

From: Richard Kahn <[REDACTED]>
To: [REDACTED]
Subject: Re: Great Job!!!
Date: Tue, 07 Nov 2017 15:57:42 +0000

thank you
i think Ike has the right idea with shorter races...maybe a few halves next...

Richard Kahn
HBRK Associates Inc.
575 Lexington Avenue 4th Floor
New York, NY 10022
tel [REDACTED]
fax 212-320-0381
cell [REDACTED]

> On Nov 7, 2017, at 10:50 AM, [REDACTED] > wrote:

>
> Good deal on massage!
> ... mmm... not sure on marathon. Ike will continue to run short races though! Thanksgiving
I a the next one! Earn your dinner. Who knows. Maybe I will do it too! I feel inspired by
you!

>
> Sent from my iPhone

>
>> On Nov 7, 2017, at 10:47 AM, Richard Kahn <[REDACTED]> wrote:

>>
>> day 2 seems to always be the worst and better each day thereafter
>> feeling sore but will have a massage tonight which should help
>> very proud and happy with race and execution as i trained hard..

>>
>> you and or Ike have 1 more...

>>
>>
>> Richard Kahn
>> HBRK Associates Inc.
>> 575 Lexington Avenue 4th Floor
>> New York, NY 10022
>> tel [REDACTED]
>> fax 212-320-0381
>> cell [REDACTED]

>>
>>
>>
>>
>>
>>
>> On Nov 7, 2017, at 7:53 AM, [REDACTED] > wrote:

>>>
>>> How is the 2 day soreness lag? After today it should start feeling better. Just wondering
if you are in the same boat. I have to live vicariously thru cause I don't think I have a
marathon left in me!!!

>>>
>>> Sent from my iPhone

>>>
>>>> On Nov 6, 2017, at 11:47 AM, Richard Kahn <[REDACTED]> wrote:
>>>>
>>>> agree on that
>>>> thank you
>>>>
>>>> Richard Kahn
>>>> HBRK Associates Inc.
>>>> 575 Lexington Avenue 4th Floor
>>>> New York, NY 10022
>>>> tel [REDACTED]
>>>> fax 212-320-0381
>>>> cell [REDACTED]
>>>>
>>>>
>>>>
>>>>
>>>>
>>>>
>>>>

>>>>> On Nov 6, 2017, at 11:46 AM, [REDACTED] > wrote:
>>>>>
>>>>> awesome!! pain is temporary...the glory is forever!
>>>>>

>>>>>> On Nov 6, 2017, at 11:42 AM, Richard Kahn <[REDACTED]> wrote:
>>>>>>
>>>>>> thank you
>>>>>> feel great and very happy today
>>>>>> a bit sore but a big smile on my face...
>>>>>>
>>>>>> Richard Kahn
>>>>>> HBRK Associates Inc.
>>>>>> 575 Lexington Avenue 4th Floor
>>>>>> New York, NY 10022
>>>>>> tel [REDACTED]
>>>>>> fax 212-320-0381
>>>>>> cell [REDACTED]
>>>>>>
>>>>>>
>>>>>>
>>>>>>
>>>>>>
>>>>>>

>>>>>>> On Nov 5, 2017, at 7:40 PM, [REDACTED] > wrote:
>>>>>>>
>>>>>>> Rich! you seriously did AMAZING!
>>>>>>> I just showed Ike and he was like "WOa! real deal..."... and immediately went to his
computer to see if you could qualify for Boston...unfortunately the times restrictions have
changed and now you wouldn't qualify, but who cares! YOU are awesome!!! I want to know how
you feel in 2 days ;)

>>>>>>>> On Nov 5, 2017, at 6:30 PM, Richard Kahn <[REDACTED]> wrote:
>>>>>>>>
>>>>>>>> Thank you. Happy with results although I really wanted a few mins faster. Marathons
are done for a while....
>>>>>>>>
>>>>>>>> Richard Kahn
>>>>>>>> HBRK Associates Inc.
>>>>>>>> 575 Lexington Avenue, 4th Floor
>>>>>>>> New York, NY 10022
>>>>>>>> Tel [REDACTED]
>>>>>>>> Fax 646-350-0954
>>>>>>>> Cell [REDACTED]
>>>>>>>>

>>>>>>>>> On Nov 5, 2017, at 5:41 PM, [REDACTED] > wrote:

