

From: Campbell, Michael
Sent: 7/16/2013 11:06:26 AM
To: Dietz, Sidney (/O=PG&E/OU=Corporate/cn=Recipients/cn=SBD4)
Cc:
Bcc:
Subject: RE: So wimpy

You don't need to bonk to lose weight. I've been riding harder and shorter due to time constraints, but just watching calories. I've stopped being too concerned with being calorically negative, so I've stabilized around 144. But I've seen 140 (probably a little dehydration). I'm about as skinny as I've ever been, and about as fast uphill as I was when riding 20 hours a week and in my early 30s.

You can use the strava calorie estimates to figure out your ride calories, and then use myfitnesspal.com to get the right calorie balance. A simple formula!

MC

-----Original Message-----

From: Dietz, Sidney [mailto:SBD4@pge.com]
Sent: Tuesday, July 16, 2013 10:45 AM
To: Campbell, Michael
Subject: Re: So wimpy

Coooo! Are you at a good weight? I'm expecting to gain with these extra rides since I don't have time in the am to bonk.

Do I seem terse? Blame the thumb keyboard.

----- Original Message -----

From: Campbell, Michael [mailto:Michael.Campbell@cpuc.ca.gov]
Sent: Tuesday, July 16, 2013 10:43 AM
To: Dietz, Sidney
Subject: Re: So wimpy

You are rocking it dude.

In other news, I set some more uphill PRs today on wildcat and your favorite, South Park. Being skinny on a bike is fun!!

MC

On Jul 16, 2013, at 10:39 AM, "Dietz, Sidney" <SBD4@pge.com> wrote:

> I've been doubling my usual climbing for the Rapha challenge, and I'm feeling it. I've been at a bit more than 3k ft/day for just three days. But if I keep this pace I'll hit the target.

>

> -----

> Do I seem terse? Blame the thumb keyboard.

>

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