
Two month mark sitrep

Posted by wp44549 - 2008/09/24 17:47

Geez oh pete's... not a lot of traffic here.

So I'll get the ball rolling...

Two months down.

Hit the 12 pound mark, about four weeks ahead of schedule. But I was reviewing the bidding and realized that I was off by four pounds. I had said I was shooting for my graduation weight, but I think I cited my EOBC reporting weight. Looking back at my files, I need to drop four more pounds.

Mileage since August 3rd:

Biked 896 miles (road) plus 10-12 hours of mountain biking

Summer tally since June 1st: about 2200

(forgot to recharge my bike computer a couple or three times, so we're swagging on the summer total.)

That would be about Denver to Miami, except all I did was go in circles, over and over.

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Re:Two month mark sitrep

Posted by wp44549 - 2008/12/12 13:45

Latest technology in treadmills:

<http://uk.youtube.com/watch?v=1hhW76BlwP4>

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