

the final??? walking day...walking day #193...Sunday, April 14,2013

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well Well WELL!!!...after 10 months on the road, 44 elapsed weeks (40 actual walking weeks) and 193 walking days, The Walk of Life was walked to the southernmost point in the continental United States of America.

Accompanied by the primary honoree, Jonathan Werner, first and best support vehicle driver, my mother, Joni Bund, my final support vehicle driver, Valerie Shafer and many dear friends, at approximately 2:42 PM Eastern time I placed my hand on the buoy and brought to an official close the walking portion of the trip known as The Walk of Life.

When all was said and done I covered 4,082.2 miles (6,584.1936 km's), taken 8,007,698 steps and picked up \$89.75 in other people's lost or discarded money. It took me 193 walking days, 40 actual calendar weeks of walking and roughly nine months.

As I reflect over the trip I have a very difficult time getting my brain around what I just did. The individual components (each walking day) seem real enough and I recall each day but the

totality of the trip is very hard to comprehend.

Regardless of my inability to get my brain around what was done, it was done. It was done to honor people with diabetes, specifically my son, Jonathan, to honor people whose lives have been impacted by cancer, specifically my nephew, Ross Werner and my mother's husband, Cec Bund and to honor and support the current and past members of Canada's military and those of the United States of America.

Words cannot express the gratitude I feel for my drivers, Joan Bund, Jim Doran, Victor Werner and Valerie Shafer, for without their efforts this trip would not have been possible. From the bottom of my heart, thank you, Thank You, THANK YOU!!!

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