

NR_key_name: 82406F473250A6F98525648F006F63F5
SendTo: kkroeger @ aacap.org (Kristin Kroeger) @ INTERNET @ WORLDCOM
CopyTo:
DisplayBlindCopyTo:
BlindCopyTo: CN=R ecard/O=ARRB
From: CN=Laura Denk/O=ARRB
DisplayFromDomain:
DisplayDate: 05/06/1997
DisplayDate_Time: 4:17:20 PM
ComposedDate: 05/06/1997
ComposedDate_Time: 4:16:41 PM
Subject: Re: track on Wenesday?
Sounds good. I don't get home until after 6:15 usually, but call when you can. Thanks!
To: Laura_Denk @ jfk-arrb.gov ("Laura Denk") @ Internetcc: (bcc: Laura Denk/ARRB)From: kkroeger @ aacap.org (Kristin Kroeger) @ INTERNET@WORLDCOM Date: 05/06/97 02:49:27 PM CDTSubject: Re: track on Wenesday?
I doubt I could get there before 6:30. I definetly don't want to do 10 milerepeats! Maybe 5 or so with 400 rest. How about I call you when I get homefrom work tommorrow? >>>>Maybe -- what time do you think you'll go? You know, I did a workout like>that (1 mile x 10 @ 7:30 with 400 rest in between) before Philly & it was>actually one of the more fun workouts I've ever done. (Sounds strange, I>know) So, I'm inclined to go along. I do have dog-walking issues, though,>so I would have to work that out somehow.>>>To: Laura_Denk @ jfk-arrb.gov @ internet>cc: (bcc: Laura Denk/ARRB)>From: kkroeger @ aacap.org (Kristin Kroeger) @ INTERNET@WORLDCOM>Date: 05/06/97 09:45:25 AM CDT>Subject: track on Wenesday?>>I'm going to go to the track on Wednesday to do some mile repeats at about>a>7:45 pace. If you are interested let me know!>Kristin>>>>>
Body:
recstat: Record
DeliveryPriority: N
DeliveryReport: B
ReturnReceipt:
Categories: