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**From:** Galen Rupp  
**Sent:** Sunday, February 13, 2011 6:52 AM  
**To:** Salazar, Alberto  
**Subject:** Re: Running

EXHIBIT 8 - REDACTED

Hey Alberto,

Just an FYI, we got some cough medicine. It's called Benylin (Chesty Coughs). We looked it up on the USADA drug search and it came out fine. The active ingredients are Guaifenesin, Levomenthol, glucose, sucrose, ethanol, and E124. I'm going to go on my run now and then lift. Talk to you later! - Galen

On Sun, Feb 13, 2011 at 11:46 AM, Galen Rupp

wrote:

Got it. There is a gym here, so I will check that out. If I can do the lifts here then great, and if not I will find a place we can go. I was able to lift on Wenesday before the race, so it hasn't been too long since I last did it. I've got the lifting sheets with me too, so it will be easy to stay on task.

I think that I am going to just do the long run today. It's funny, I look and sound horrible, but I am definitely feeling better compared to yesterday. I am starting to cough up a lot, and it is kind of yellow in color. I figure it's a good thing though, since I am getting it out of my system. I slept 11 hours last night, and will be sure to take a good a nap this afternoon. I'm determined to kick this thing! - Galen