## Walking Day #94...Saturday, November 17, 2012...this one is for you, Joe...thank you

Posted on Nov 19, Posted by Administrator Category The Walk Blog

This one, Joe, is for you...today we did 23.2 miles (37.4194 km's) using 47,892 steps...findings for the day: 1 golf ball, 1 quarter and 1 penny...wildlife sightings: 5 white tailed deer and 1 one-eyed mouse...the weather was nice with a slight head wind but the day was warm...after the walk I was in a convenience store in Broken Bow getting some munchies to eat during the Ute football game and as I was explaining to the clerk what I was doing in town a truck driver named Chad opened his wallet and made a donation, at age 42 he had been living with type 1 diabetes for 7 years, thank you, Chad, it will go to the FCYD camp...Julie from the radio station finished her story and posted it to their youtube version of their coverage:

thank you for the coverage...just be aware, get control of your disease, get a checkup, say "thank you" to a veteran...go for a walk, slow down and contemplate the meaning and the beauty of YOUR life!!!...cheers!!!

the numbers for walking week 24:

114.3 miles (184.3548 km's)

234,218 steps

\$1.02 in loose change

numbers for walk-to-date:

1,957.4 miles (3157.0968 km's)

3,720,383 steps

\$45.16 in loose change

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