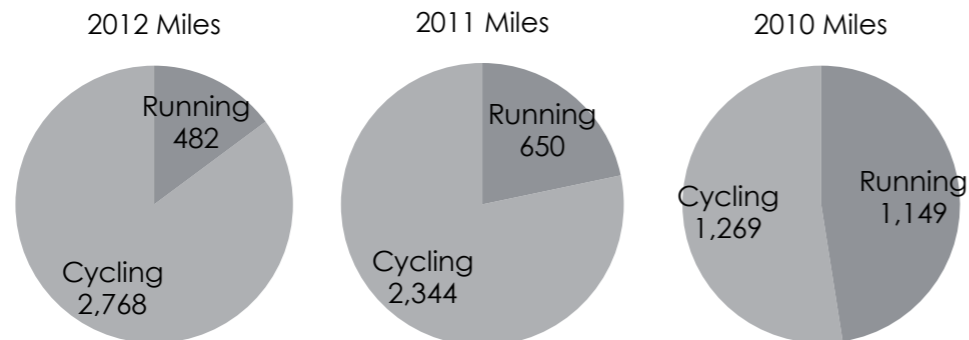
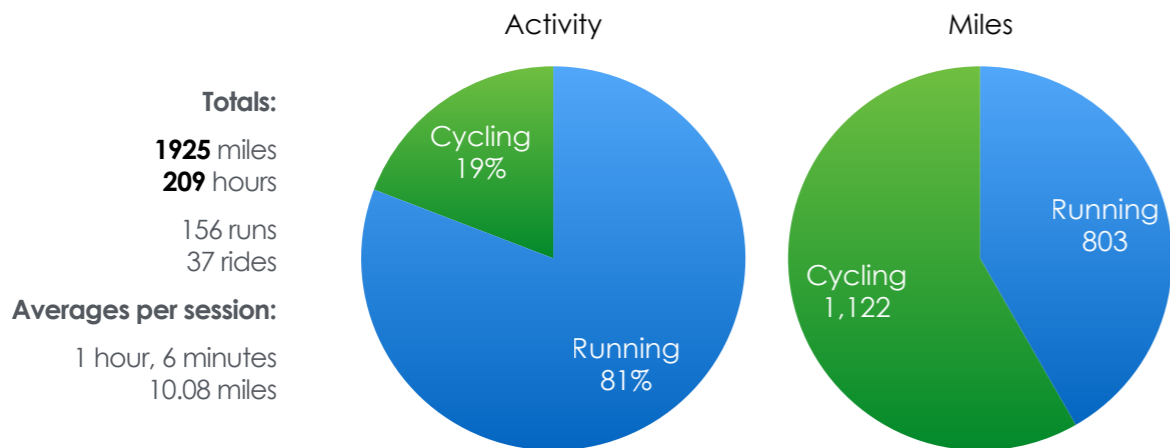


the jeffran report 2013

jeff rankin's training stats and info-graphics for 2013 and goals for 2014

2013 Summary

Notes: Well below this year's target, but the best year for running since 2010. Injury free year.



Primary Equipment: Mizuno Wave Ascend 7, 2009 Specialized Allez Elite, 2011 Specialized Crux Comp.

2014 Goals

- Distance (combined running and cycling): **3000** miles
- Ride the Crusher in the Tushar and the Mount Evans Hill Climb
- Run the Moab Trail Marathon

Running

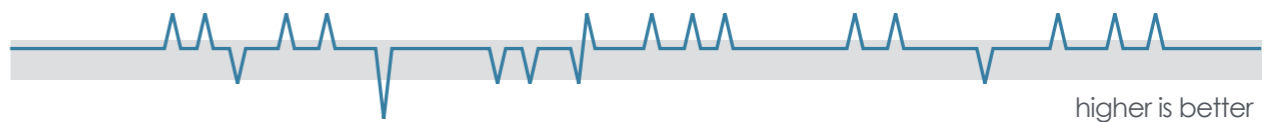
Totals:

803 miles
131 hours

Averages per session:

9 minute, 55 second pace
50 minutes, 38 seconds
5.18 miles

How I Felt



Notable runs:

October 23, Boulder Reservoir 5.23 miles, 8:24 pace.
September 11, Boulder Creek to Four Mile Canyon 12 miles, 9:24 pace.

Cycling

Totals:

1122 miles
78 hours

Averages per session:

14.37 miles per hour
2 hours, 10 minutes
31.18 miles

How I Felt



Best Elevation Profile



Notable rides:

May 18, Lee Hill/Olde Stage/Flagstaff Rd, 56.48 miles, 5100 ft el gain (see el profile above).