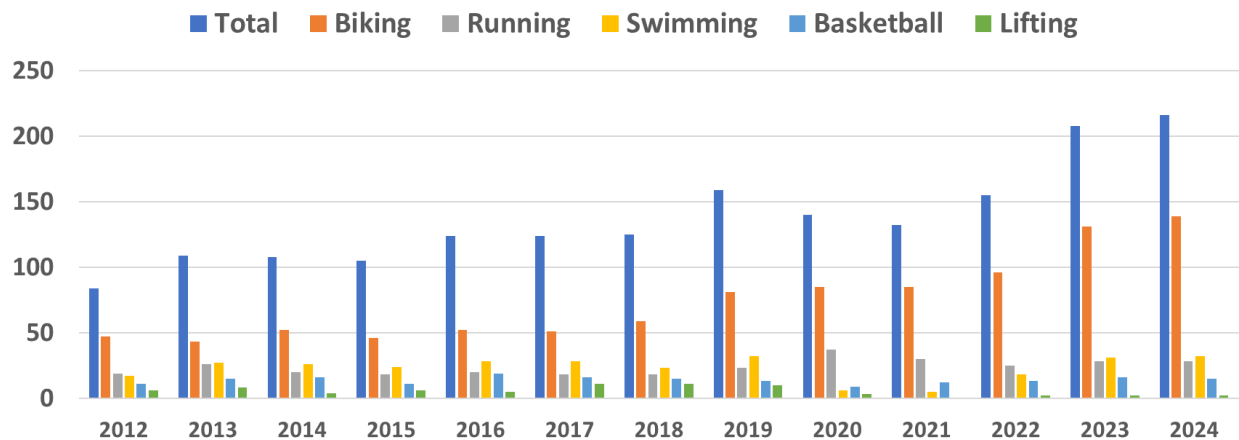# Trying to Keep Fit

by Paul VanRaden
2024

Table 1. Exercise trends to keep me healthy (totals by year).

2024	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	Activity
1,386	1,308	960	846	853	811	587	509	516	460	520	425	472	miles of biking
165	169	154	180	223	135	108	109	123	105	122	157	116	miles of running
790	785	460	130	140	805	565	706	695	610	654	668	433	laps of swimming
15	16	13	12	9	13	15	16	19	11	16	15	11	hours of basketball
2	2	2	0	3	10	11	11	5	6	4	8	6	hours of lifting weights
216	208	155	132	140	159	125	124	124	105	108	109	84	total hours of exercise

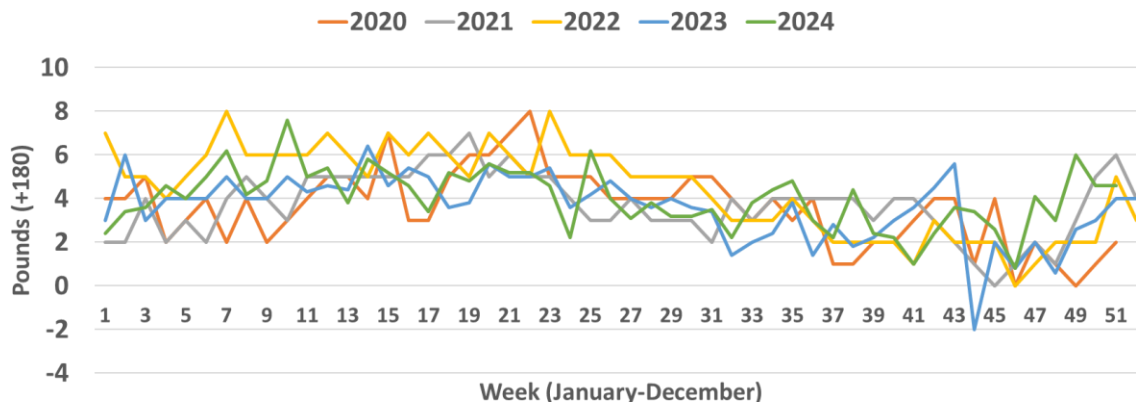### Hours of Vigorous Exercise per Year, 2012-2024

Weekly Body Weights

Table 2. Exercise and activities to keep me fit and healthy for many years.

Sport	Year	Where	Event	Results and best yearly total
Running				
	2020	Greenbelt, MD	Yearly total	223 miles
	2022	Greenbelt, MD	Labor Day 3K run	2nd of 19 runners, 18:02
	2018	Knoxville, TN	ADSA 4.2K run	59th of 98 runners, 25 min.
	2017	Pittsburgh, PA	ADSA 5K run	87th of 138 runners, 29:52
	1998	Denver, CO	ADSA 5K run	51st of 84 runners, 25 min.
	1997	Guelph, ON, Canada	ADSA 5K run	17th of 21 runners
	1997	Beltsville, MD	BARC fun run	4th of 15 runners
Swimming				
	2019	Greenbelt, MD	Yearly total	805 laps
	1998	Odenton, MD	1.5 miles (50 laps)	1.5 hours
Biking				
	2024	Greenbelt, MD	Yearly total	1,386 miles
	2002	Odenton to Annapolis	50-mile round trip	4 hours, 20 minutes
Tennis				
	1992	Columbus, OH	ADSA tournament	2nd of 8 entrants
	1982	Ames, IA (Iowa State)	1 credit course	A
Volleyball				
	1982	Ames, IA (Iowa State)	Recreation league	Championship team
	1989-99	Beltsville, MD	Lunch hour totals	~100 hours / year
Bowling				
	1978	Freeport, IL	Highest game	217
	2012	Odenton, MD	Average game	148
	2019	Orlando, FL	Average game	121
Basketball				
	2016	Odenton, MD	Yearly total	19 hours
	2010	Odenton, MD	3-point shooting	7 in a row
	2022	Greenbelt, MD	Free throws	12 in a row
Mini golf				
	2011	Newark, NJ	18 holes, cruise ship	6 under par
	2010	Atlantic Ocean	18 holes, cruise ship	1 under par
	2018	Orlando, FL	18 holes	5 over par
Wii golf				
	2019	Greenbelt, MD	9 holes	11 under par