

To: Rich Kahn [REDACTED]
From: [REDACTED]
Sent: Wed 7/6/2016 4:44:27 PM
Subject: Mile High Club....

wow...looks really incredible! You probably burned 900 calories this morning!

They do outdoor training also...when I lived here, [REDACTED] and I took a running class in the park from an ex para- olympian...I felt like I would throw up after every class!