

From: Dietz, Sidney  
Sent: 7/17/2014 11:19:53 AM  
To: Michael.Campbell@cpuc.ca.gov (Michael.Campbell@cpuc.ca.gov)  
Cc:  
Bcc:  
Subject: RE: Went smaller

Woah, that's light. Ah, lack of muscle. Hmmm, I think I have that problem.

-----  
Do I seem terse? Blame the thumb keyboard.

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

From: Campbell, Michael [mailto:Michael.Campbell@cpuc.ca.gov]  
Sent: Thursday, July 17, 2014 10:09 AM Pacific Standard Time  
To: Dietz, Sidney  
Subject: Re: Went smaller

Wasn't the fat, was lack of muscle, I think.

But my new 29er weighs 22#, w pedals. So there's that.

> On Jul 17, 2014, at 10:06 AM, "Dietz, Sidney" <SBD4@pge.com> wrote:  
>  
>

> 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.

>  
> -----  
> 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.  
>  
> -----  
> 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](mailto: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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