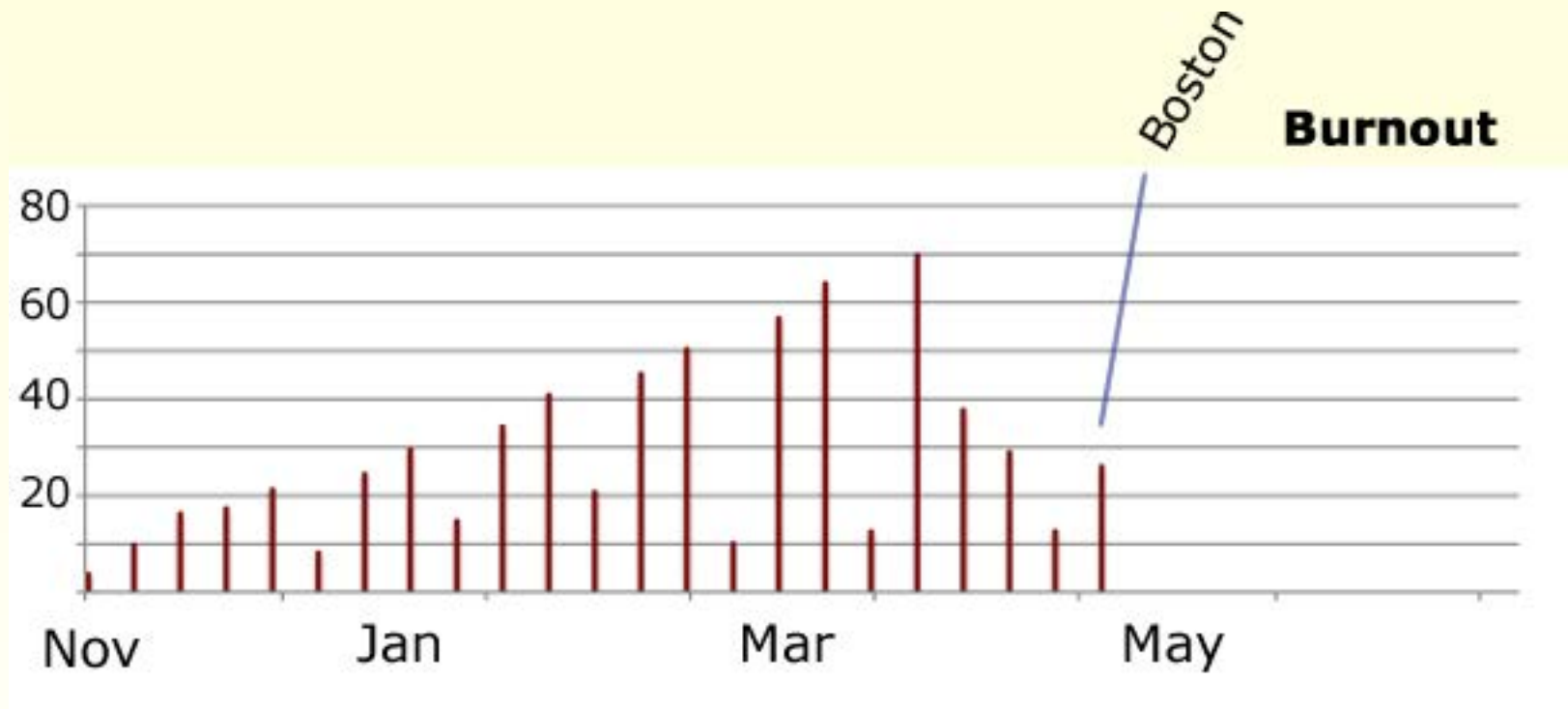
SLOW!

**Body
trumps
all**

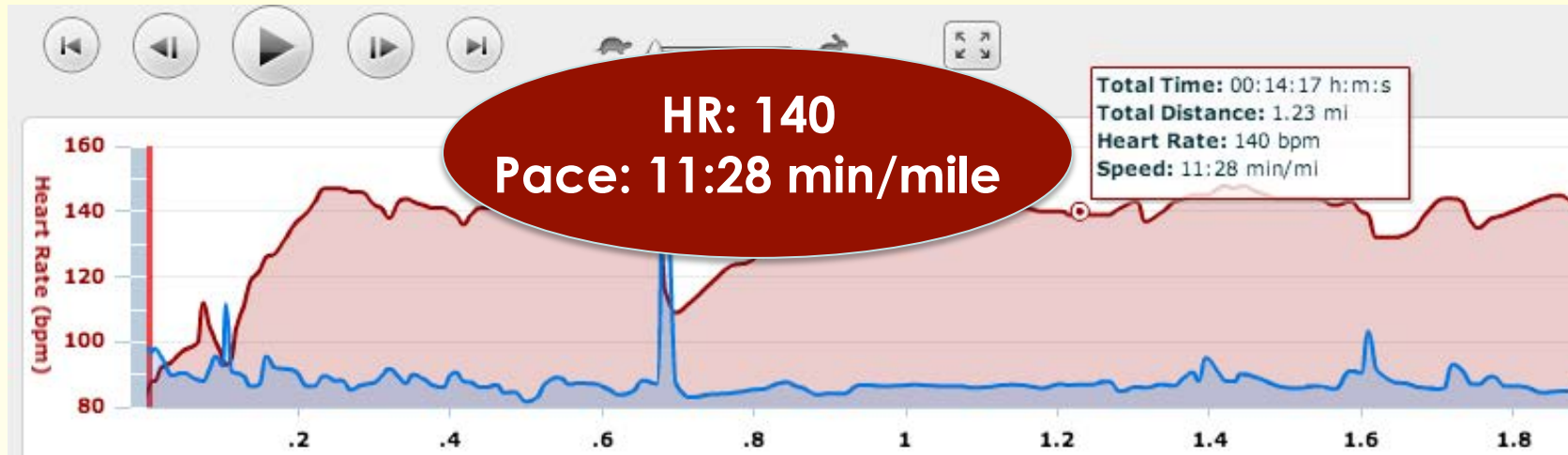
Nov '03 – Apr '05



Burnout

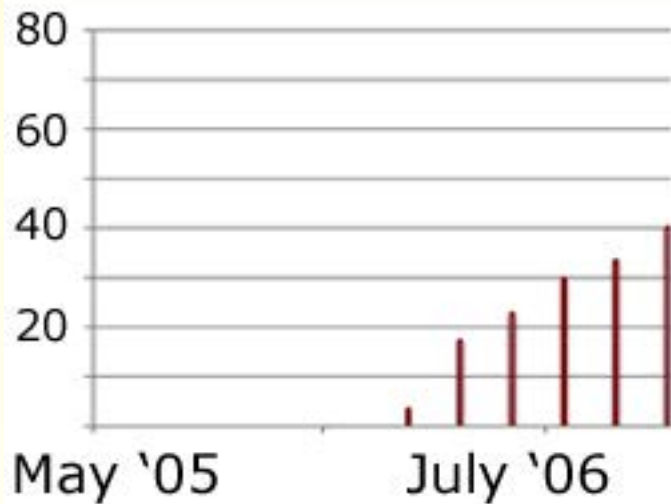


When to break the rules



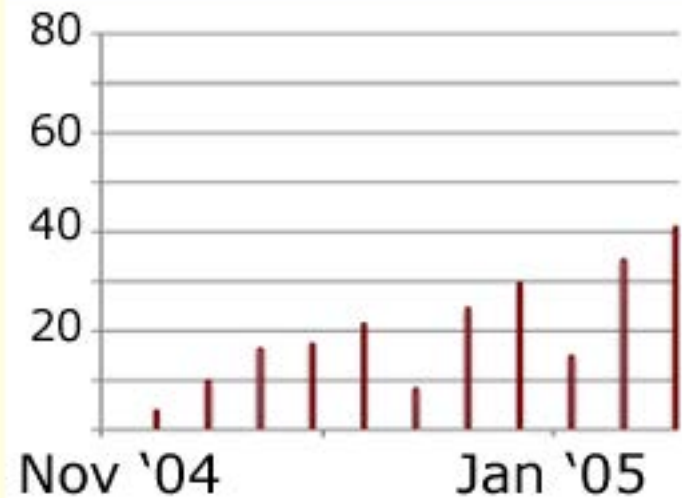
After 2 months off...

6 weeks to 40



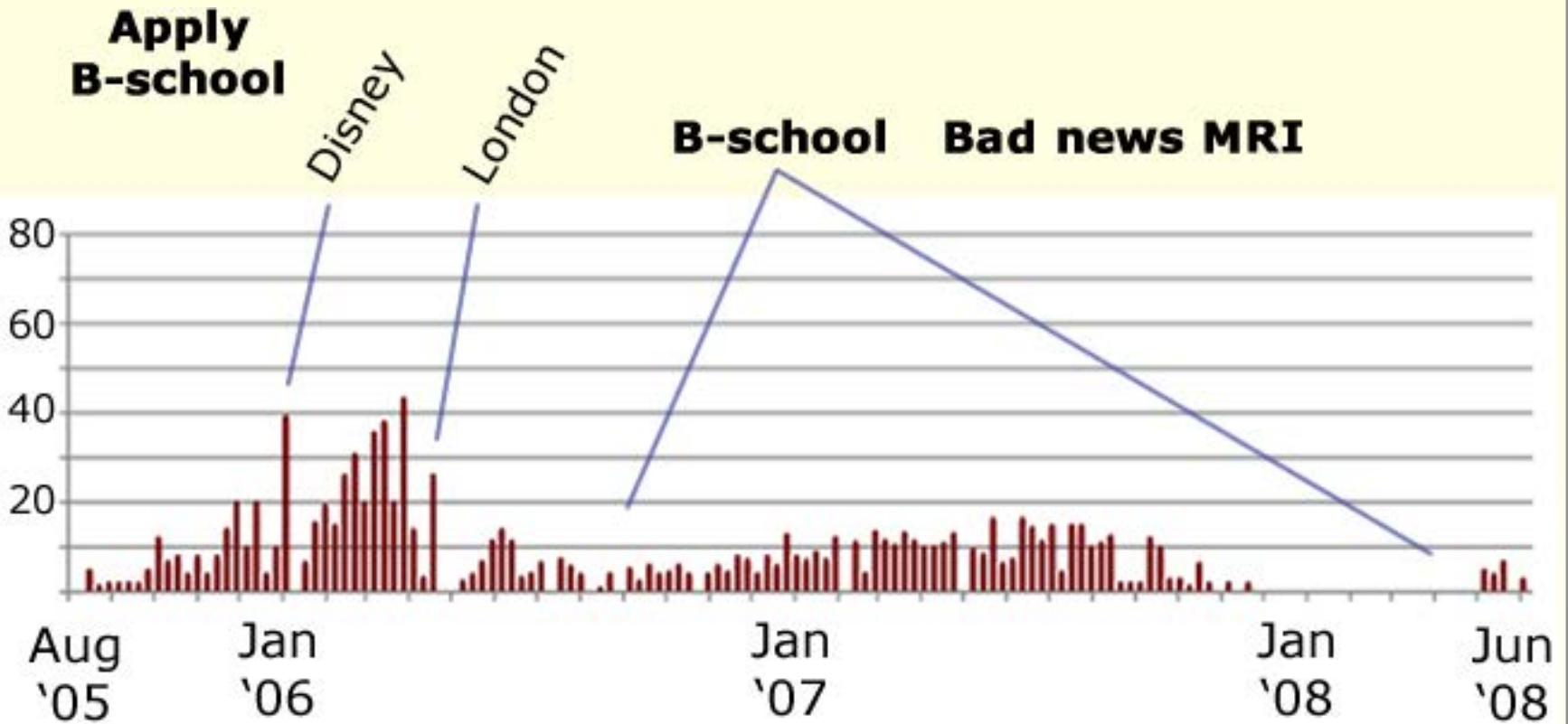
INJURY

11 weeks to 40



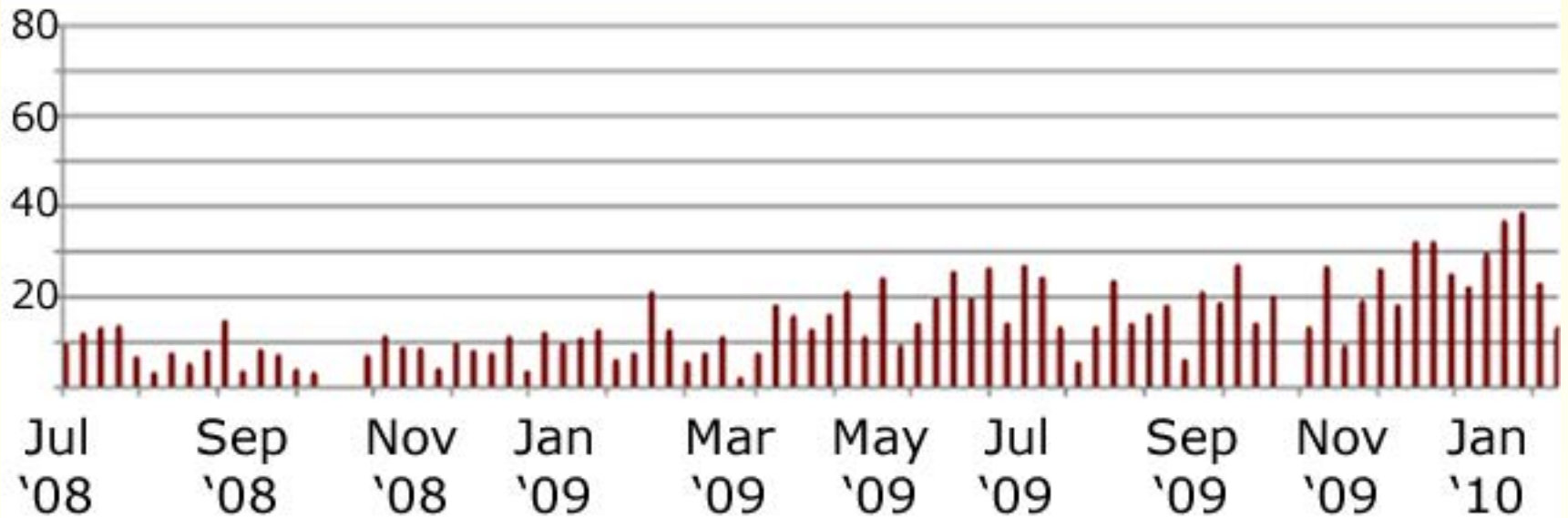
Healthy

Post-injury



Moved to SF

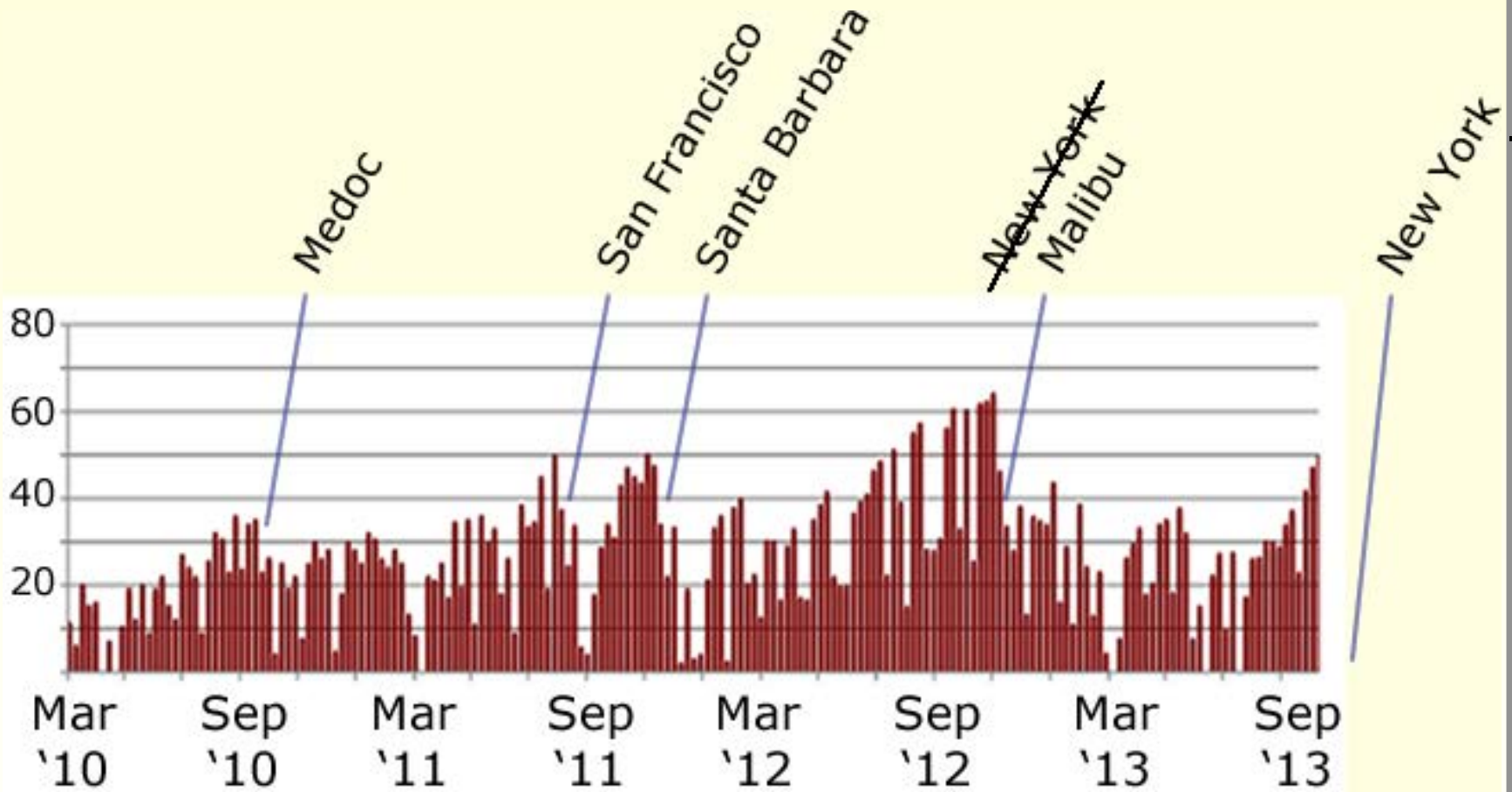
Half Marathons



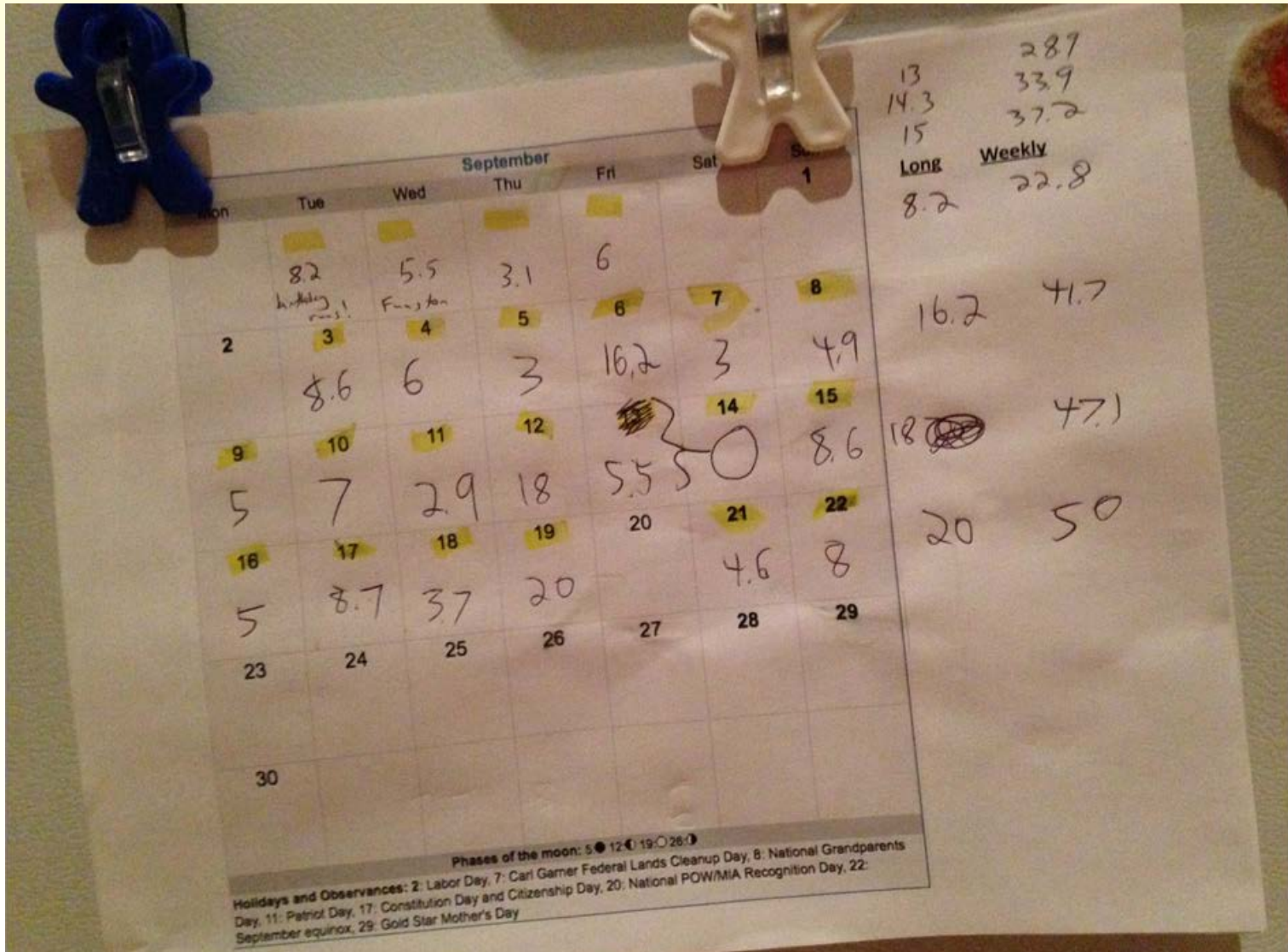
Focus on fun!



Chi running & coaching



Paper Tracking



Training

| Arya Stark / Julie | | Total Miles: 1,115.0 | | | Level: 20 | | Green Brooks: | 73.9 | Actual | Goal | Miles |
|---------------------------|--------------|----------------------------------|-------------|-------|------------------|------|---------------|-------|--------|-------|-------|
| | | Miles to next level: 40.0 | | | | | Newton's: | 178.1 | Miles | Miles | From |
| Week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Total | Total | Goal | |
| Sep-2 | | 8.6 | 6 | 3 | 16.2 | 3 | 4.9 | 41.7 | 41 | -0.7 | |
| Notes | rest - tired | Nwt | Brks | Nwt | Nwt - hilly | Brks | Nwt | | | | |
| Sep-9 | 5.1 | 7 | 2.9 | 18 | | 5.5 | 8.6 | 47.1 | 46.5 | -0.6 | |
| Notes | Nwt | Nwt, then Brks | Brks, Hilly | Nwt | | Nwt | Nwt | | | | |
| Sep-16 | 5 | 8.7 | 3.7 | 20 | | 4.6 | 8 | 50 | 50 | 0.0 | |
| Notes | Brks | Nwt | Brks | Nwt | | Brks | Nwt | | | | |
| target miles | | 3 | 7 | 3 | 10 | | 5 | | | | |
| Sep-23 | | 3.1 | | | | | | 3.1 | 28 | 24.9 | |
| Notes | | Nwt | | | | | | | | | |
| target miles | 9 | 7 | 5 | 21 | | 5 | 6.2 | | | | |
| Sep-30 | | | | | | | | 0 | 53.2 | 53.2 | |
| Notes | | | | | | | | | | | |
| target miles | 3 | 5 | 8.5 | 5 | 8.5 | 3 | 23 | | | | |
| Oct-7 | | | | | | | | 0 | 56 | 56.0 | |
| Notes | | | | | | | | | | | |
| target miles | | 3 | 7 | 3 | 7 | 3 | 15 | | | | |
| Oct-14 | | | | | | | | 0 | 38 | 38.0 | |
| Notes | | | | | | | | | | | |
| target miles | | 3 | 5 | 3 | 5 | 3 | 8 | | | | |
| Oct-21 | | | | | | | | 0 | 27 | 27.0 | |
| Notes | | | | | | | | | | | |
| target miles | | 4 | 4 | | | | 26.2 | | | | |
| Oct-28 | | | | | | | | 0 | 34.2 | 34.2 | |
| Notes | | | | | | | NY Marathon! | | | | |

Measuring



gmap-pedometer.com | Welcome juliep2723! | main map | bookmarked routes | workout log | profile | forum | about | log out

Jump to: zoom: 12 Map Satellite Hybrid

Recording... [zoom shut](#)

Undo last point

Distance: 20.6364 miles

english metric

Draw route:

- automatically (for runners)
- automatically (for cyclists)
- manually (straight lines)

Turn [off](#) name and description
Route name: (Click to enter text)
Description: (Click to enter text)
Turn [off](#) mile markers
Turn [on](#) calorie counter
Elevation: off [small](#) [large](#)
[Complete there and back route](#)

[Save route](#)

[Clear points and start over](#)

[Print map](#)

[Export as GPX](#) (external link)

A screenshot of the gmap-pedometer.com website. The main map shows a blue route around San Francisco, starting from the Golden Gate and going clockwise. The route is marked with numbered red pins from 1 to 24. The map includes labels for various districts and streets in San Francisco, such as Marina District, North Beach, Financial District, and Mission District. The interface includes a search bar, zoom controls, and various settings for the route.

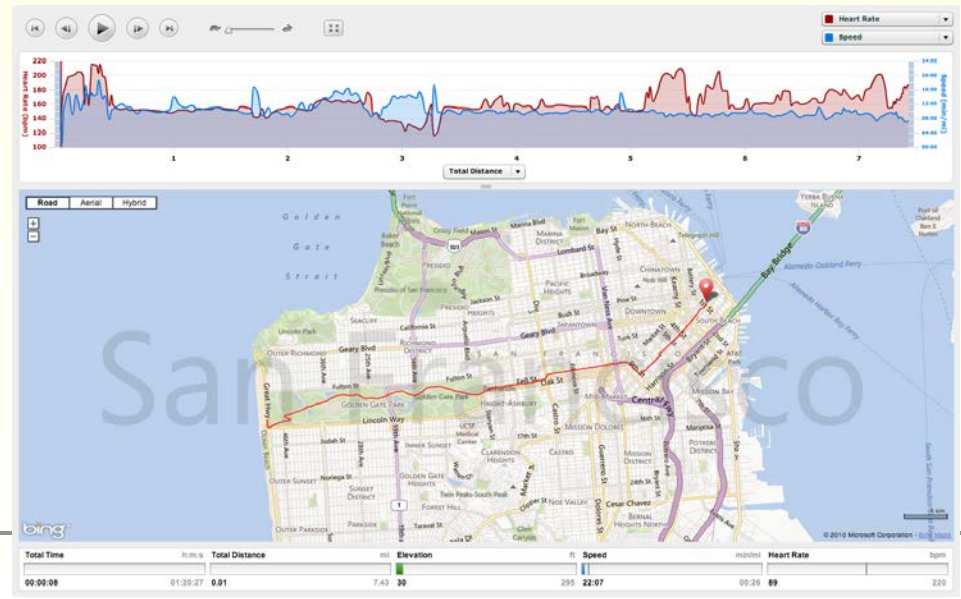
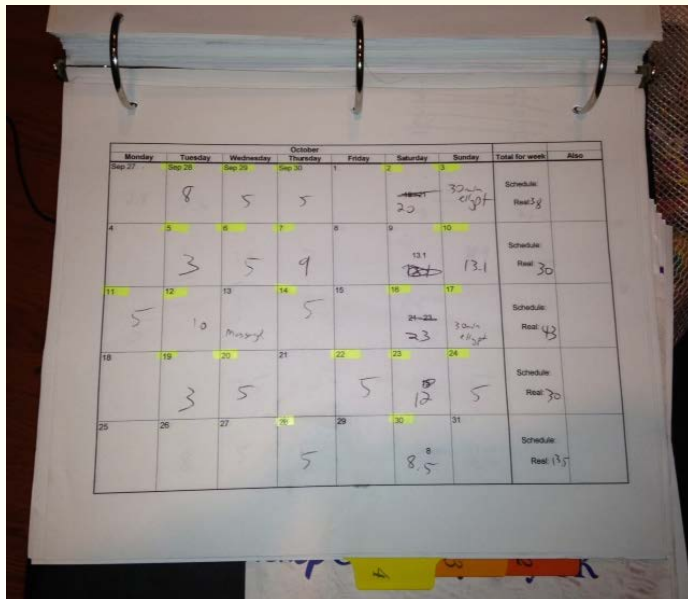
AT&T 11:35 PM 86%

Done 09/19/2013 San... Share

A screenshot of a mobile map application. The top status bar shows AT&T, signal strength, time (11:35 PM), and battery level (86%). Below the status bar is a red header with the text "Done 09/19/2013 San..." and a "Share" button. The map shows a route in San Francisco, with a yellow line indicating the path and several red arrow markers pointing upwards. The map includes labels for various locations and streets, such as Belvedere, Tiburon, Sausalito, Golden Gate, and San Francisco. The route starts near the Golden Gate and goes through the city.

Using the data

| Arya Stark / Julie | | Total Miles: 1,099.3 | | | Level: 20 | | Green Brooks: | 69.3 | Actual | Goal | Miles |
|--------------------|-------------------------|---------------------------|--------------------|------------------------|---------------------------|--------------------------|--------------------------|-------|---------|-------|-------|
| | | Miles to next level: 55.7 | | | | | Newtons: | 170.1 | Miles | Miles | From |
| Week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Total | Total | Goal | |
| May-13 | | | 4.5 | 3 | | | 7.5 | 15 | 23.5 | 8.5 | |
| Notes | | | | | | | Bay to Breakers | | | | |
| May-20 | | | | | | | | 0 | 0 | 0.0 | |
| Notes | Sick :(| Sick :(| Sick :(| Started getting better | Definitely getting better | Still sick | Surprisingly, still sick | | Sick :(| | |
| May-27 | 4.1 | | | | 5 | 10.1 | 3.1 | 22.3 | 10 | -12.3 | |
| Notes | slow - still a bit sick | | Longest cold ever! | | | Slow | | | | | |
| Jun-3 | 5.1 | 2.5 | | 5.1 | 3 | 9 | 2.5 | 27.2 | 26 | -1.2 | |
| Notes | | | | | | Lake Chabot - super slow | | | | | |
| Jun-10 | 4.7 | 2 | | | | | 3 | 9.7 | 9 | -0.7 | |
| Notes | | | | | | | scratchy throat | | | | |

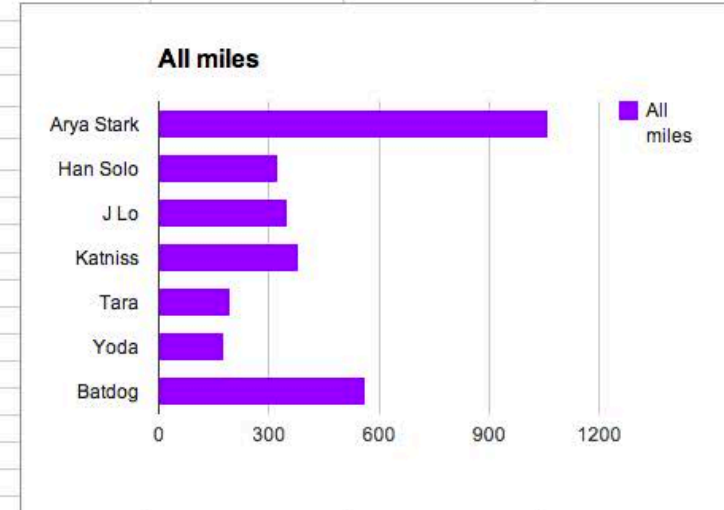
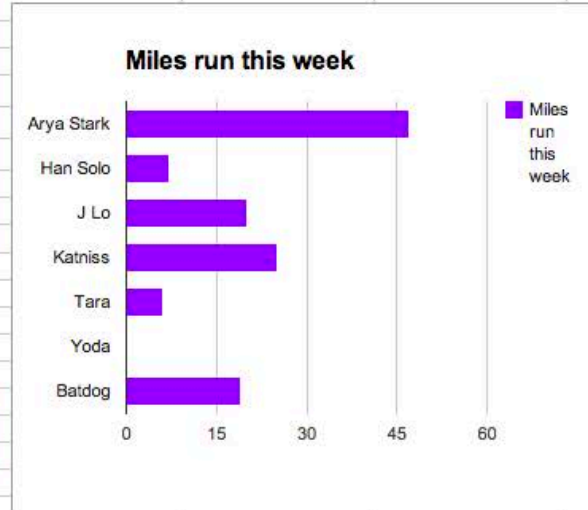


Training others

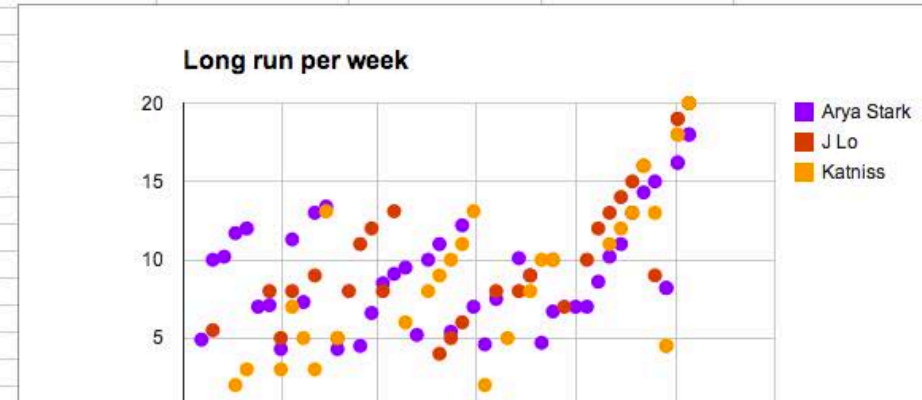
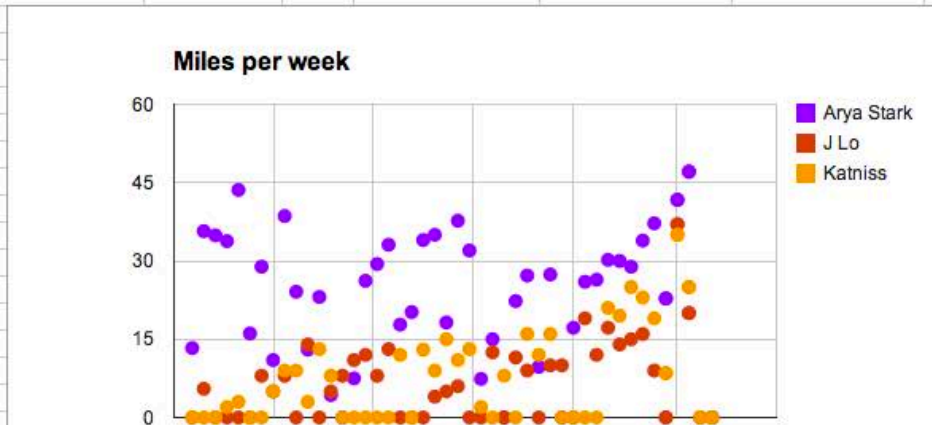
| Miles run this week | All miles | Level | Nickname |
|---------------------|-----------|-------|------------|
| 47 | 1,062 | 20 | Arya Stark |
| 7 | 325 | 10 | Han Solo |
| 20 | 351 | 11 | J Lo |
| 25 | 381 | 11 | Katniss |
| 0 | 189 | 8 | Tara |
| 0 | 177 | 8 | Yoda |

Email Team misFITs

| Supporter | All miles | Level | Nickname |
|-----------|-----------|-------|----------|
| Abby | 565 | 14 | Batdog |



NY Marathoners:

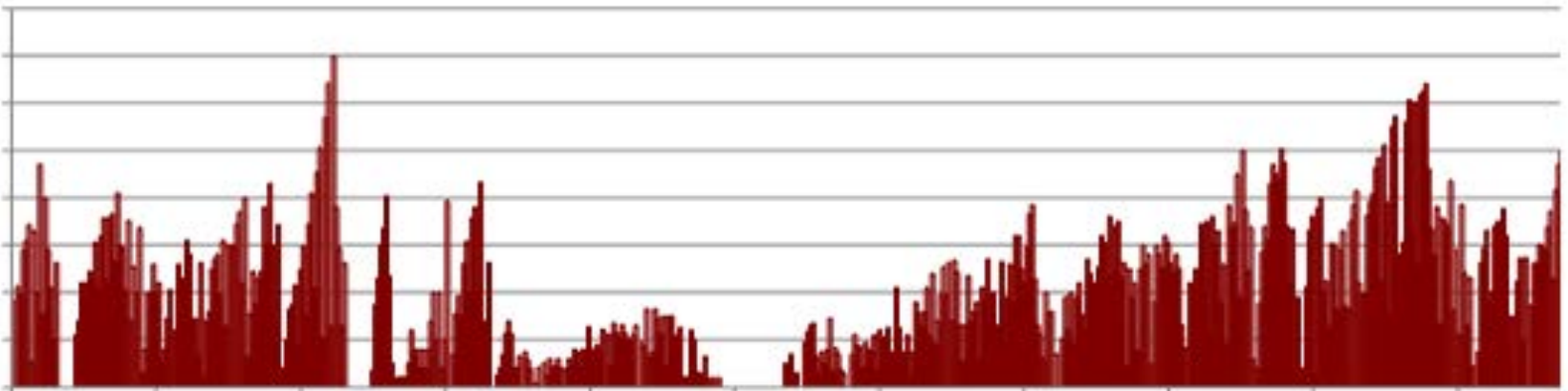


My Motivations



Summary

- Track to know what you're doing
- Learn the rules
- Listen to your body
- Keep it fun
- Remember the rules



Contact Info

Training, technology, running games, or motivation

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