

Wacky Weeks of Walking

This walking thing has been so wacky lately but oh so fun! This year, my friends are keeping me moving. It's all their fault, trust me! I'm going to tell you a little about the last couple weeks of walking with friends – I want to hear what you and your friends do to get one another walking!

- **Time Challenge with Mary Ann:** I've mentioned before that I use the app MapMyWalk on my cell phone. Thankfully, I only have a few friends on there. My legs couldn't handle any more! My buddy, Mary Ann, challenged me on there to a one-week walking challenge – who could spend the



Mary Ann and her sister, Amy, walk 60 miles in three days!

most time walking? Thankfully, it was a time challenge. I'm slower than she is, but my slowness could pay off! She's in the middle of training for the Susan G. Komen 3-Day where she'll walk 60 miles in three days. This is her tenth year! She's a beast.

Anyway, it came down to the last day of the challenge. I walked at lunch. I knew I would have to go home from work and walk at least two hours to stay close to her time. Luckily, Tessa, Piper, and Michele joined me that evening for parts of the walk. They asked me how far I was walking that night. I said, "I have no idea. I just have to be out here moving for at least two hours!" Well, after that two hours, I went inside. I was ahead by ten minutes! I knew if Mary Ann saw that, she'd go back outside. We have a fun, competitive side to our friendship. As I was sitting there, telling Kim on the phone that I was only ahead by ten minutes, he said, "You know she'll go out again. You have to put your shoes on and go!" That little encouragement was all I needed for my day of insanity. I put on my really cushioned Hoka shoes, grabbed a lighted leash, the slow dog, and lights for me – off we went. All told, it took me walking 11 miles on Tuesday, but I won! Trust me, I would not have done that without the little shove from Mary Ann.

- **Mile Challenge with Miranda:** While I was in the midst of that challenge, an unsuspecting old friend from high school noticed that I was doing a challenge. She said she'd be interested in one. I told her to friend me and set up a challenge. I didn't know she'd actually do it – right then! I almost feel bad, because Miranda's challenge overlapped with the crazy one with Mary Ann plus my training for the upcoming Barkcamp Race. So far, I have 40 miles accumulated in the challenge, and there are a few days left. She'll probably never challenge me again! (I'm sorry, Miranda. I'm not always this crazy, I promise.)

- **Hill Challenge with Martyna:** A day or so after the 11 miles, I received a text from my friend Martyna. The weekend before we had done an 8+ mile walk with a long hill. We got to the top of the hill and both thought that wasn't as bad as we expected or remembered – we needed a bigger challenge. Oh, dear. So we mapped out



Our hills as shown by MapMyWalk. I don't know how you folks who live in the mountains do it!

another challenge with twice the hills that we wanted to do “Someday.” She texted me a few days later with, “Let’s do it!” Well, alrighty then! I didn’t walk Thursday and Friday in order to let my legs rest a little. On Saturday, we walked our 11.6 mile hill climb in 90+ degree weather and high humidity. We did it! That was one great accomplishment – and we had fun doing it!

- **Virtual Race with Little Miss Sunshine:** On Sunday, we did a virtual 5k race with Little Miss Sunshine that made wonderful memories! I’ll tell you all about that in the next post. I’ll include extra details, because it might be something you and your friends will want to do.

Are your friends helping you move? Invite your friends to your Walk with a Doc and get them wacky for walking, too! Just ask the Doc – it’s contagious!