

BROOKLYN_BORN

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Look where I am – virtually, that is.

Tuesday, August 19, 2014



I'm running/walking across the USA thanks to a Spark Team – The Virtual Walk/Run Challenge

www.sparkpeople.com/myspark/groups_individual.asp?gid=33492

This seemed like an appropriate follow-up to my last blog about real and virtual friends.

My miles are real. I count every one that my legs are moving forward – running or walking. I've always kept a daily log and since finding SP, I record all my fitness activities. There's something satisfying about seeing it in print.

Even more motivating is looking at a visual representation of where my efforts would have taken me.

I began on Jan 1st, 2013 and 2,110 miles later, I'm trekking across Colorado.

A nice extra is the photos we see at each "stop" along the way. This is Eads, CO.



This was the road outside of Summersville, Missouri

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This is the website that provides all the information and tracks the data.

[exercise.lbl.gov/
index.html](http://exercise.lbl.gov/index.html)


Maybe I'll meet some of you virtual friends on the virtual road?

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KATELJM

WAY TO GO

I'm still in Kentucky!

2487 days ago


V
- 

PHEBESS

A few people and I are also "walking" across America - great motivation, isn't it?

Remember to drink your water - the Great Plains are HOT in the summer!!!!

2489 days ago


V
- 

SPINNINGJW

I am saddened that you entirely skipped Iowa (where I am presently) and Nebraska (where I am from.)

But aside from my jab at the route, great job! This looks like a fun way to track how far you have gone.

2489 days ago


V
- 

ONEKIDSMOM

Reminds me in some ways of my workplace Walk This Way program. It's linked to my Fitbit, and so far I've "virtually" hike the Heysen trail in Australia, the Dublin trail in Ireland, and am currently on the Cambrian Way in Wales. They have routes around the world, including four in the US, but this one sounds fascinating, too.

Sounds like a great challenge, starting first of the year... and you've come a long way!

2489 days ago

V
- 

GINIEMIE


That's a cool idea, a virtual walking trip, note I did not say run. My knee has been acting up and I had the chiropractor zap it. It feels better and I'm being more careful to wear only my good shoes for walking outside and in stores. The fit flops are for in house only and I had to throw a pair out after I read Janet's blog.





I'll have to think on the team challenge. Good luck Elaine.

Ginie

YOU CAN DO IT!

HUGS





V

2489 days ago

Comment edited on: 8/19/2014 6:29:52 PM



DOVESEYES

v



2489 days ago



LINDAKAY228

v

Congratulations on how far you gotten! I did the route twice and debated on a third time (still am). I wish there was a different trail though. Just be aware that when you get to the end you have to watch your mileage because it won't tell you that you've reached the end. I guess you just keep walking into the ocean LOL! At least that's the way it was both time I did it unless they've fixed that on the webpage. The first time I did it I kept adding miles at first until I realized I'd already finished because it didn't tell me! It is a wonderful resource though, aside from that one little thing.

2490 days ago



MISCHAKEO

v

That sounds fun. I may try it. I do like getting awards for my miles. That might add a bit of interest to my miles. Thanks for sharing.

2490 days ago



BLAZINGSWORD

v

I think it's wonderful! You are doing such a great job!

I am doing one on this link: <http://exerciselbl.gov/index.html> I started mine back on June 30, 2014 and have only done 151.7 miles so far and am still in Virginia. I think these are great tools to motivate us to move!



Keep up the good work! Looks like you might make California by the end of the year!

2490 days ago



TRAVELGRRL

v

VERY cool! We were REALLY in Eads, CO this summer -- not much of a town but very near to the Sand Creek National Historic Site, where in 1864 the Colorado militia attacked a village of peaceful Cheyenne Indians and murdered every man, woman and child, hunting them down over dozens of miles!

But I digress!! Congratulations on your amazing accomplishment, and thanks for the link. I'll definitely check it out!

2490 days ago



WILSONWR

v

That sounds like a great challenge!

2490 days ago



DR1939

v

I'm with you. I love being able to track my mileage as I travel across the US.

For those of you who are interested in a team that focuses on this walk, come join us at the Virtual Walk/Run Challenge. We'd love to have you.

2490 days ago

Comment edited on: 8/19/2014 8:48:43 AM



CD4114015

v

This is great...I agree that it helps seeing things in writing....I have always wanted to do this! I



might check it out!

2490 days ago



WATERMELLEN

v

Virtual and real -- great combo (virtuous too!! and its own reward . . .)

2490 days ago

GINGERLY4

v

Wow, thanks for sharing! Do you have to walk/run every day?

2490 days ago



ALICIA363

This looks interesting and I want to come back to it! Sounds like fun!

V

**THANK
YOU!**

2490 days ago



TERI-RIFIC

Very cool!

2490 days ago



V

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