

From: Campbell, Michael
Sent: 7/17/2014 10:09:17 AM
To: Dietz, Sidney (/O=PG&E/OU=Corporate/cn=Recipients/cn=SBD4)
Cc:
Bcc:
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> 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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