

**To:** [REDACTED]  
**From:** Richard Kahn  
**Sent:** Wed 7/6/2016 4:48:46 PM  
**Subject:** Re: Mile High Club....

it was fun..  
next time you do an overnight you both should try  
there were a number of husband wife teams this am

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> On Jul 6, 2016, at 12:44 PM, [REDACTED] wrote:  
>  
> 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!