

From: Richard Kahn <[REDACTED]>
To: [REDACTED]
Subject: Re:
Date: Thu, 01 Sep 2016 11:58:46 +0000

Thank you.

Sent from my iPhone

> On Sep 1, 2016, at 7:44 AM, [REDACTED] > wrote:

>

> You did the right thing. Even without the diagnosis when you haven't run in a couple of weeks it's best to start back up a little less aggressive. Hope you are back to full speed soon. !!!

>

> Sent from my iPhone

>

>> On Sep 1, 2016, at 7:32 AM, Richard Kahn <[REDACTED]> wrote:

>>

>> Ran slightly less and tried to go a bit

>> Slower. Will slowly get back to where I was over next month or so. Never realized how

>> Much I enjoy running until I stopped for 2 weeks.

>>

>> Sent from my iPhone

>>

>>> On Sep 1, 2016, at 7:30 AM, [REDACTED] > wrote:

>>>

>>> I'll bet! glad you went out there...Ike ran this morning too! Do you have to run less or slower or no rules I hope?...[REDACTED] glad it felt good!

>>>

>>>

>>>> On Sep 1, 2016, at 7:17 AM, Richard Kahn <[REDACTED]> wrote:

>>>>

>>>> Good morning. Took my first run since all the craziness began two weeks ago and it felt great to sweat. I should be out of apartment by 8:30am for Tes to clean. Thanks again.

>>>>

>>>>

>>>> Sent from my iPhone

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