

From: Steve Magness
Sent: Monday, February 14, 2011 7:34 AM
To: Salazar, Alberto
Subject: Re: Running

Got the medicine. No problems.

Galen looks like he's feeling a bit better. Looked solid on the morning run and was back to running the quicker pace he normally does on his runs, so that's a good sign.

On Sun, Feb 13, 2011 at 5:53 PM, Salazar, Alberto wrote:
Good call!

Sent from my iPad

On Feb 13, 2011, at 7:20 AM, "Steve Magness"
wrote:

SORry, forgot to tell you, that we are going to split the long run and lifting and taking a break in between. So he won't lift until tonight before dinner. Figured that splitting the stresses in the day was a little bit better since he only has one run. Also, it give him time for the cough and such to settle down after the run and return to normal.

steve

On Sun, Feb 13, 2011 at 3:15 PM, Steve Magness wrote:

Got in the long run. We got in about 14. Kept the pace slower than galen normally runs, mid to low 6's. He felt okay while running.

The cough gets a bit more frequent/worse post running, but that's normal. He's on some cough syrup and paracetamol. It looks like it's moving from the point where it's general whole body fatigue to more of the localized symptoms being the main problem.

On Sun, Feb 13, 2011 at 5:18 AM, Salazar, Alberto wrote:

Sent from my iPad

Begin forwarded message:

From:

Date: February 12, 2011 9:17:36 PM PST
To: Galen Rupp

Cc: Steve Magness

Subject: Re: Running

Hi Galen, you should find a pal e to lift tomorrow. -Alberto

Sent from my iPad

On Feb 12, 2011, at 11:16 AM, "Galen Rupp"

wrote:

It was ok. Steve and I went 10. My legs feel fine, just a little tired but not bad at all. I'm just starting to cough some stuff up, and my chest is getting sore from coughing so much. But that should go away quick. Is it ok if I call you in an hour? Steve and I are starving and are going to go get some dinner. I'll talk to you as soon as I get back though! - Galen

PS - it would have been way sweeter if you'd let me think that you had put the car on cruise control, rigged up a McGuyver contraption to keep the steering wheel straight, and were just using your iPad the whole way up!

On Sat, Feb 12, 2011 at 7:02 PM, Salazar, Alberto

wrote:

Howwas your run? I'm in a car on way to Seattle, I'm not driving!

Sent from my iPad

On Feb 12, 2011, at 8:50 AM, "Galen Rupp"

wrote:

OK sounds good. I'm about to head out now and I will be sure to take it easy. Hopefully we hear back from Dr. Thing - the sooner the better when I can get that medicine up in me! I'll call you later tonight! - Galen

On Sat, Feb 12, 2011 at 4:04 PM, Salazar, Alberto

wrote:

Sent from my iPad

Begin forwarded message:

From: