

Subject: Re: Bronx 10 Mile [C]
From: Stewart Oldfield <[REDACTED]>
Date: Wed, 23 Aug 2017 07:55:04 -0400
To: [REDACTED]

Classification: Confidential

Thanks. I'm signed up too and will probably run. I like that race. Now if you want to do the staten island half, I can be helpful there ...

Stewart Oldfield, CFA, CAIA
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From: Richard Kahn [mailto:[REDACTED]]
Sent: Wednesday, August 23, 2017 07:52 AM
To: Stewart Oldfield
Subject: Bronx 10 Mile

nice catching up yesterday in case you were looking for a race or motivation..

i signed up for bronx 10 mile and will not be able to run as away that weekend

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Begin forwarded message:

From: New York Road Runners <email@nyrrmailing.org>

Subject: The Countdown Begins to the New Balance Bronx 10 Mile

Date: July 17, 2017 at 6:02:41 PM EDT

To: [REDACTED]

Reply-To: [REDACTED]

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Get Ready to Boogie in the Bronx

In just over two months, you'll cruise through the vibrant streets of NYC's northernmost borough at the New Balance Bronx 10 Mile. The race sold out last year, and while spots are still available for this year, they're selling fast, so if you have friends who might like to join you on September 24, tell 'em to sign up soon.

Run for a Cause

Add extra meaning to your 10 miles by running with NYRR Team for Kids. In

exchange for raising money for our youth running programs, you'll enjoy access to our team of coaches and a special treat on race day. Your friends who haven't yet signed up for the race can also earn entry while helping to support the next generation of runners.

Training You'll Love

As you're logging those miles to prepare for the race, don't forget to take a holistic view of your training. Balance your workouts with strength-training and flexibility-building classes at the NYRR RUNCENTER featuring the NB Run Hub or try a class like NYRR Deep Water Running.

Volunteer Opportunities

Know someone who can't run on September 24 but still wants to be a part of the excitement? They can volunteer at the race! Volunteering is an excellent way to give back to the local running community while having loads of fun and meeting cool people. It's also an opportunity to earn a +1 credit toward guaranteed entry to the 2018 TCS New York City Marathon. Sounds great, right?

Gatorade Endurance Formula

As you fly through the streets, look for the new reformulated Gatorade Endurance Formula along the course. Gatorade Endurance Formula is a specialized sports drink with nearly twice the sodium and three times the potassium of traditional Gatorade. It contains no artificial flavors or sweeteners and has a new lighter taste.

Raising the Bar with PowerBar

From training to finish line, PowerBar—the official Bar & Gel Sponsor of the 2017 New Balance Bronx 10 Mile—aims to be with you every step of the way. Visit the PowerBar website to learn more about how we're bringing you the best taste and nutrition to help you power on and savor every moment.

Running Fun in Your Local Park

Train for the main event in your local park by joining us for NYRR Open Run, our program that offers free weekly runs/walks in neighborhood parks across the five boroughs. We're active in three Bronx locations—St. Mary's Park, Crotona Park, and Soundview Park—and 13 parks total, all over NYC. Check out Open Run, and bring your friends, family, babies, and dogs—everyone is

welcome. Visit openrun.nyrr.org for full details and schedules.

What's Your Story?

Why are you running the New Balance Bronx 10 Mile? Every runner has a story, and we'd love to hear yours. Share your inspiring tale for possible inclusion on our website and across our social channels. You might inspire a few people to lace up and get moving this summer.

New York Road Runners is a non-profit community running organization, founded in 1958, whose mission is to help and inspire people through running.

We serve more than 430,000 people—including 215,000 youth—annually.

This email was sent to richarddavidkahn@gmail.com. To ensure future delivery of NYRR emails, please make sure this email address is added to your safe sender list. If you no longer wish to receive these emails you may unsubscribe at any time.

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Questions? Visit our Help Center at help.nyrr.org

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