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**From:** Kathy Ruemmler <[REDACTED]>  
**Sent:** Saturday, May 5, 2018 8:12 PM  
**To:** jeffrey E.  
**Subject:** Re:

A good kick in the ass is a=ways good.

On May 5, 2018, at 1:02 PM, jeffrey E. <<mailto:jeevacation@gmail.com>> wrote=

good work  
=/div>

On Sat, May 5, 2018 at=4:01 PM Kathy Ruemmler <[REDACTED]>  
<[mailto:\[REDACTED\]](mailto:[REDACTED])> wrote:

Was so hot today, was rough. Really ste=p.

On May 5, 2018, at 12:54 PM, jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)>

ya=

On Sat, May 5, 20=8 at 3:54 PM Kathy Ruemmler <[REDACTED]>  
<[mailto:\[REDACTED\]](mailto:[REDACTED])> wrote:

3 days, 34.5 Miles of h=king so far. 5th day of no wine.

On May 5, 2018,=at 12:08 PM, jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)>  
<<mailto:jeevacation@gmail.com>> wrote:

all good/ ?

-- <=r>  
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