ma,

hope you made it back fine. surely it was a long-ass trip.

got your note when I got home last night. thanks, it was nice, but homey, I not only totally understand your fear/anxiety, I could feel it too. from now on just let me know and I am more than open to stuff like that. this is a big-big time for you and allison and you need to be ready. and no matter how hard you try to prepare, you can't. kids are huge...they are little earthquakes that you will never forget. so on that note, I'm glad you're back and getting ready. good luck w/ all.

consider yourself now to be on "paternity leave" (w/ full pay of course!) and don't be surprised if you don't hear from me often. there may be some things that pop up but maybe not. do what you want, maybe check on mirasol, build some trails (if you need that as an outlet), whatever...up to you bro. I'm such a dickhead boss!

my love to allison.

get ready my man. it will NEVER be the same again...all good though.

la

ps. re: 5. I got that covered. I've never felt so fresh/strong at the end of 250k like yesterday too bad it was bs-negative race....watch LBL.