

Walking Day #170...Sunday, March 3, 2013

Posted on Mar 04, Posted by [Administrator](#) Category [The Walk Blog](#)

The Walk today was dedicated to "Nancy", of the Shell station in Inglis, a cancer survivor and her daughter "Samantha" who is currently serving in the Navy. Thank you, Nancy, for sharing your story. Very best wishes to you and your daughter.

The weather report today indicated sunny but cool. In reality it was cloudy and cold. Out came the jacket AND the gloves for the better part of the day. I was so impressed with our experience at Penn Station Deli & Grill the night before that I decided to stop for a cup of coffee and a sandwich for the road. I got to meet Carlos Lugo, the other half of ownership and one of his employees, Linda. As it turns out Linda is a six year survivor of cancer. Her mother was not so blessed with her diabetes. Thank you, Linda, for sharing your story. I also would like to thank the Navy man who came in from breakfast. Twenty-something years on submarines, thank you for your service, sir. At Dunnellon we moved from route 40 to route 41. As we got closer to Inverness the traffic pickup up considerably. In fact after noon it was so bad that I pretty much was walking on the ditch bank with very little walking done on the road. As is the case with most days walking in an urban or semi-rural setting opportunities to stop and chat were plentiful. Just as I was leaving Hernando I stopped at a convenience store to "inspect the plumbing". Tom the person in charge (had diabetes) and I started a conversation. As we were chatting, "Bob" the Marine during Viet Nam came in. I thanked him for his services and he promptly dug into his wallet, Tom followed suit. Thank you gentlemen for sharing your stories as well as your resources. Camp UTADA will put your contributions to good use.

When the day was over 21.2 miles (34.1935 km's) had been covered using 42,485 steps and picking up \$0.57 consisting of 1 quarter, 2 dimes, 2 nickels and 2 pennies. I also found a spark plug socket and a small, stubby, flat-head screwdriver.

Tags: Untagged