



Fall 2011



Tyler Burgess

Walk Ways

Volume 12, Issue 3

Walk into adventure!

One day on the Cotswold Way Trail in England

One never knows what will happen, whom you will meet or what you will see when out walking, especially in a foreign land. The mystery of the day unfolds with each step.

Here is just one of my 9 days in June on the 100 mile solo hike on the well-marked Cotswold Way national trail in England.



Walking up through the woods to Belas Knap, a 85 foot long burial mound from 2,500 BC, I explored the 3 entrances. A few miles further where my map says "Watch out for flying golf balls", I stood in an ancient stone ring atop Cleeve Hilltop Commons and a golfer stepped over a small fence, built to keep sheep from grazing the green, and came over to point out Wales in the distance and tell me where I could find his very favorite pub that evening. Boasting what could be the oldest man-made golf hazard, the 13th hole rests in the center of a prehistoric Iron Age Fort, encircled by an earthen bank and ditch.



Looking to the south are three huge spy towers built by the United States during the Cold War. From this high point there is a direct line through the sky to Moscow, for monitoring phone calls. According to my B&B host, they could, and may have, monitored my call to him today.

Overlooking the Cheltenham horse race course, I marvel at the beautiful steeple chase hedges. Along come the two couples, also walking the trail, that I had the pleasure of dining with last night. They laugh and talk all day so I can hear them a ways off. Making sure I don't miss anything, they take me over to the bronze, raised marker pointing out the Malvern Hills and Severn River. The two men had walked 500 miles of Way of St. James pilgrim path in Spain in 2008, the same year I did. We bonded immediately over great stories and similar life-changing experiences of pilgrimage. Their wives were great hikers, too, but said they are "only doing 50 miles" this trip.



When I take a group on the trail in 2012, we will spend the afternoon in Cheltenham, strolling by whitewashed homes

of Regency Architecture. Popularized by King George III in 1788, who came for the spa waters, we can enjoy the beautiful gardens and have tea. While I walked the next several miles through the woods, on the 2012 tour we will shorten the days with a 10 minute bus ride in the mornings, walking 65 miles of the trail. That evening I dined on delicious shark steak (not in the recommended pub), the perfect ending to a fabulous day of walking.

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

Inside

Build Base Now, Training Groups to Start	2
Recipe - Italian Pasta and Tomato Salad	3
Stealth Exercise - Thigh Firmer	3
Walking Tours: England, Spain, Italy	4
New! "Quito, Ecuador Townscape Walks"	4

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

Walk With Me TRAINING GROUPS

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

Walking Made Powerful Workshop

January 21, 2012 Meet at 17th and Charnelton 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. Tuesday, 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 Group Classes at 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.

OR team up with the American Cancer Society.

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BUILD BASE NOW

Your first goal for the Eugene Marathon (26.2 miles) or half-marathon (13.1 miles) on April 29, 2012, is to build muscle before the training program in January. You do this by daily following this chart. Start where you are. Check off each day as you do it. GO TODAY!

Minutes	M	Tu	W	Th	F	Sa	Su
Week 1	20	20	20	0	20	20	0
Week 2	20	20	20	0	20	20	20
Week 3	20	0	20	30	20	40	20
Week 4	30	0	30	20	40	30	20
Week 5	0	30	20	40	30	20	40
Week 6	0	40	30	40	20	30	40
Week 7	0	40	30	40	40	30	40
Week 8	0	50	30	40	30	40	40
Week 9	0	50	30	40	40	30	50
Week 10	0	50	40	40	50	40	50
Week 11	0	60	50	40	50	50	50
Week 12	0	60	50	60	50	60	50
Week 13	0	60	60	60	60	60	60

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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Stretch one leg out straight.
Pull those toes up toward your head.
Push the back of the knee down. Hold 2 seconds.
Repeat 10 times. Go now!

(from the Arthritis Foundation)

To receive free tips weekly, email "Sign Me Up" to Tyler at tylerburgess@walk-with-me.com.



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Italian Pasta and Tomato Salad

I buy these ingredients at Olive Grand, Fine Foods and Oil, 1041 Willamette St. While pricey, they are very flavorful and a little goes a long ways. Plus, it brings back memories of Italy!
Balsamic vinegar, Italian Ascolana olive oil, Italian Seasoning, grey salt and one of their pastas.

Boil the pasta according to directions.

While it cooks, slice the fresh tomatoes.

Drizzle first with balsamic vinegar. Toss.

Then drizzle with the olive oil. Sprinkle with the grey salt and herb seasoning. Toss.

Drain the pasta. Sprinkle with the olive oil and grey salt. Serve as separate dishes. Delicious!

RAVE REVIEWS

Italy tour 2011 by Toni Sherman "Tyler, can't even express how I feel about this tour. You put together such a variety and we felt you took such good care of us. We were busy but just right. No worries! You filled our days with wonderful memories. Thank you so much."

Marathon training 2011 by Adelka Shawn "Tyler, I am so appreciative of your coaching and leadership. I have never completed anything like a half-marathon before. It was possible for me because of your style and encouragement. Thank you and see you next time."

Seattle Townscape Walks guidebook by Susan Dwyer-Shick, Ph.D. J.D. "Tyler: What a treat! I'm enjoying the book and its illustrations. And I'm sharing it with my Sound Striders walking group, a group organized and run by volunteers through the Seattle Parks and Recreation program. Thanks for the resource."

GUIDEBOOKS by Tyler Burgess

Portland Townscape Walks #1, \$4.99

Quito, Ecuador Townscape Walks, \$4.99

Seattle Townscape Walks
Oregon Townscape Walks
Eugene, Oregon Walks



NEW! Italy Poster, available at Imagine Gallery, 35 E 8th St. and Olive Grand, 1041 Willamette St.

Books available at Tsunami Books, Smith Family Books, UO Bookstore, and more!
Online at Walk-With-Me.com,

Walk With Me show on TV, Comcast cable channel 29. See schedule at www.CTV29.org

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Great gift! Please send me WALK WAYS

I enclose \$9.95 for 4 issues a year.

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GUIDED WALKING TOURS

New York City May 16 to 21, 2012

See the art in Central Park, walk the upper East Side, the beautiful diplomatic neighborhood, Greenwich Village, across the Brooklyn Bridge, Broadway to the Empire State Building, through the Diamond District, Rockefeller Plaza, United Nations grounds. Eat in delis, ethnic restaurants and charming cafes. See Broadway shows.
Cost: \$1,500 with airfare from Eugene, 5 nights lodging, double occupancy.

England Coast to Coast August 7 to 29, 2012

One of the world's top ten long distance hikes. About 190 miles through three National Parks: the Lake District, Yorkshire Dales, and North York Moors. Challenging terrain with over 22,500 feet of elevation gain. Fabulous countryside beauty, charming cottages, great variety. Comfortable lodging, good food! "This is the trip of a lifetime." Sharron Graham, Dorris Kelsay, 2004 and 2003 participants.
Cost: \$4,600 with airfare from Eugene airport, 21 nights lodging, Beatrix Potter's Hilltop Farm.



Cotswold Way, Bath, Stonehenge September 1 to 14, 2012

The Cotswold Way is a national trail through rolling hills with stunning views and charming villages, from the market town of Chipping Camden with



thatched cottages, to the historic city of Bath. Spend a day in Bath and visit Stonehenge, the Roman Baths and have tea in the Pump Room. We will hike 65 miles of trail and visit a castle, hedge maze, and a Tudor mansion. Moderate difficulty. Luggage is carried for you. Charming accommodations.

Cost: \$4,000 includes airfare from Eugene, Stonehenge, 13 nights lodging, and more.

Spain, Way of St. James Pilgrim Path September 17 to 25, 2012

Experience the first stage of the medieval pilgrimage to Santiago, Spain, 180 miles. Walk over the French border into Spain, through the Basque country, Pamplona, and ending at the great cathedral in Burgos. There are 10 walking days of 8 to 17 miles, on the road built by the Romans to bring out gold. Luggage is carried for you. Accommodations in private rooms. Breakfasts are included.
Cost: \$3,500 with airfare from Eugene, 13 nights lodging, luggage transport, guide, and more.



Northern Italy's Lakes District October 3 to 12, 2012

In Milan see Leonardo Da Vinci's Last Supper painting and try World Class Window Shopping. Enjoy Lake Como and nearby Lake Maggiore, with its beautiful little islands. Plus a day excursion into Switzerland. Easy day walks, up to 6 miles.
Cost: \$3,400 with airfare from Eugene (optional), 10 nights lodging, breakfasts, guide, and more.

See tour details at www.WALK-WITH-ME.COM

or call 541-684-4951, Tyler Burgess.

NOTE: airfare is optional.

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