

20 miles, FINALLY!!!

Posted on Jun 17, Posted by [Administrator](#) Category [The Walk Blog](#)

Friday the 15th of June dawned rather pleasant (for a change no rain!!!) with a start of 9:10 and a finish of 18:30 with a total of 22.8 miles!!!...I could have gone further but we where expecting some guests from Vancouver and the Seattle area...the reason for the good showing was that I discovered the "trifecta" of blister control for long distance walking...1) BandAid blister pads on the bare skin followed by 2) white cloth tape used by athletes to tape ankles, wrists, fingers, etc and again 3) that medical miracle, duct tape!!!...one tip on all that tape, KEEP IT OFF THE POTIONS OF THE BODY WITH HAIR!!!, the application is easy, the removal a wee bit more intense!!!...Friday took me from Aldergrove-ish through Abottsford along country roads, one road did turn out to be a major truck route, however the views of Mt Baker and the other snow-covered mountains made it worth the inconvenience of the many trucks...later in the afternoon there was precious little vehicular traffic, a few farmers working their fields, a few cows and a few cyclists...no great epiphanies just some wonderful rural scenery...today (Saturday) it rained and Rained and then RAINED some more!!!...the rain makes this part of the world VERY beautiful when the sun shines, however the agony of all the rain to get to that beauty makes one pause and consider if it is really worth it...I guess this part of the Pacific Northwest is the same as the Seattle area, summer begins on July 5th!!!...Sunday will be spent watching the US Open final round and perhaps an airplane museum...my final words of the day to myself and to all who read this is honesty and integrity along with a rather healthy dose of personal responsibility and accountability will lead to a happy and peaceful existence...peace, love, harmony and joy to all

Tags: Untagged