

John Kozlowski

From: John Kozlowski <John@Kozlowski.org>
Sent: Sunday, May 17, 2020 7:19 PM
To: Dorothy-Jane Kozlowski (Outlook); 'Dorothy-Jane Kozlowski'; 'Erika Leigh Sams'; 'Jack Cross'; 'Tirzah Kozlowski'; 'Julia Williams'; 'Isaac Owen Williams'; Jim Cross (JimCross@LexcomInc.net); 'jimcross45@gmail.com'
Subject: Reconcile 30 ● Walked 10 miles in 2 hours 11 minutes
Attachments: Kozlowski@2020-05-17+1~Low.webm

Family,

A video that is only 8 minutes. Amazing!

A correction, I was at 4.64MPH, and now at 4.7MPH. Try that for over 4 miles. Even more try 4.5MPH over 10 miles. I did it today. That is excellent time for a young guy. What is it for a 64-year-old?

I hope you find this encouraging. I love you all!

This email: <http://Family.Kozlowski.org/Email-2020-05-17+1>

The video: <http://Kozlowski.org/2020-05-17+1>

John Kozlowski



Email: John@Kozlowski.org • Phone: (423) 716-6432

Kozlowski.org • ShofarNexus.com • ShofarBook.com • ShofarCoin.com

Fear God and keep his commandments, for this is the whole duty of man.

Ecclesiastes 12:13