

From: Lesley Groff <[REDACTED]>
To: Rich Kahn <[REDACTED]>
Subject: Re: Congratulations!!!!!!
Date: Sun, 01 Nov 2015 23:27:19 +0000

I saw mile 16...your 7:15 pace started to slow slightly (but only slightly!) ... really VERY VERY impressed! You were the subject of lots of great conversation today...just thinking about the incline on 1st avenue to some of the hills in CP...I actually can't believe your calfs tightened up at mile 16 and you kept up your pace! Wow! You were definitely ready...I mean, You were sub 7:56 pace up to the very tail end...Ike says congratulations as well and job well done...Ice Tub is terrible when you do it but it keeps the muscles from tensing...!! I will be at Jeffrey's tomorrow!

On Nov 1, 2015, at 6:01 PM, Richard Kahn <[REDACTED]> wrote:

> Thank you. Strong first half then calfs tightened up at mile 16 and struggled to the finish. Thanks for all your support.

> Will give you details tomorrow. Per your advice I took a half ice bath.

>

> Sent from my iPhone

>

>> On Nov 1, 2015, at 2:23 PM, Lesley Groff <[REDACTED]> wrote:

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>> Wow!!! Amazing! Great effort! So happy for you! You did a fantastic job! Followed you the whole way! You should be extremely proud! Can't wait to hear your thoughts 🍌🍌🍌

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>> Sent from my iPhone