

From: Dietz, Sidney  
Sent: 7/17/2014 10:06:44 AM  
To: 'Campbell, Michael' (Michael.Campbell@cpuc.ca.gov)  
Cc:  
Bcc:  
Subject: RE: Went smaller

It's cool that you can recall the experience of 142. Do you think you just needed a bit more fat, or ?

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

From: Campbell, Michael [<mailto:Michael.Campbell@cpuc.ca.gov>]  
Sent: Thursday, July 17, 2014 10:02 AM  
To: Dietz, Sidney  
Subject: RE: Went smaller

Seriously. The fad stuff is nuts. Eat only pineapple and lose weight!! Um, yeah, and burn a hole in your intestines from the acid...

Glad you don't think I'm looking thinner ... that isn't my goal. But I would like to stay lean and light for racing. If I keep getting leaner and keep my weight at 145, I'm good with that. I got down to 142# last year, but I was hungrier, and and I don't think I was as strong as I am now. My times up Diablo were pretty swift, though. (consistently under an hour up N. gate)

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

From: Dietz, Sidney [<mailto:SBD4@pge.com>]  
Sent: Thursday, July 17, 2014 9:59 AM  
To: Campbell, Michael  
Subject: RE: Went smaller

Oh, I appreciate that! You know, it's true. Apparently I'm the 1 in 1000 or so. I have to say that all the time b/c people always start giving me advice on some crazy non-calorie-based approach, and I say it to shut them up.

Actually, I hadn't noticed you getting thinner, just so's you know.

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

From: Campbell, Michael [<mailto:Michael.Campbell@cpuc.ca.gov>]  
Sent: Thursday, July 17, 2014 9:55 AM  
To: Dietz, Sidney  
Subject: RE: Went smaller

The metal tape measure did give me some empirical data that I am, indeed, a pencil-neck.

I went to a wedding on Saturday. A lot of folks from my cycling club there that I hadn't seen in a while (like Marty and Takumi). Everyone remarked on how skinny I was. It is funny, the process is so slow, it is hard to notice three months' change -- but it is noticeable to others. Takumi gave you props -- he noted that you were one

of the few folks he's seen lose a significant chunk of weight and keep it off.

MC

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

From: Dietz, Sidney [<mailto:SBD4@pge.com>]

Sent: Thursday, July 17, 2014 9:34 AM

To: Campbell, Michael

Subject: Re: Went smaller

Yeah, you need one of the cloth/rubber ones. Three bucks, totally worth it.

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Do I seem terse? Blame the thumb keyboard.

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

From: Campbell, Michael [<mailto:Michael.Campbell@cpuc.ca.gov>]

Sent: Thursday, July 17, 2014 09:30 AM Pacific Standard Time

To: Dietz, Sidney

Subject: RE: Went smaller

I tried to use a metal tape measure. It wasn't very good.

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

From: Dietz, Sidney [<mailto:SBD4@pge.com>]

Sent: Thursday, July 17, 2014 9:28 AM

To: Campbell, Michael

Subject: Re: Went smaller

I bought a new tape measure when I started this. My old one was stretched and wrong. Works great.

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Do I seem terse? Blame the thumb keyboard.

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

From: Campbell, Michael [<mailto:Michael.Campbell@cpuc.ca.gov>]

Sent: Thursday, July 17, 2014 09:08 AM Pacific Standard Time

To: Dietz, Sidney

Subject: Re: Went smaller

Nice. Congrats!

I bought some shirts online this week. I have to send them back. Too big. I don't know what size to get anymore, and my choices are more limited than before.

I'm staying at. 145#, but I keep getting leaner.

> On Jul 17, 2014, at 8:48 AM, "Dietz, Sidney" <SBD4@pge.com> wrote:

>

> I'm wearing the next lower size shirt today. Probably 1/4 in small. I look like an h&m shopper. Probably should wear it mealtimes.

>

> -----

> Do I seem terse? Blame the thumb keyboard.

>

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