

## Walking Day #90...Tuesday, November 13, 2012...happy birthday Dad!!!

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Had my father not passed away 17 years ago today would have been his 92nd birthday...today saw 26.4 miles (42.5806 km's) with 52,002 steps...findings for the day: 2 pairs of sunglasses (appear to be functional), 1 1/4 inch hook and 1 quarter...wildlife sightings: several deer and a flocks of geese flying west!?...weather was perfect for walking, a tad cool in the morning with sun, warming in the afternoon such that I was able to take the jacket off...thanks to the engineers on BNSF Railroad who acknowledge my presence and thanks to all the big trucks who give me all sorts of space...must say I am not a fan of two consecutive days off, "a body in motion tends to stay in motion, a body at rest tends to stay at rest", I like motion!!!...got home, dumped the tanks, iced left-overs, hit the shower, got out the ice-packs and here I am...glad to see the sun shining...cheers!!!

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