

**From:** Richard Kahn <[REDACTED]>  
**To:** Lesley Groff <[REDACTED]>  
**Subject:** Re: Tess will clean 7J after 2:30 today  
**Date:** Thu, 18 Aug 2016 12:38:02 +0000

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That running class is so challenging that I have not had similar pain from hill work since the marathon. You both will love it. Yes the gym craze keeps growing and growing.

Yes anxious to see results from today's test as I am viewing it all as precautionary. Will keep you posted. Thanks for thinking of me.

Rich

Sent from my iPhone

> On Aug 18, 2016, at 7:59 AM, Lesley Groff <[REDACTED]> wrote:

>  
> I was thinking about that class again...my sister did a similar type class but on something like an elliptical...she said it was awesome. I love that they are coming out with all these variations...makes exercising, which can become mundane over time, more fun...

>  
> ...and I think the test you are doing will actually provide you with quite interesting information...but all good information I am hoping...

>  
>> On Aug 18, 2016, at 7:55 AM, Richard Kahn <[REDACTED]> wrote:

>>  
>> Thank you. Yes nice incline work. Did that mile high running class again yesterday. You or Ike have to try it....

>>  
>> Sent from my iPhone

>>  
>>> On Aug 18, 2016, at 7:49 AM, Lesley Groff <[REDACTED]> wrote:

>>>  
>>> Hi Rich...Tess will clean 7J after 2:30 today...

>>>  
>>> thinking of you and your nuclear stress test! (I guess you will get your work out in along with the test ;)

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