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**From:** Kathy Ruemmler <kathyruemmler@gmail.com>  
**Sent:** Tuesday, July 4, 2017 8:50 PM  
**To:** jeffrey E.  
**Attachments:** IMG\_1920.JPG; Untitled attachment 00250.txt

Happy 4th! I got 30 miles in, in 3 days, notwithstanding that I was still s=ck.