

One of our most outstanding "old cake"

To: Mei

Sent: Thursday, June 29, 2006 11:16 AM

Subject: Re: David

.....I have forwarded some pictures of the 1/2 marathon I ran on June 25 in Vancouver. My best time so far for full marathon is 3:50 & 1:43 for 1/2 marathon. Not good but not bad for an old biscuit. I am training for , hopefully if no injury or conflict with family / work, the Beijing Marathon on Oct 15. My goal is to run a marathon in 3:35:59 before June 2007.

David

