

## Walking Day #167...Thursday, February 28, 2013...over the Suwannee River and into March

Posted on Mar 01, Posted by [Administrator](#) Category [The Walk Blog](#)

What a gorgeous day!?!? Blue skies, sunshine and a tail-wind. For walking the weather can't be much better than it was today. The Walk today was to honor Shelly Cook and her nephew Gunner Crocker both of whom are living with diabetes. We very best wishes to you both. A special shout-out goes to my driver, Valerie, who on a daily basis finds things to entertain herself while I stroll down the road. This couldn't happen without you, THANKS!!! Bob Benton stopped today to offer words of encouragement and thanks. Bob did two tours as a Marine in Viet Nam, thank you, SIR for your service. Bob was also kind enough to make a contribution to Camp UTADA, again, thank you for your service and thank you for your contribution. For several miles today I walked on a trail that parallels the main road, route 98. The trail was constructed on an old railroad right-of-way. At one point, Pete, from Michigan came riding his bike by. We chatted a bit about this and that. The main road was very busy so it was nice to get off that road and onto the isolated trail. This was also the motorized bicycle day as I saw two of them. One guy was a local and the other looked like he was planning on being on the road for quite sometime. He had a trailer and all decked out in the appropriate safety gear for being on highway. He zipped on by so I was unable to see just what he was doing and speculated for the rest of the day!!!

When the day was over we had covered 25.3 miles (40.8065 km's) under 51,001 steps and picked up 1 thin dime and 1 flat-head screw-driver. A trip to Walmart for additional provisions and a tasty salad rounded out a very nice day. See ya down the road...cheers!!!

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