

June 30th, end of second quarter

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Greetings and salutations from sunny (oopsss!!!) Osoyoos, BC...it appears that I pissed someone off in a former life as the rain seems to follow me!!!...actually all bitching, moaning, whining and complaining aside the cool rainy weather makes for decent walking...today started east of Keremeos, BC and after 21 miles even it ended about 30 "klics" from Osoyoos...the valley is absolutely FABULOUS!!!...high mountains, a meandering river, green valleys, blues skies (with some dark clouds, lightening and a wee bit of rain!!!)...I would recommend a vacation in this area, WITHOUT question!!!...after picking up two cups of coffee and a breakfast sandwich at the K-Cafe in Keremeos it was time to walk, my new favorite shoe is the pair of New Balance (today) an hour or so into the walk it was time to drag out the dumb-bells (NOT the walker!!!) 200 reps each of three different exercises (fifty at a crack) plus 400 curls at 100 a crack created my first sweat of the day, the way I figure it the walk is giving me all the pain in the lower body it makes no sense in ignoring the upper body, PAIN, some is good, more is better!!!...the walk, hot and humid...a brief rain delay, a stop in Keremeos for some fresh picked cherries and back on the trail...along the way a brief stop at Harker's Winery for a small bottle of port, should go good with some SERIOUS blue cheese or a good cigar (if I can find one)...well 5:40 AM comes a bit early so I shall terminate for now and pick up tomorrow or the day following...Sunday is Canada Day, Oh Canada (eh!!?) the flags are out and ready to fly tomorrow...cheers and peace love, harmony and joy to all!!!...the parting thought for the day: we can ONLY deal with what IS!!!

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