

To: Ike Groff [REDACTED]
From: [REDACTED]
Sent: Fri 1/22/2016 2:04:01 PM
Subject: I ran!

I ran and it was great. Wasn't cold at all cause dresses properly! Riding bike now :)
How do you feel? You drank that glass of wine I'll bet that did the trick.
Hope u feel better and have a great meeting!!

Sent from my iPhone