

From: Lesley Groff <[REDACTED]>

To: Rich Kahn <[REDACTED]>

Subject: Re:

Date: Thu, 01 Sep 2016 11:30:51 +0000

I'll bet! glad you went out there...Ike ran this morning too! Do you have to run less or slower or no rules I hope?...I'm glad it felt good!

> On Sep 1, 2016, at 7:17 AM, Richard Kahn <[REDACTED]> wrote:

>

> Good morning. Took my first run since all the craziness began two weeks ago and it felt great to sweat. I should be out of apartment by 8:30am for Tes to clean. Thanks again.

>

>

> Sent from my iPhone