

From: Steve Magness
Sent: Sunday, February 13, 2011 7:20 AM
To: Salazar, Alberto
Subject: Re: Running

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:

Date: February 12, 2011 7:56:50 AM PST

To: Galen Rupp

Subject: Re: Running

Hi Galen, go up to eight -ten miles only if you feel good/better than last two days. Go real slow, 7 min. Pace. I'm copying Ian Stewart on this, Ian, is there any chance that Dr.Thing could prescribe a Z pack for Galen? It's called Zithromax and is a three daydose pack that works for ten days. It may just be known as Azithromycin in the UK and is taken for ten days. I fedexed some to Galen at the Crown Plaza but it won't get to him until Monday at the earliest. It may not even get thru customs. I laid the tablets out in magazines and labelled the package as business documents.Galen has since he was a baby was diagnosed as having an abnormally low white blood cell count, so it's hard for him to fight off infections. This is why he's sick a lot.he will most likely come down with a sinus infection or bronchitis from this cold if he doesn't get on <<http://Azithromycin.it>> Azithromycin.it<<http://Azithromycin.it>><<<http://Azithromycin.it>><<http://Azithromycin.it>><http://Azithromycin.it>><http://Azithromycin.it>><<<<<http://Azithromycin.it>><<http://Azithromycin.it>><http://Azithromycin.it>><<http://Azithromycin.it>><<http://Azithromycin.it>><<http://Azithromycin.it>><http://Azithromycin.it>> has to be Azithromycin, the other antibiotics often don't work. If Dr.Thing could start him on It tomorrow it would be for the best as we have no assurance my package will get thru. He could also use a nasal coticosteroid spray, they're allowed by WADA now with no TUE needed. I didn't send it because it comes in a small bottle and would be detectable by feel in the fedex envelope. Nasonex is one brand, very expensive, \$ 150', but Galen will pay it of Dr.Thing can prescribe it. Sorry to dump all this on you Ian, but if both the boys are healthy in a week the two training partners can work together to break their National records! Thx! -Alberto

Sent from my iPad

On Feb 12, 2011, at 7:33 AM, "Galen Rupp"

wrote:

Hey Alberto,

How far do you want me to run this afternoon? We got into Birmingham fine and have set up the altitude tent. I'm just about to take a nap for an hour and then I'll head out. My throat feels better today, but my cough has gotten worse. It sounds pretty juicy. Other than that though I feel completely fine. My legs aren't sore at all and it doesn't feel like I've done anything hard. So I'm sure that the Z-Pack will get me to 100%! - Galen