

**From:** Lesley Groff <[REDACTED]>  
**To:** Richard Kahn <[REDACTED]>  
**Subject:** Re: Tess will clean 7J after 2:30 today  
**Date:** Thu, 18 Aug 2016 12:49:29 +0000

---

Of course! Gosh in light of Lyn I get up each morning grateful for life. Really puts things in perspective! Ike is going for a colonoscopy on Monday!! I'll do it soon too. I'll be, ugh, 50 in October. Ike has family history. He is only 47.

Sent from my iPhone

> On Aug 18, 2016, at 8:38 AM, Richard Kahn <[REDACTED]> wrote:

>

> That running class is so challenging that I have not had similar pain from hill work since the marathon. You both will love it. Yes the gym craze keeps growing and growing.

>

> Yes anxious to see results from today's test as I am viewing it all as precautionary. Will keep you posted. Thanks for thinking of me.

>

> Rich

>

> Sent from my iPhone

>

>> On Aug 18, 2016, at 7:59 AM, Lesley Groff <[REDACTED]> wrote:

>>

>> I was thinking about that class again...my sister did a similar type class but on something like an elliptical...she said it was awesome. I love that they are coming out with all these variations...makes exercising, which can become mundane over time, more fun...

>>

>> ...and I think the test you are doing will actually provide you with quite interesting information...but all good information I am hoping...

>>

>>> On Aug 18, 2016, at 7:55 AM, Richard Kahn <[REDACTED]> wrote:

>>>

>>> Thank you. Yes nice incline work. Did that mile high running class again yesterday. You or Ike have to try it....

>>>

>>> Sent from my iPhone

>>>

>>>> On Aug 18, 2016, at 7:49 AM, Lesley Groff <[REDACTED]> wrote:

>>>>

>>>> Hi Rich...Tess will clean 7J after 2:30 today...

>>>>

>>>> thinking of you and your nuclear stress test! (I guess you will get your work out in along with the test ;)

>>