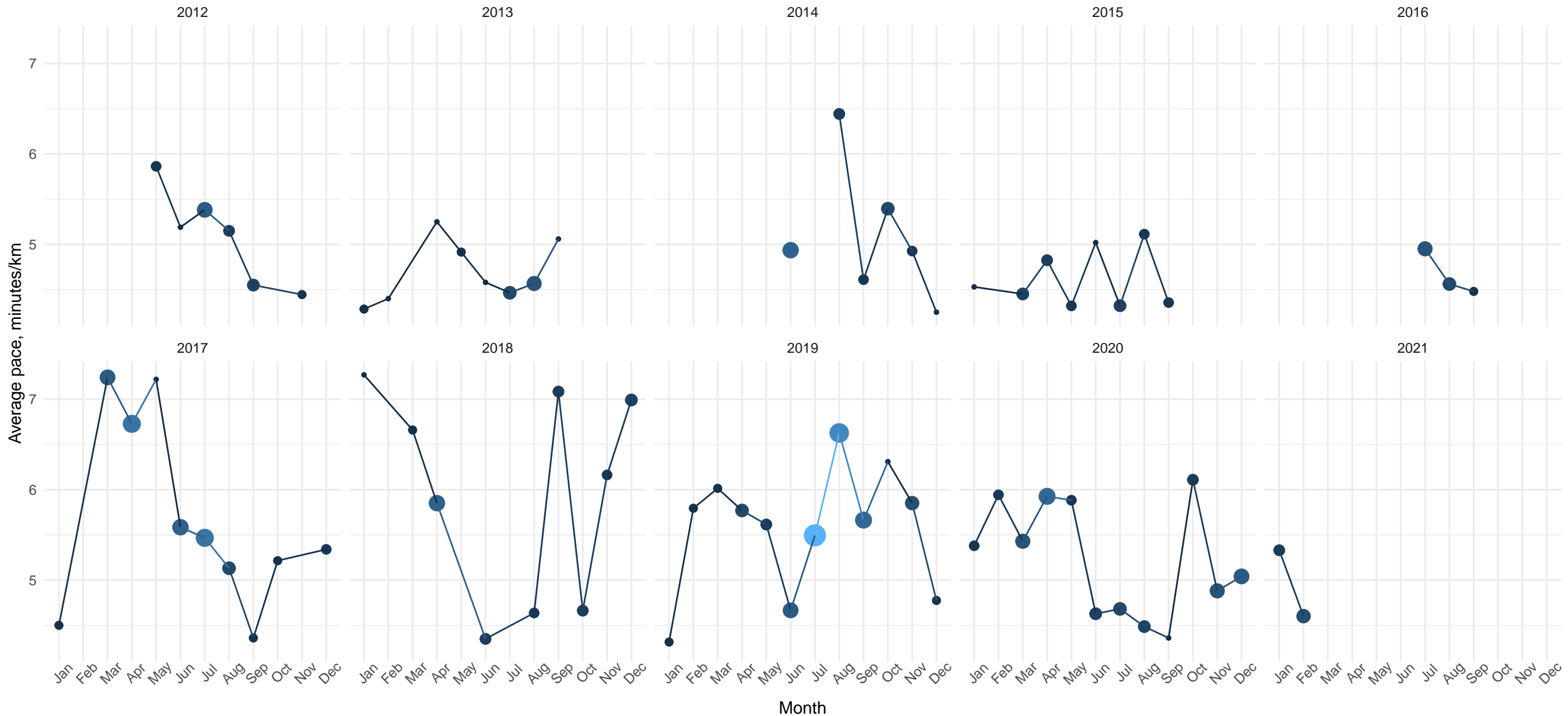


Monthly average running pace over the years



Note: Runs range from 5 to 20 a month