



Winter 2010-11 Volume 12, Issue 4

Tyler Burgess

England Coast to Coast Hike

Little did I know or could even imagine, what would evolve when I first printed 1,000 flyers advertising Walk With Me and passed them out all over town in January of 2000. What I knew for sure was that I was no longer going to grind life away at a desk job. If I reached 50 years and did not look like my grandmother, with her long white hair in a bun, black shoes and dresses, (bless her heart) I could do whatever I wanted. I like to walk and talk. But would that appeal to people?



At the start are Sally, Roberta, Dorris, Mary Ann, Sharon, Ann.

Amazingly enough, in the past 12 years, hundreds of people have walked with me. Teaching fitness walking at Lane Community College, and the University of Oregon, I also developed workshops on walking technique, led marathon walking groups, made books of walking routes, always on the lookout for opportunities. From the morning group of walkers came a request for tours. I had never really traveled, but I could figure this out!

The first trip was England Coast to Coast, about 200 challenging miles across Northern England. Through the Lake District, the Yorkshire Dales, and the North York Moors, 12 women and I experienced the unique experience of hiking across an entire country. Thanks to Beatrix Potter, author of "The Tale of Peter Rabbit", who owned 3,000 acres of the Lake District and developed a National Trust to preserve the 1800's farms and villages, it felt like

How to Walk the Eugene Marathon
FREE workshop by Tyler Burgess
 Friday Jan. 13, 5:30 to 6:30 pm OR
 Saturday Jan. 14, 9-10 am
 at "MY LIFE FITNESS", 2866 Crescent
 Call MY LIFE, 541-359-4580
 to hold your space

a walk back in time. Tromping across the Yorkshire Dales where veterinarian James Herriot lived and wrote his charming book "All Creatures Great and Small", was thrilling. Stories of his beloved animals came to life. We hiked across the rolling, purple heathered North York Moors where William the Conqueror separated in the fog from his troops. A term was coined for such a profane outburst as he uttered, called a Billy Ho! However, my warmest memory is that of taking 20 days to simply walk and talk with a group of wonderful women

Thanks to hard-won legislation, people have the legal right to walk across the land. Farmers are granted subsidies to keep the trails maintained, and find that furnishing lodging to walkers is far more profitable, and easier, than raising sheep.



Donilyn, JoAnn, Sharon, Ann, and Mary Ann walking in England, 2003

Offering a great variety of countryside and small, charming villages, people come to this trail from all over the world. In 2012, you can join me for another Coast to Coast trip. The maximum number will be six fun, fit folks!

For details see

www.WALK-WITH-ME.com
tylerburgess@walk-with-me.com

MOTIVATIONAL WALKING COMPANION
Jenny Gusset, RN retired
541.343.6049
walkasmilein@gmail.com

STEALTH EXERCISE
 Sit erect in chair. Lift left buttock off chair.
 Hold 3 seconds. The lift other buttock off chair.
 Repeat ten times. (from the Arthritis Foundation PACE)

**To receive free fitness tips weekly,
 please sign up at www.walk-with-me.com.**

Marathon Walking Training Groups

for the Eugene Marathon, half-marathon April 29, 2012

Walking Made Powerful Workshop

January 21, 2012. Meet at 17th and Charnelton Street, by the park. 9:00 am to 10:30 am.

Cost is \$15, or included in total program \$100 fee.

Weekday Marathon Training Classes

Speed and strength workouts led by Tyler Burgess. January 17, 2012 to April 21. Tuesday and Thursday **4:30 pm to 5:30 pm OR 5:30 pm to 6:30 pm** Meet at Alton Baker Park, at main parking lot.

Cost is \$45 or \$3 drop-in fee.

Saturday Walks See www.Walk-With-Me.com

Cost is \$80 for all Saturday walks, or \$15 to drop-in.

Register for the entire program for only \$100.

Please sign up at of the walks above.

RAVE REVIEWS

Italy tour 2011 by Keith Sherman. "No worries." And we had none! We saw things and did things we wouldn't have done without you. You are a great friend. Thank you for the great trip!!!

English Stilton Cheese Soup

In England, I really liked their Stilton blue cheese and apricot jam sandwich. Try this nice soup.

Boil for 20 minutes:

- 4 cups of chicken broth
- 2 cups chopped broccoli, or cauliflower
- 2 potatoes, cubed. I don't bother to peel.
- 1 diced onion

Remove from heat.

Stir in 4 ounces Stilton cheese, until melted.

Mash with a potato masher, or put in blender.

(from www.allrecipes.com)

Walk With Me

Guided Walking Tours in 2012

(Airfare is included from Eugene. It is optional.)

New York City May 16 to 21, 2012

Five days of easy walks in the Big Apple.

Cost: \$1,500. Meals are extra.

England Coast to Coast Hike

August 7 to 29, 2012.

"This is the trip of a lifetime." Sharron Graham, Dorris Kelsay, 2004 and 2003 participants.

Cost: \$4,600, 21 nights lodging, plus Beatrix Potter's Hilltop Farm. Challenging terrain.

Cotswold Way Hike, Bath, Stonehenge

September 1 to 14, 2012

Cost: \$4,000. 13 nights lodging and Stonehenge. Meals are extra. Moderate difficulty, 65 miles.

Spain, Way of St. James Pilgrim Path

Sept. 17 to Oct. 2, 2012

Experience the first stage of the medieval pilgrimage, from France to Burgos, Spain.

Cost: \$3,500. 13 nights lodging, luggage transport. Moderate difficulty, 180 miles.

Northern Italy's Lakes District and Milan

October 3 to 12, 2012

Easy day hikes around Lake Como and day trip into Switzerland. Cost: \$3,400. 10 nights lodging.

Details at

www.Walk-With-Me.com **541-684-4951**
tylerburgess@walk-with-me.com

Walking Wounded?

Walter Libby a former massage therapist for the New York Marathon, has helped hundreds of clients facilitate injury healing, deal with chronic pain, as well as improve their athletic performance.

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