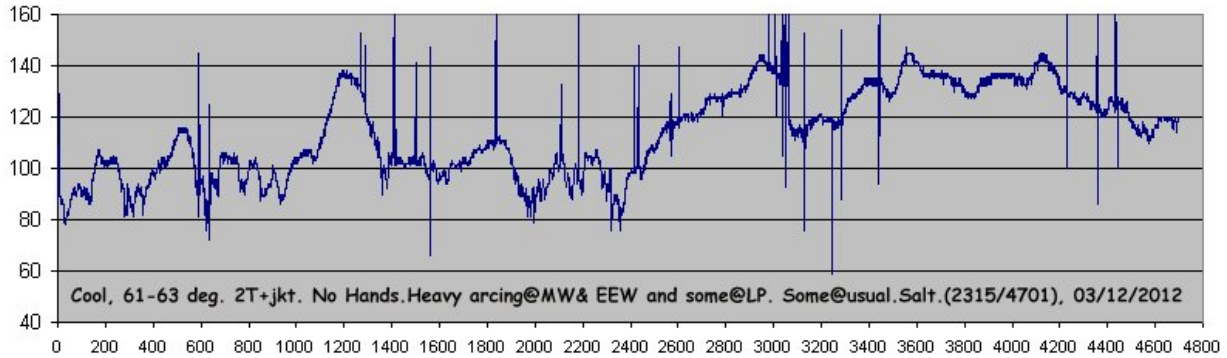
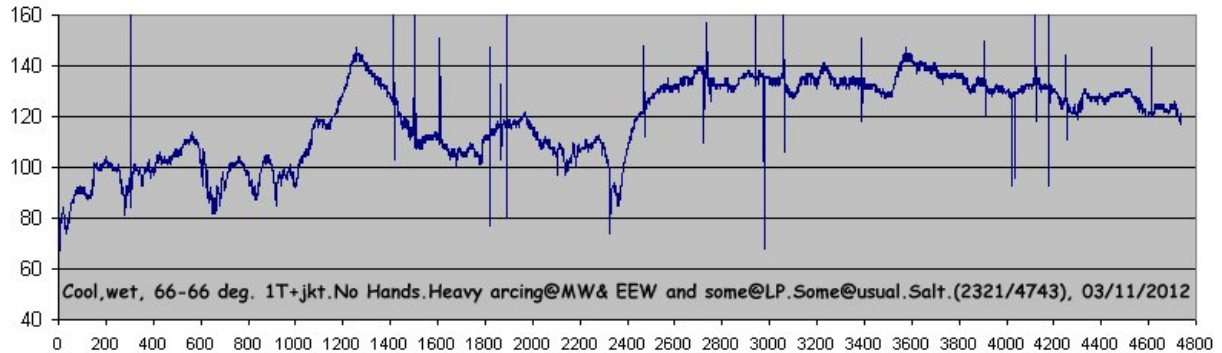


Heart Rate Recorder plotted results(16). 01/01 - 3/12/2012

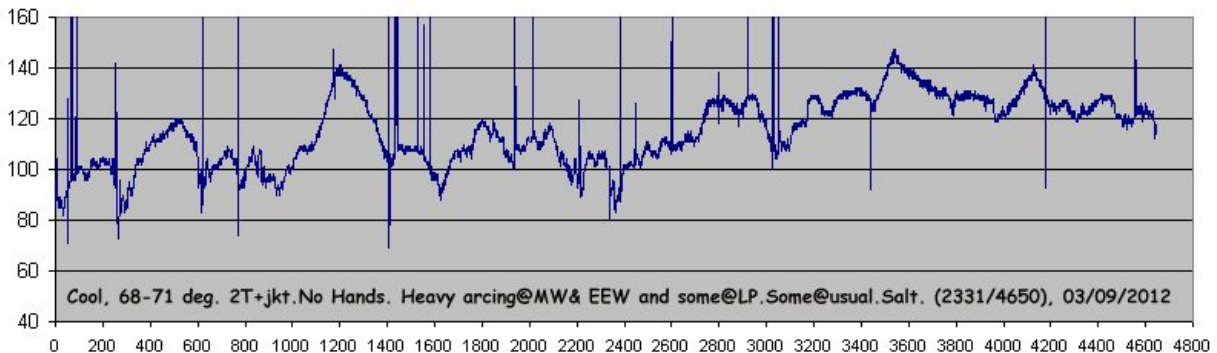
Cool, 61-63, 2T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 3000 is MW. 1500 and 2900, LP. Oakmonte noise at 2100 and 2400. 1200 and 3300 are big hill. (2315/4701) Monday, 03/12/2012



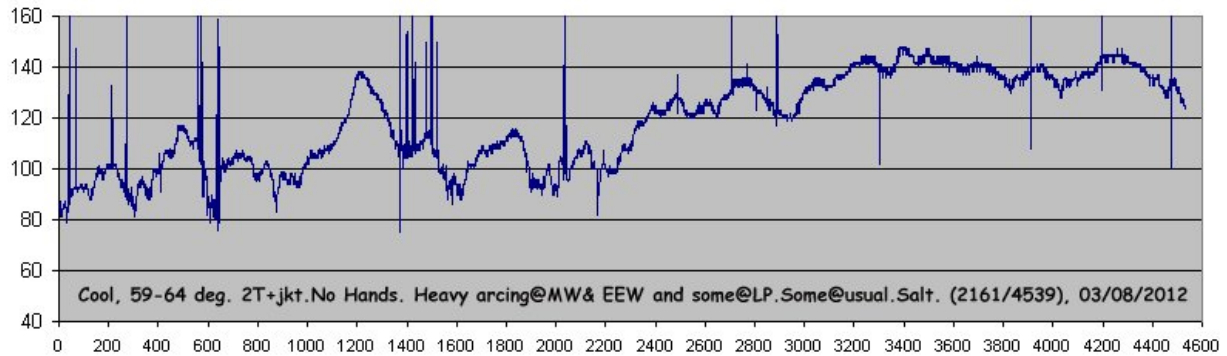
Cool, wet, 66-66, 1T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3000 is MW. 1600 and 2900, LP. Oakmonte noise at 1900 and 2500. 1200 and 3400 are big hill. (2321/4743) Sunday, 03/11/2012



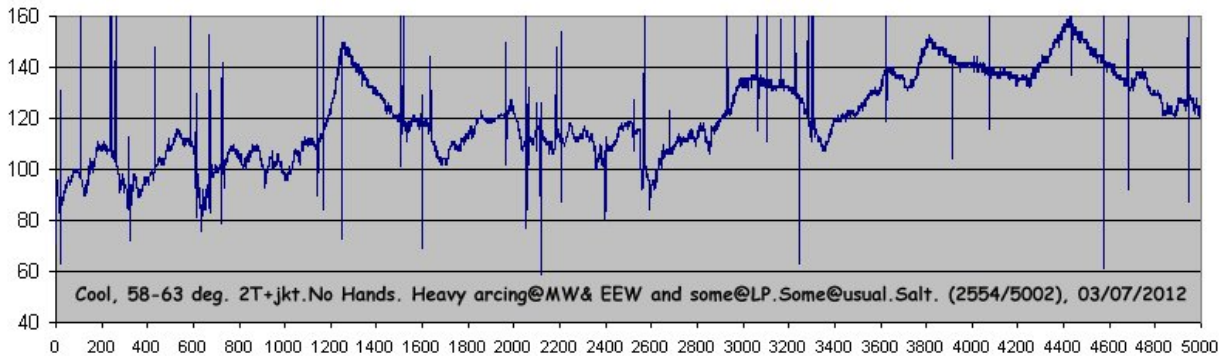
Cool, 68-71, 2T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 3000 is MW. 1500 and 2900, LP. Oakmonte noise at 2200 and 2400. 1200 and 3400 are big hill. (2331/4650) Friday, 03/09/2012



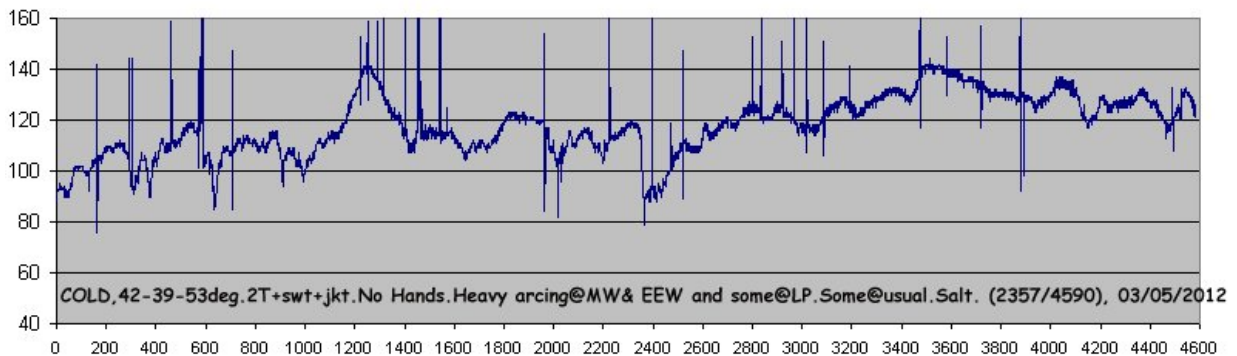
Cool, 59-64, 2T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 2900 is MW. 1500 and 2800, LP. Oakmonte noise at 2000 and 2500. 1200 and 3200 are big hill. (2161/4539) Thursday, 03/08/2012



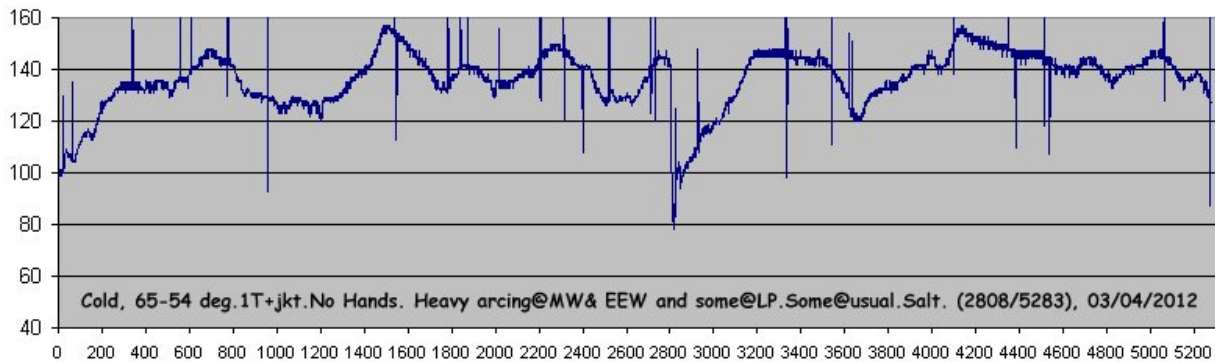
Cool, 58-63, 2T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3100 is MW. 1600 and 3000, LP. Oakmonte noise at 2400 and 2700. 1200 and 3600 are big hill. (2554/5002) Wednesday, 03/07/2012



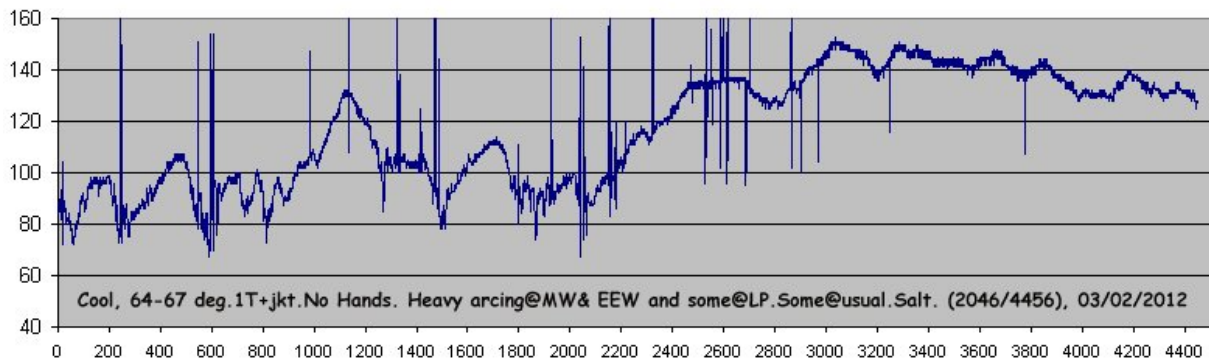
COLD, 42-39-53, 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 3200 is MW. 1500 and 3100, LP. Oakmonte noise at 2200 and 2500. 1200 and 3400 are big hill. (2357/4590) Monday, 03/05/2012



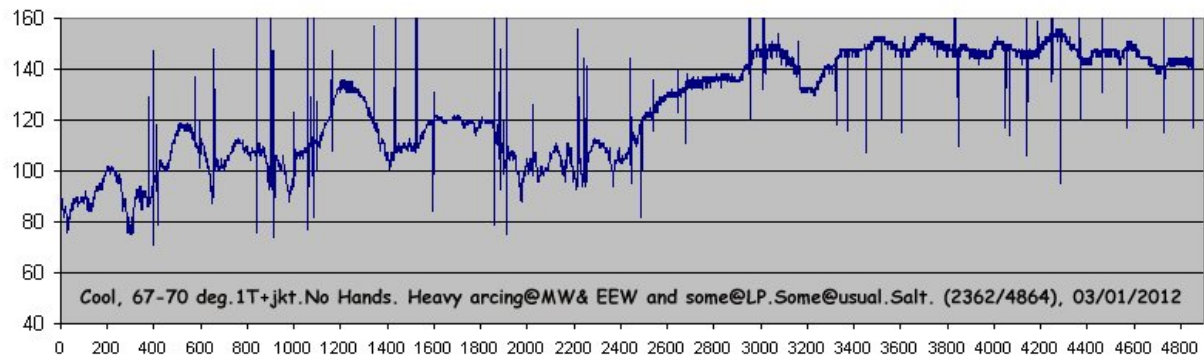
Cold, wet, windy, 65-54, 1T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1700 and 3500 is MW. 1800 and 3400, LP. Oakmonte noise at 2700 and 2900. 1500 and 4000 are big hill. (2809/5283) Sunday, 03/04/2012



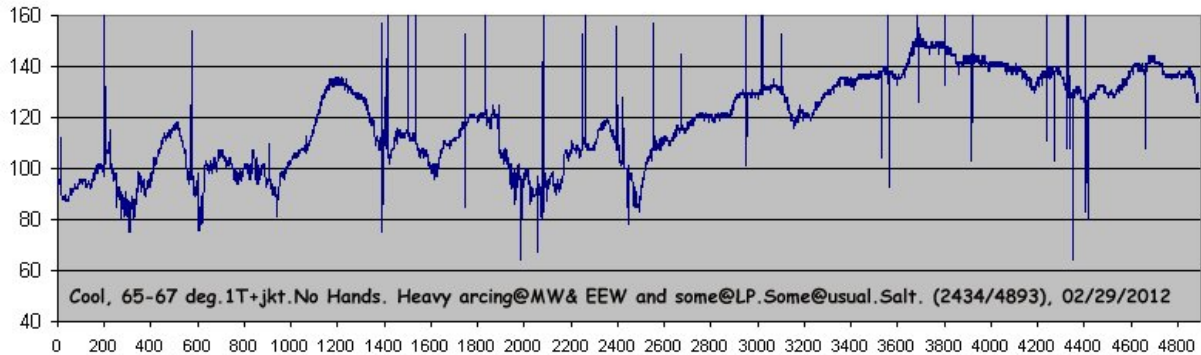
Cool, 64-67, 1T+jkt. Damp, fog. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1300 and 2700 is MW. 1400 and 2600, LP. Oakmonte noise at 1900 and 2200. 1100 and 3100 are big hill. (2046/4456) Friday, 03/02/2012



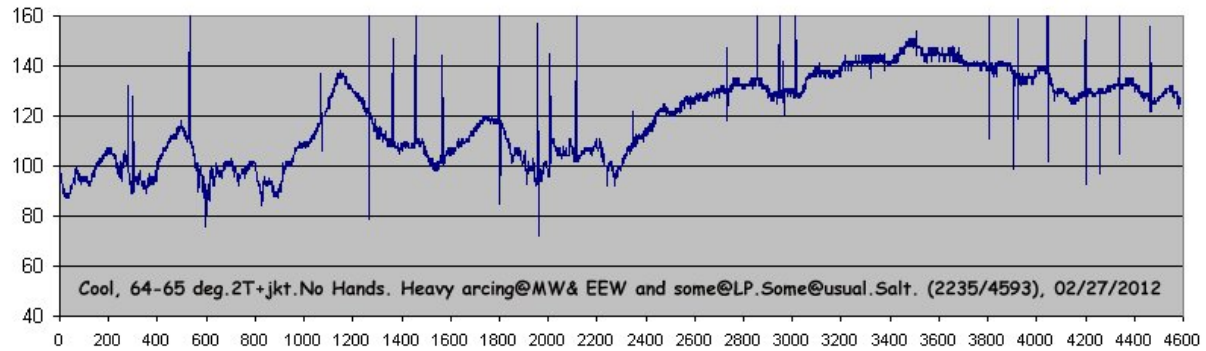
Cool, 67-70, 1T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3100 is MW. 1600 and 3000, LP. Oakmonte noise at 2200 and 2700. 1200 and 3500 are big hill. (2434/4893) Thursday, 03/01/2012



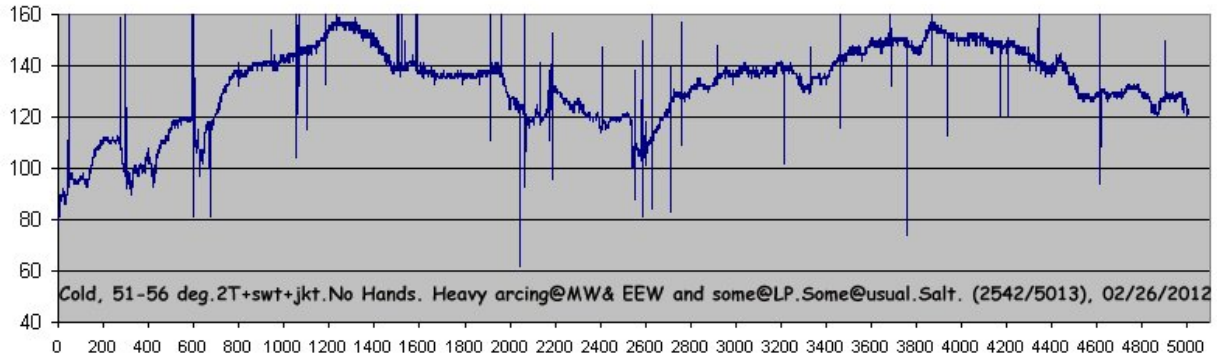
Cool, 65-67, 1T+jkt. Foggy, damp. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 3100 is MW. 1500 and 3000, LP. Oakmonte noise at 2200 and 2600. 1200 and 3500 are big hill. (2434/4893) Wednesday, 02/29/2012



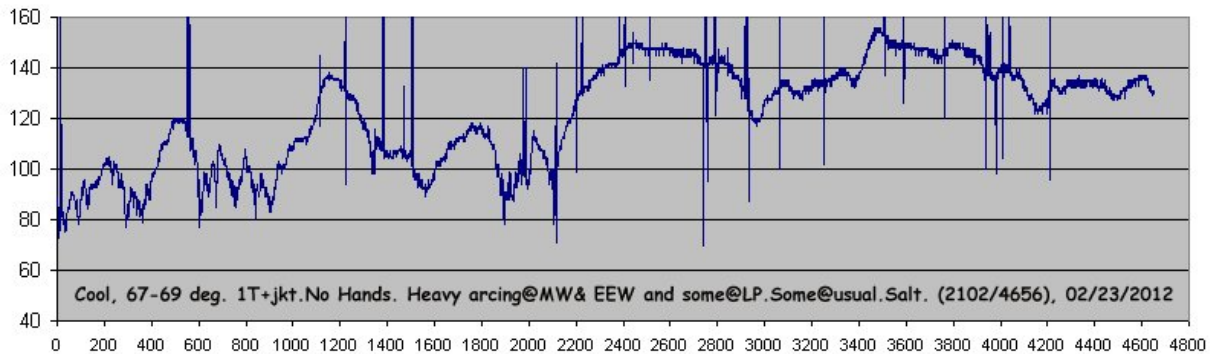
Cool, 64-65, 2T+jkt. Damp. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 3000 is MW. 1500 and 2900, LP. Oakmonte noise at 2100 and 2700. 1100 and 3300 are big hill. (2235/4593) Monday, 02/27/2012



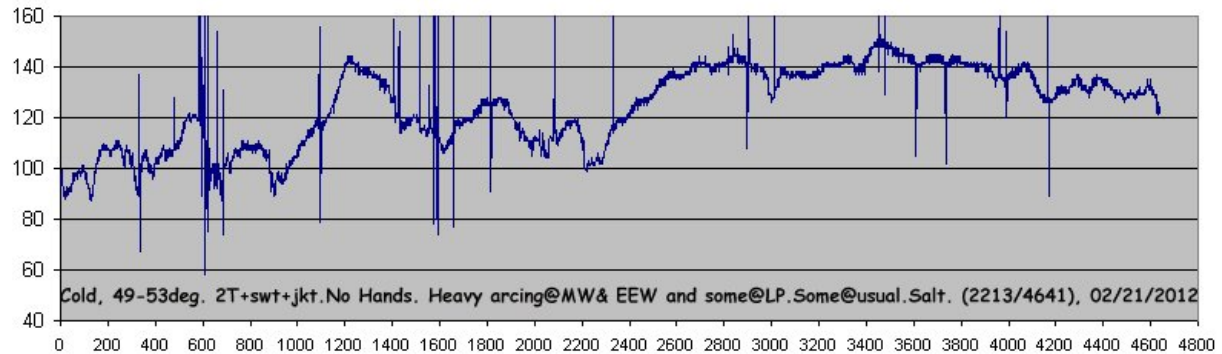
Cold, 51-56, 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3300 is MW. 1600 and 3200, LP. Oakmonte noise at 2400 and 2700. 1200 and 3700 are big hill. (2542/5013) Sunday, 02/26/2012



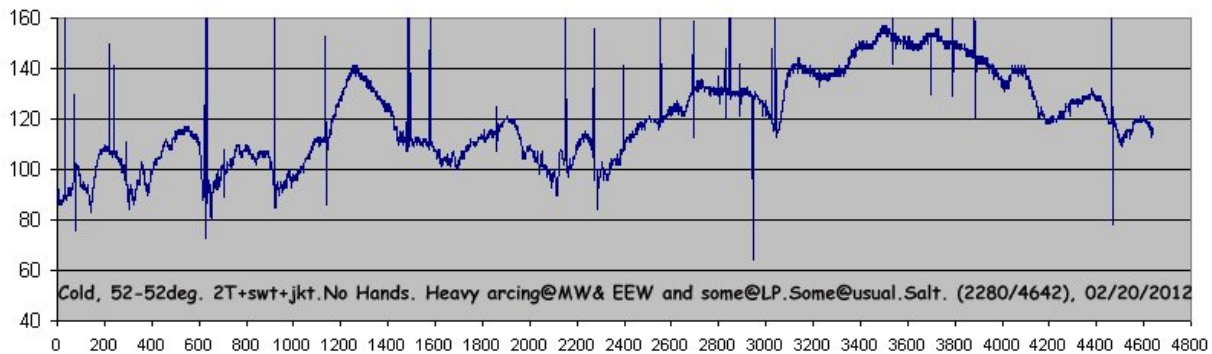
Cool, 67-69, 1T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 2800 is MW. 1500 and 2700, LP. Oakmonte noise at 2000 and 2200. 1100 and 3300 are big hill. (2102/4656) Thursday, 02/23/2012



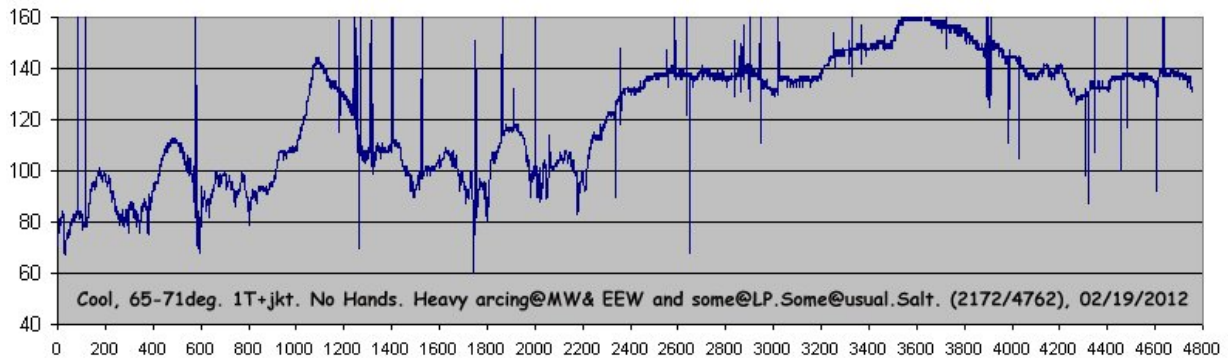
Cold, 49-53, 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 2900 is MW. 1600 and 2800, LP. Oakmonte noise at 2100 and 2300. 1200 and 3300 are big hill. (2213/4641) Tuesday, 02/21/2012



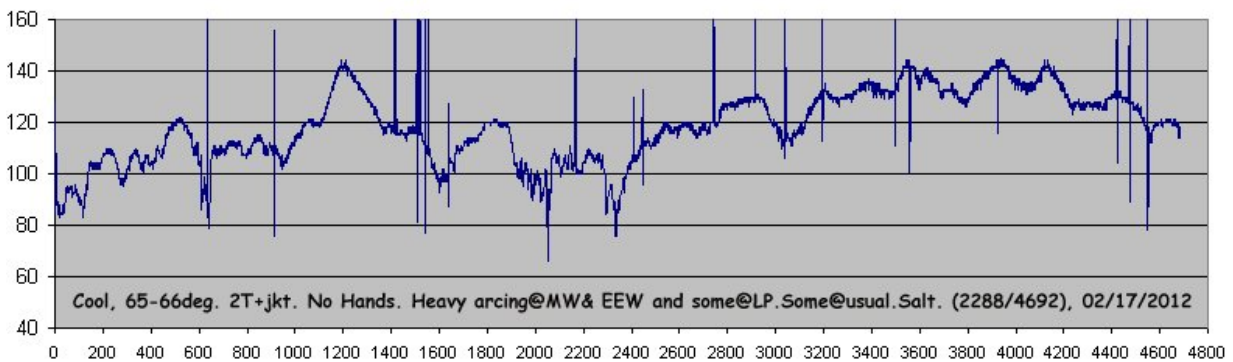
Cold, 52-52, 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3000 is MW. 1600 and 2900, LP. Oakmonte noise at 2100 and 2400. 1200 and 3400 are big hill. (2280/4642) Monday, 02/20/2012



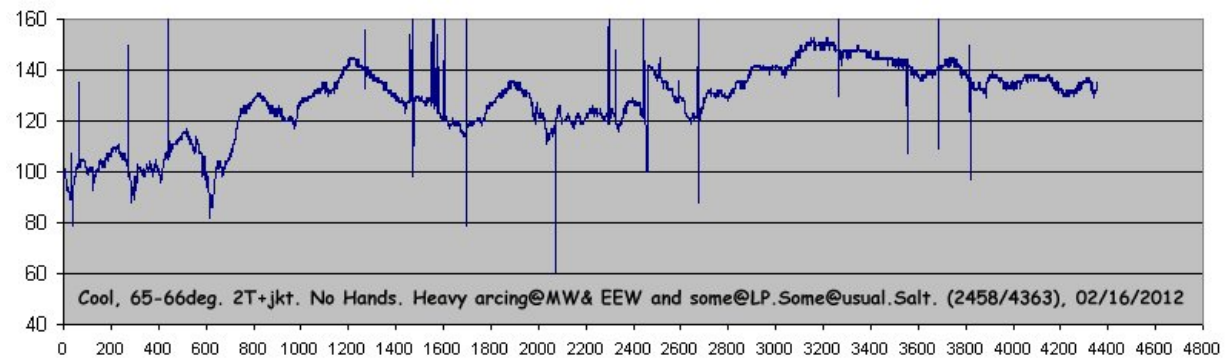
Cool, 65-71, 1T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1300 and 2900 is MW. 1400 and 2800, LP. Oakmonte noise at 2000 and 2300. 1100 and 3400 are big hill. (2172/4762) Sunday, 02/19/2012



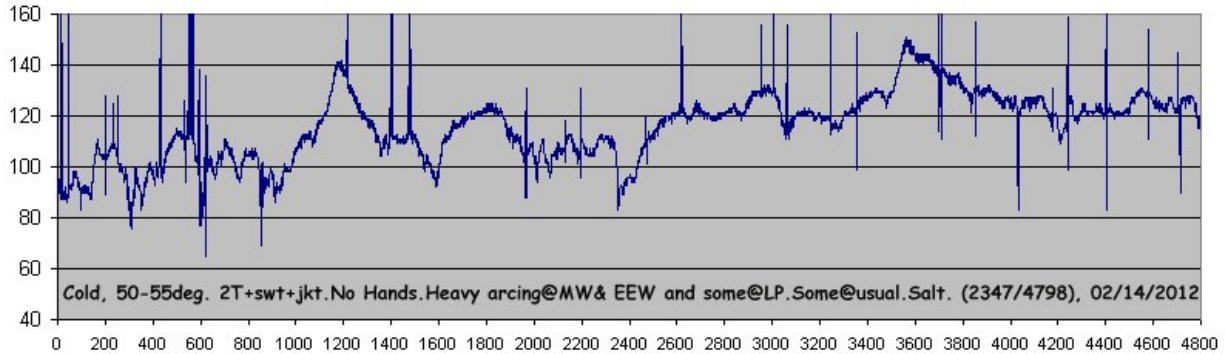
Cool, 65-66, 2T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 3000 is MW. 1500 and 2900, LP. Oakmonte noise at 2100 and 2400. 1200 and 3300 are big hill. (2288/4692) Friday, 02/17/2012



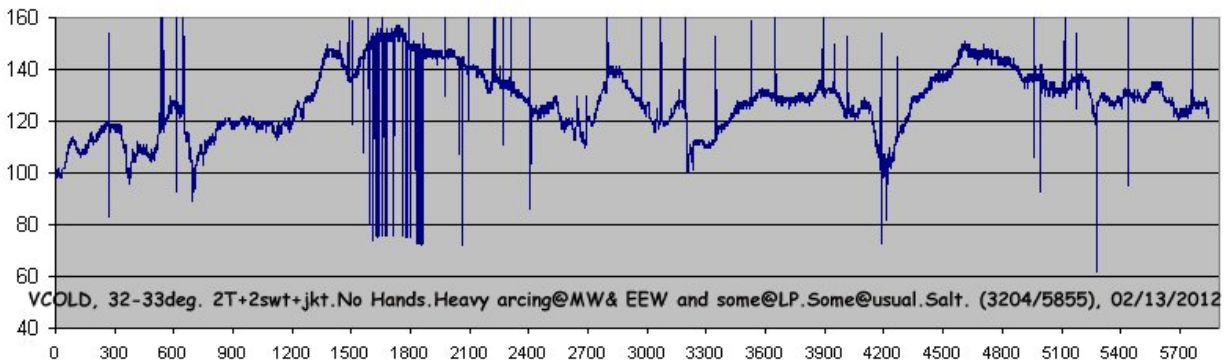
Cool, 65-66, 2T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 2600 is MW. 1600 and 2500, LP. Oakmonte noise at 2300 and xx00. 1200 and 3500 are big hill. Return begun at LP. (2458/4363) Thursday, 02/16/2012



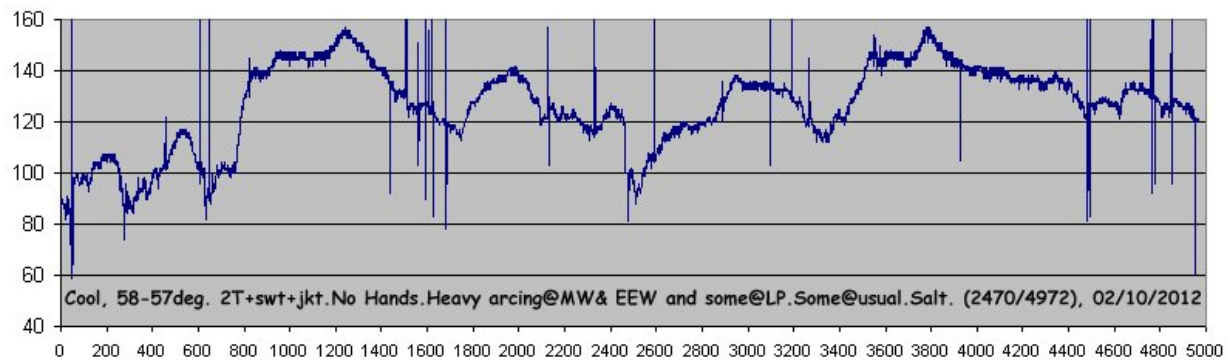
Cold, 50-55, 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 3000 is MW. 1500 and 2900, LP. Oakmonte noise at 2200 and 2600. 1200 and 3500 are big hill. (2347/4798) Tuesday, 02/14/2012



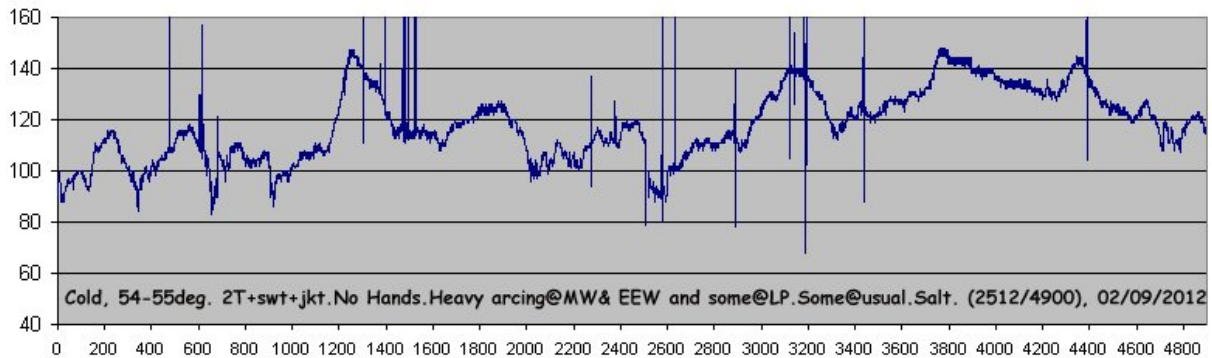
VERY COLD, 32-33, 2T+swt+2jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1800 and 4100 is MW. 1900 and 4200, LP. Oakmonte noise at 3100 and 3400. 1400 and 4500 are big hill. (3204/5855) Monday, 02/13/2012



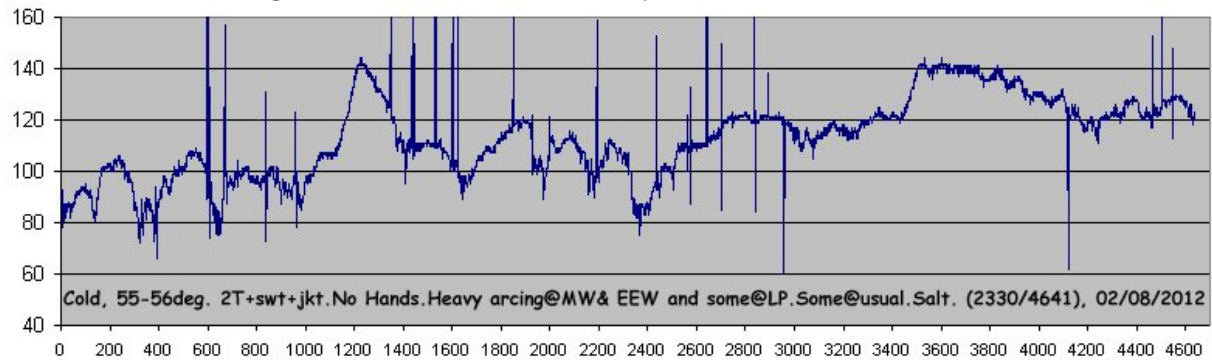
Cool, 58-57, 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3200 is MW. 1600 and 3100, LP. Oakmonte noise at 2300 and 2600. 1200 and 3600 are big hill. (2470/4972) Friday, 02/10/2012



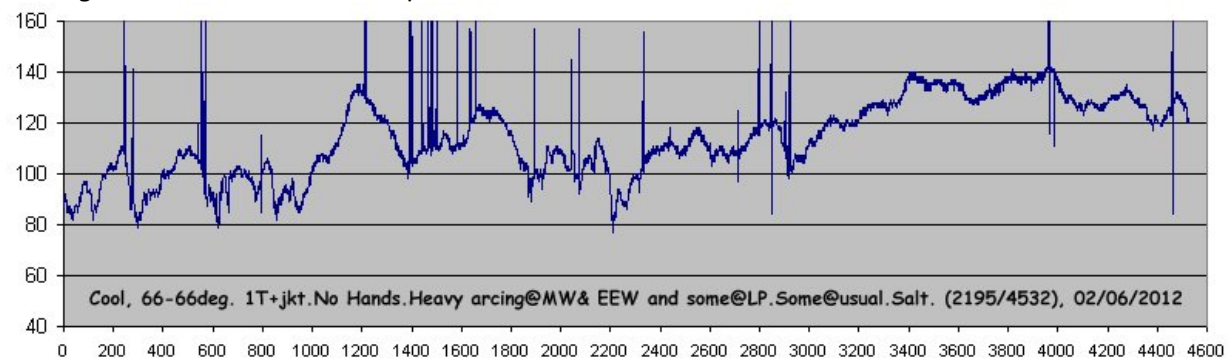
Cold, 54-55, 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3200 is MW. 1600 and 3100, LP. Oakmonte noise at 2300 and 2600. 1200 and 3600 are big hill. (2512/4900) Thursday, 02/09/2012



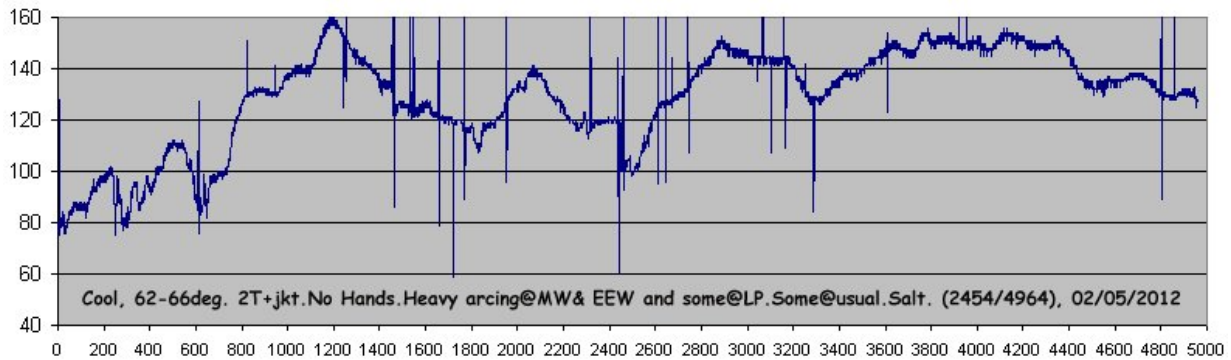
Cold, 55-56, 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3000 is MW. 1600 and 2900, LP. Oakmonte noise at 2200 and 2500. 1200 and 3400 are big hill. (2330/4641) Wednesday, 02/08/2012



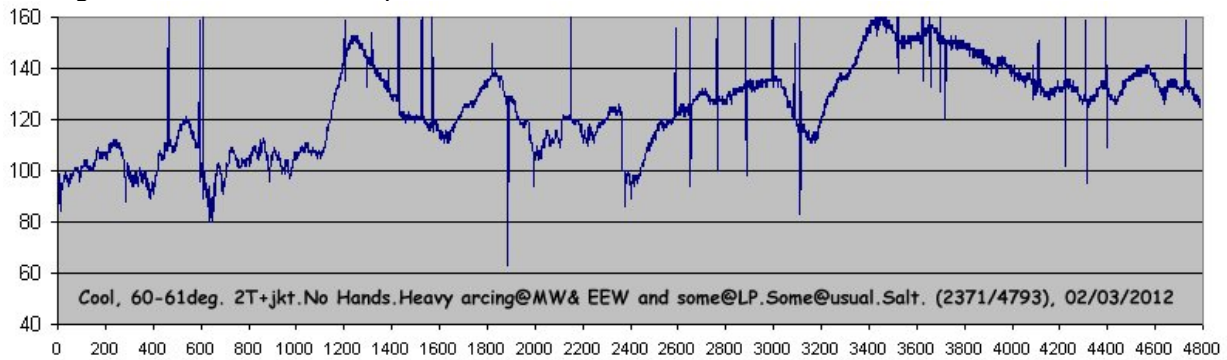
Cool, 66-66, 1T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 2900 is MW. 1600 and 2800, LP. Oakmonte noise at 2300 and 2700. 1200 and 3600 are big hill. (2454/4964) Monday, 02/06/2012



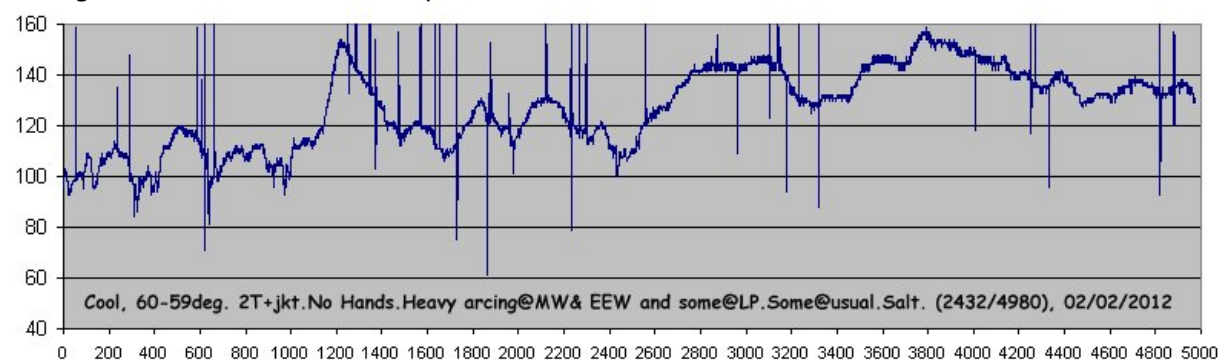
Cool, 62-66, 2T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3200 is MW. 1600 and 3100, LP. Oakmonte noise at 2300 and 2700. 1200 and 3600 are big hill. (2454/4964) Sunday, 02/05/2012



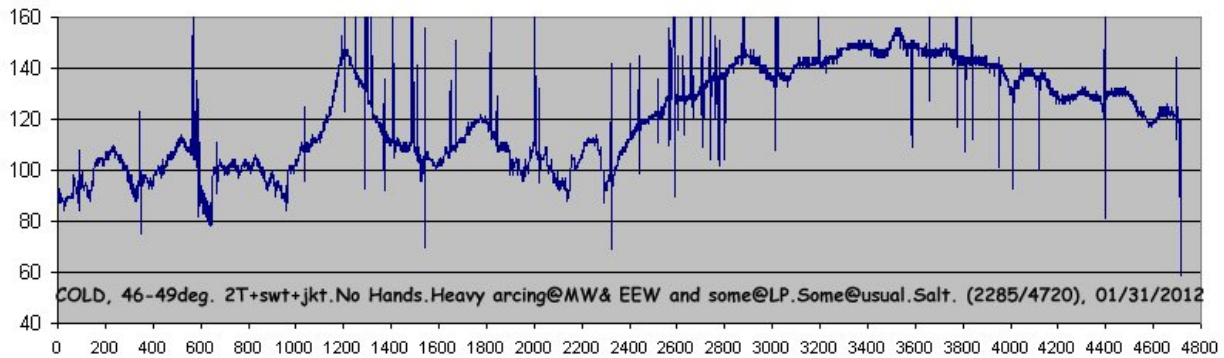
Cool, 60-61, 2T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 3100 is MW. 1500 and 3000, LP. Oakmonte noise at 2100 and 2500. 1200 and 3500 are big hill. (2371/4793) Friday, 02/03/2012



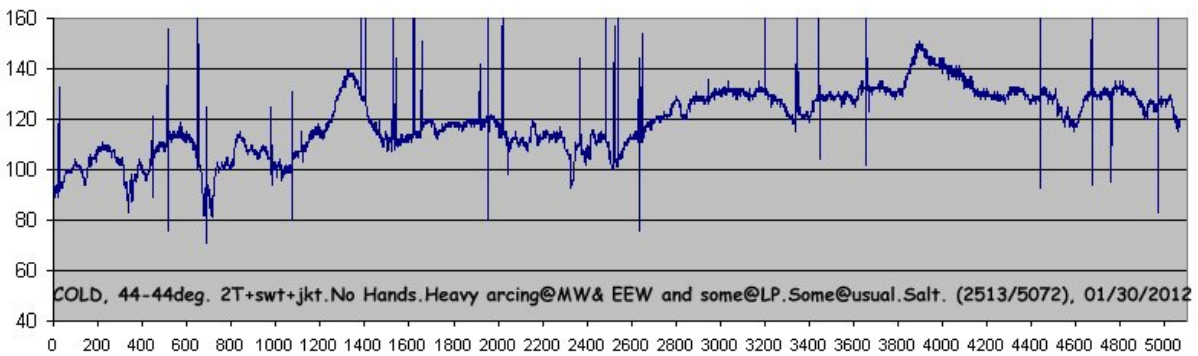
Cool, 60-59, 2T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 3200 is MW. 1500 and 3100, LP. Oakmonte noise at 2200 and 2500. 1200 and 3600 are big hill. (2432/4980) Thursday, 02/02/2012



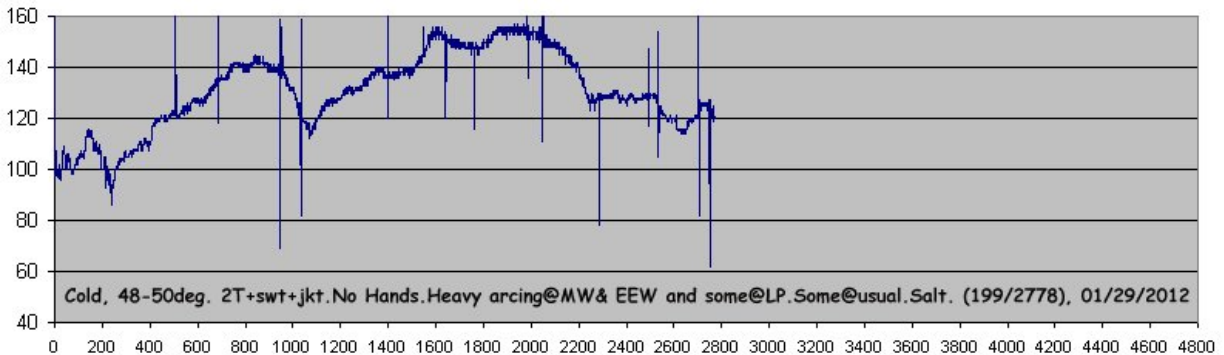
COLD, 46-49, 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 2900 is MW. 1500 and 2800, LP. Oakmonte noise at 2000 and 2400. 1200 and 3400 are big hill. (2285/4720) Tuesday, 01/31/2012



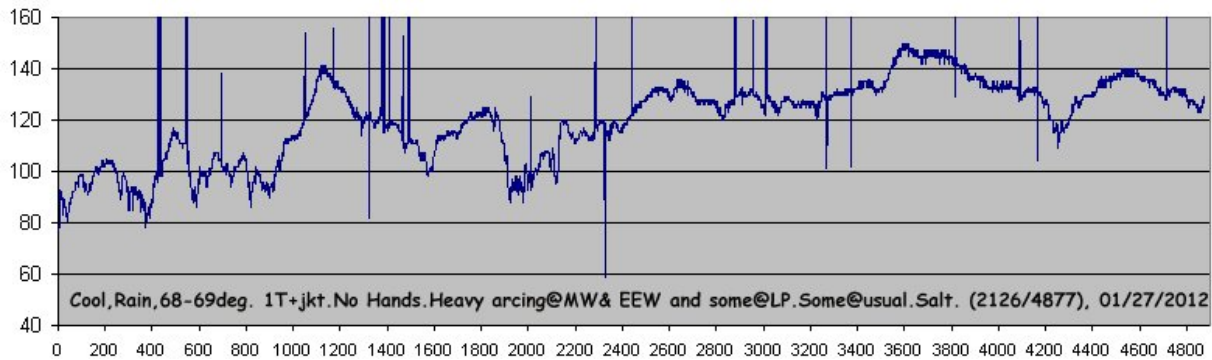
COLD, 44-44, 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1600 and 3300 is MW. 1700 and 3200, LP. Oakmonte noise at 2400 and 2600. 1300 and 3700 are big hill. (2513/5072) Monday, 01/30/2012



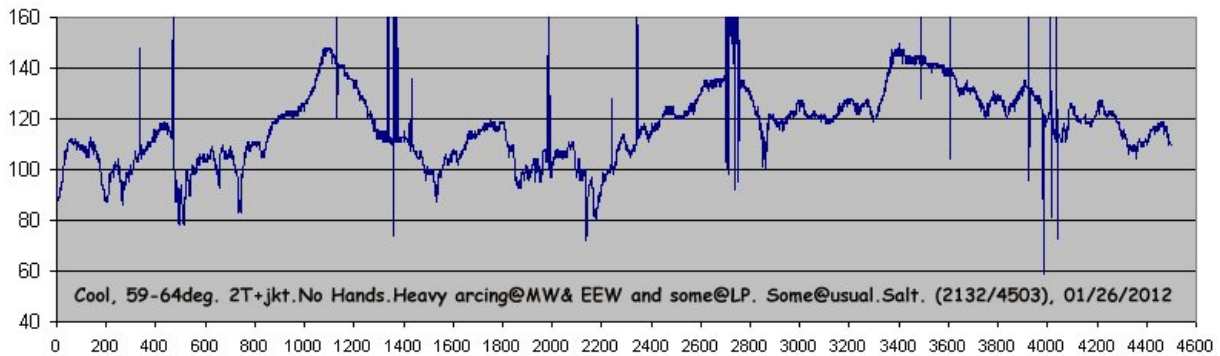
Cold, 48-50, 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. ??00 and 900 is MW. ??00 and 800, LP. Oakmonte noise at ??00 and 500. ??00 and 1600 are big hill. Ride up failed to record. (199 ??/2778) Sunday, 01/29/2012



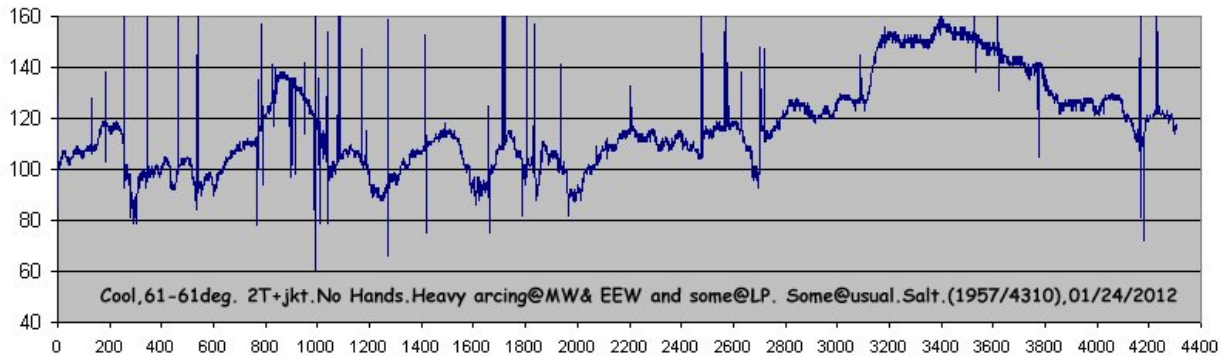
Cool, Rain 68-69, 1T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1300 and 2800 is MW. 1400 and 2700, LP. Oakmonte noise at 2000 and 2300. 1100 and 3500 are big hill. (2126/4877) Friday, 01/27/2012



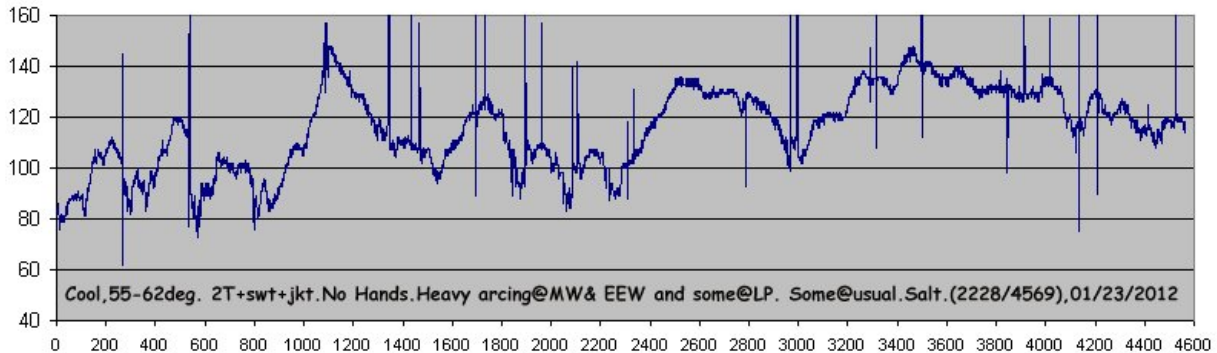
Cool, 59-64, 2T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1300 and 2700 is MW. 1400 and 2600, LP. Oakmonte noise at 2000 and 2300. 1100 and 3300 are big hill. (2132/4503) Thursday, 01/26/2012



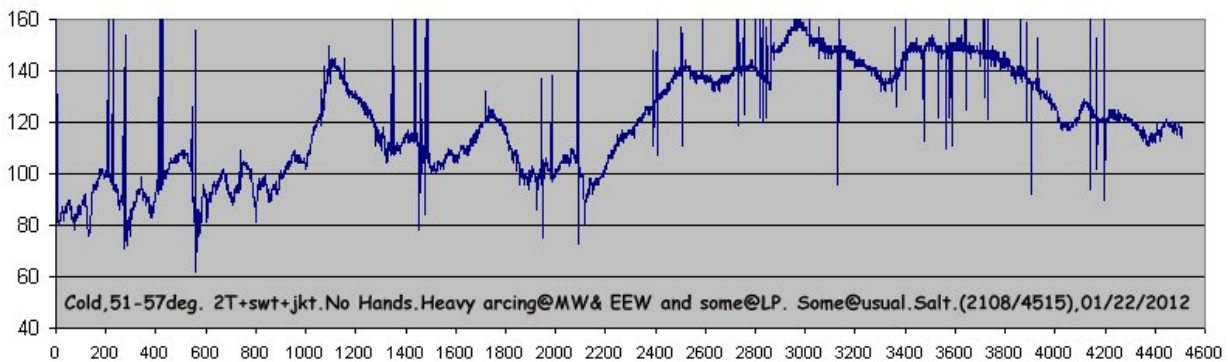
Cool, 61-61, 2T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1000 and 2700 is MW. 1100 and 2600, LP. Oakmonte noise at 1800 and 2200. 900 and 3100 are big hill. (1957/4310) Tuesday, 01/24/2012



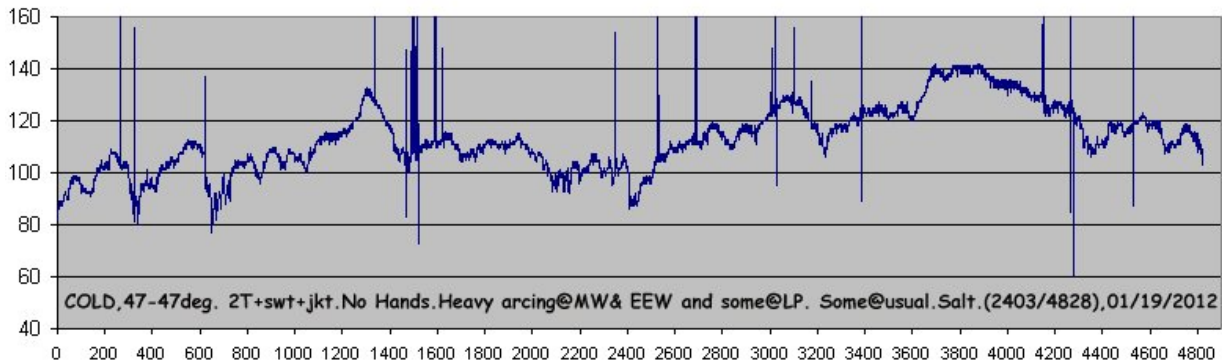
Cool, 55-62 deg. 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1300 and 3100 is MW. 1400 and 3000, LP. Oakmonte noise at 2100 and 2300. 1100 and 3400 are big hill. (2228/4569), Monday, 01/23/2012



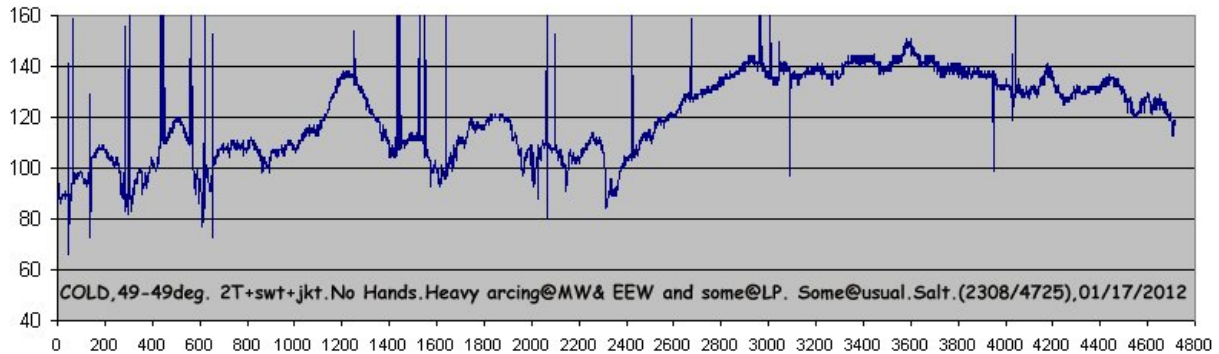
Cold, 51-57 deg. 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1300 and 2900 is MW. 1400 and 2800, LP. Oakmonte noise at 2000 and 2400. 1100 and 3200 are big hill. (2108/4515), Sunday, 01/22/2012



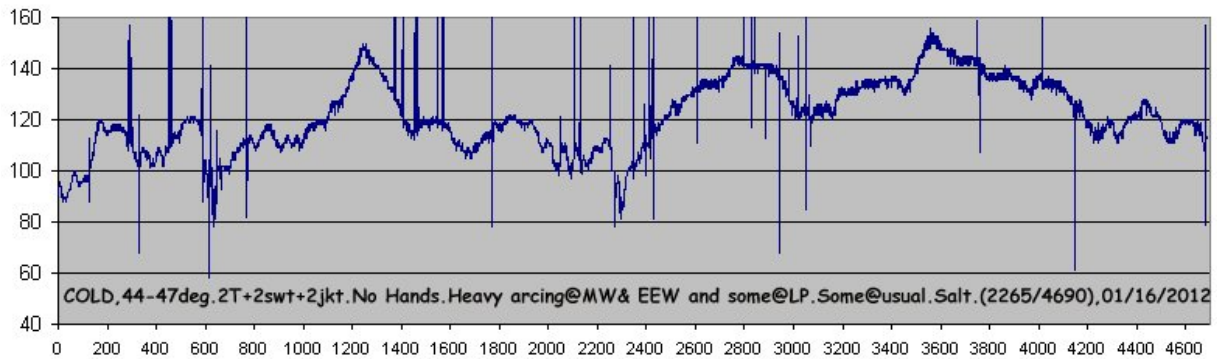
COLD, 47-47 deg. 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3200 is MW. 1600 and 3100, LP. Oakmonte noise at 2300 and 2500. 1300 and 3500 are big hill. (2308/4725), Thursday, 01/19/2012



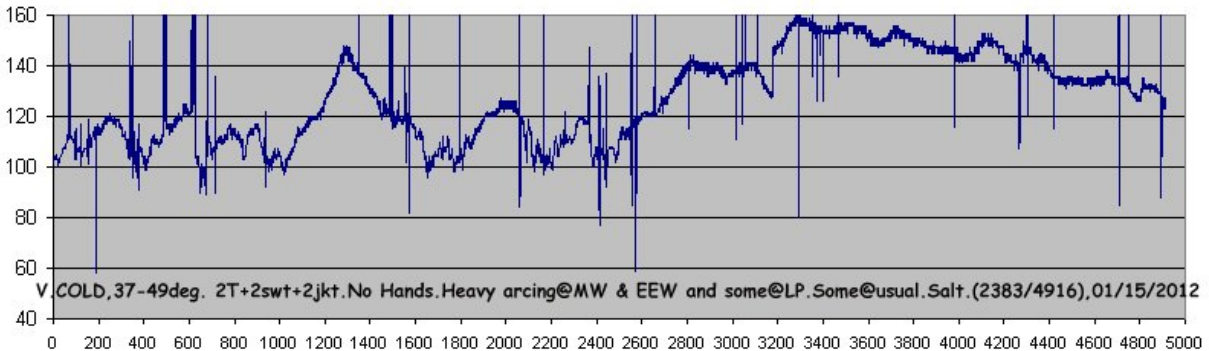
COLD, 49-49 deg. 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3000 is MW. 1600 and 2900, LP. Oakmonte noise at 2100 and 2400. 1200 and 3400 are big hill. (2308/4725), Tuesday, 01/17/2012



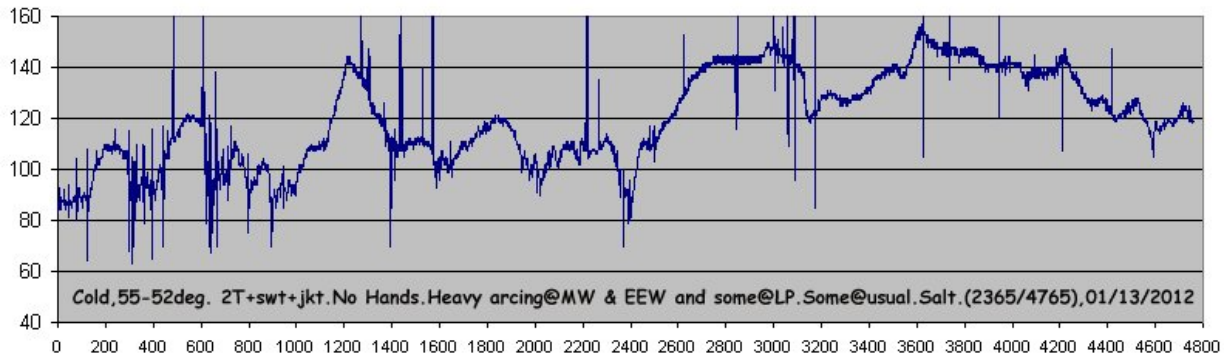
COLD, 44-47 deg. 2T+2swt+2jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3000 is MW. 1600 and 2900, LP. Oakmonte noise at 2100 and 2400. 1200 and 3400 are big hill. (2265/4690), Monday, 01/16/2012



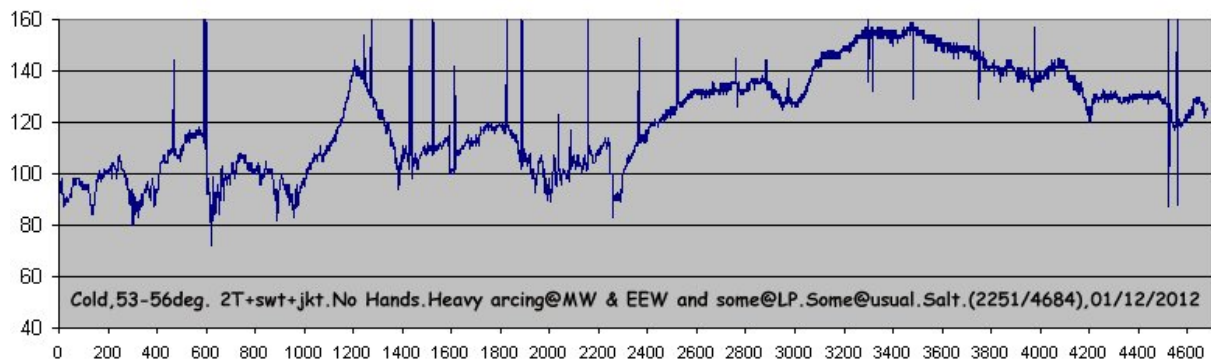
VERY COLD, 37-49 deg. 2T+2swt+2jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3100 is MW. 1600 and 3000, LP. Oakmonte noise at 2100 and 2600. 1300 and 3300 are big hill. (2383/4916), Sunday, 01/15/2012



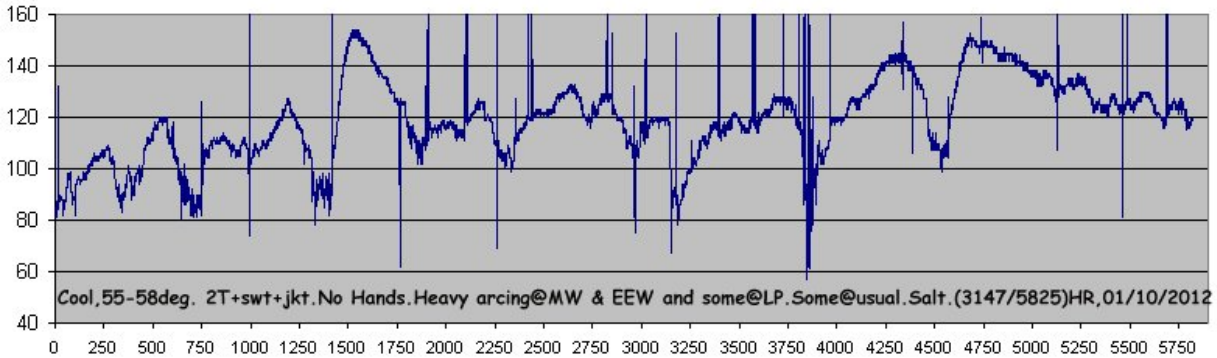
Cold, 55-52 deg. 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 2900 is MW. 1500 and 2800, LP. Oakmonte noise at 2200 and 2600. 1200 and 3500 are big hill. (2365/4765), Friday, 01/13/2012



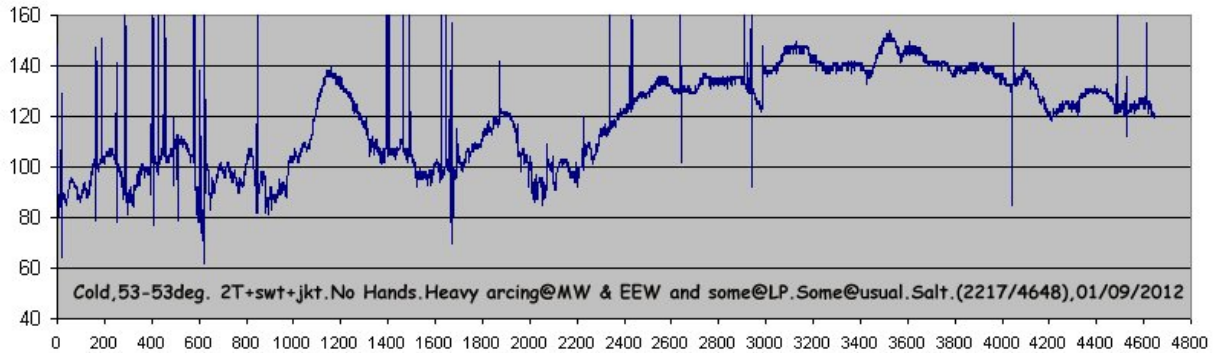
Cold, 53-56 deg. 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 2900 is MW. 1600 and 2800, LP. Oakmonte noise at 1900 and 2400. 1200 and 3400 are big hill. (2251/4684), Thursday, 01/12/2012



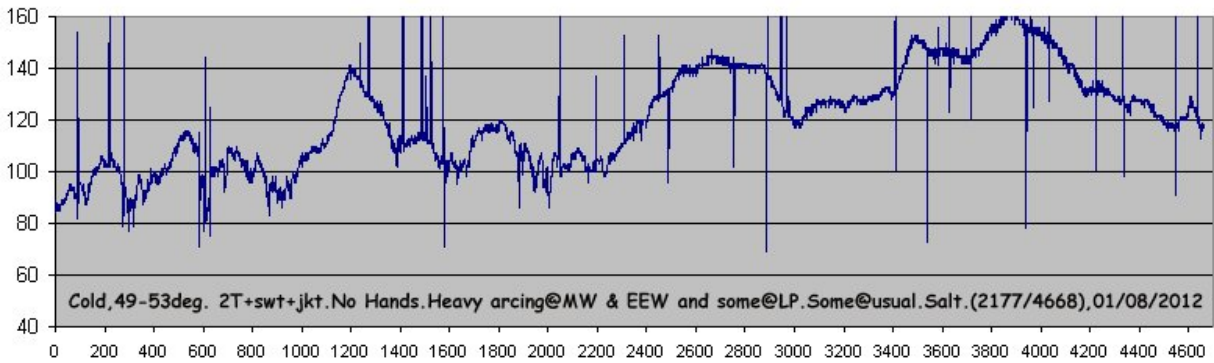
Cool, 55-58 deg. 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1800 and 3800 is MW. 2000 and 3700, LP. Oakmonte noise at 3000 and 3400. 1500 and 4300 are big hill. (3147/5825) Took BPs, Tuesday, 01/10/2012



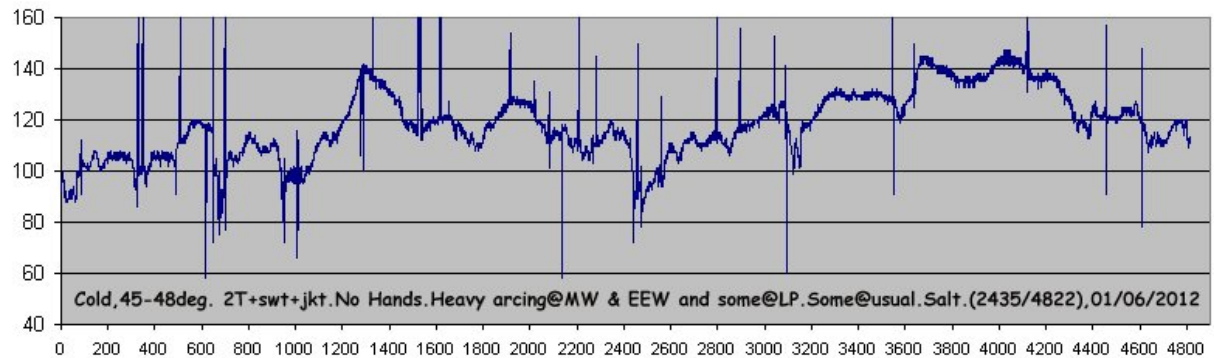
Cold, 53-53 deg. 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 3000 is MW. 1500 and 2900, LP. Oakmonte noise at 1900 and 2400. 1100 and 3400 are big hill. (2217/4648) Monday, 01/09/2012



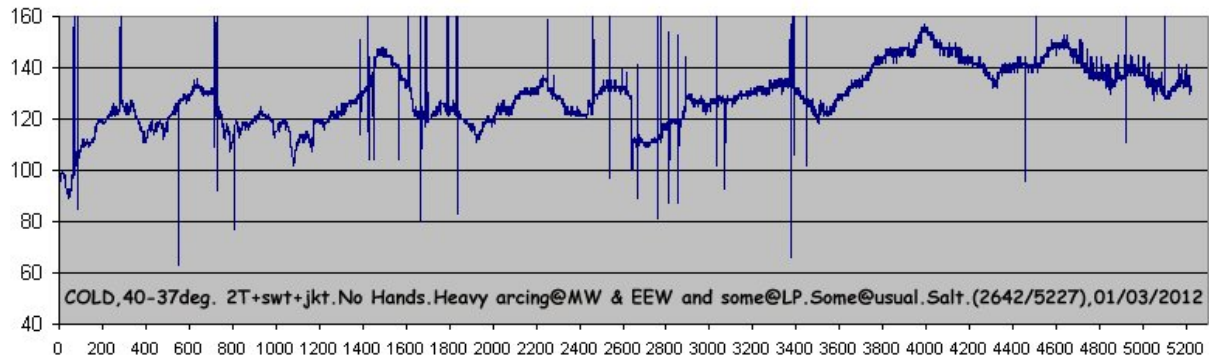
Cold, 49-53 deg. 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 2900 is MW. 1600 and 2800, LP. Oakmonte noise at 2000 and 2300. 1200 and 3500 are big hill. (2177/4668) Sunday, 01/08/2012



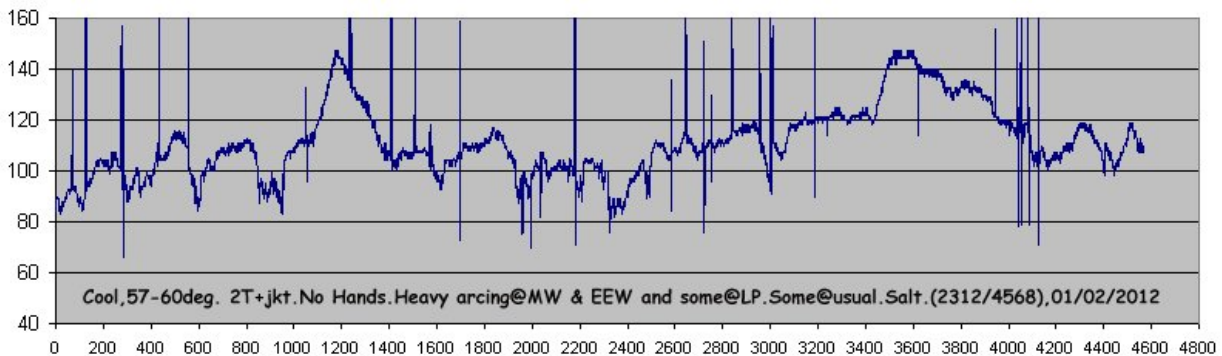
Cold, 45-48 deg. 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1500 and 3100 is MW. 1600 and 3000, LP. Oakmonte noise at 2300 and 2600. 1300 and 3500 are big hill. (2435/4822) Friday, 01/06/2012



Very COLD, 40-37 deg. 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1600 and 3400 is MW. 1700 and 3300, LP. Oakmonte noise at 2500 and 2800. 1500 and 3800 are big hill. (2642/5227) Tuesday, 01/03/2012



Cool, 57-60 deg. 2T+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 3000 is MW. 1500 and 2900, LP. Oakmonte noise at 2200 and 2600. 1200 and 3400 are big hill. (2312/4568) Monday, 01/02/2012



Cold, 52-56 deg. 2T+swt+jkt. No hands. Continuous heavy noise at MW and some at LP. Chest salt/cream. 1400 and 3000 is MW. 1500 and 2900, LP. Oakmonte noise at 2100 and 2400. 1200 and 3300 are big hill. (2236/4650) Sunday, 01/01/2012

