
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.