

Sat June 9, 2018 **6 miles**

I ran on a hilly 3 mile course two times. It was out and back on Limber Road.

First 3 miles averaged 10:15/mile

Second 3 miles averaged 9:09/mile

Sum of all ascents for 6 miles: 556 feet

Sun June 10, 2018 **5.5 miles**

I walked and ran 5.5 miles on slightly hilly roads and averaged 11:50/mile.

At the beginning of each half mile I walked about 0.1 miles. So I walked about 1.1 miles and ran about 4.4 miles.