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13-Aug-22 7:06 pm @Home 74° F

Later

Wow! It is the middle of August, and I have not published July's issue yet.

Well, I just published!

Wait I need to send out the email notice!

That is done!

Starting to Move

I have been home for a couple of weeks and have started to get into the groove again.

I will be even better when they let me start driving next week.

I started working in the yard this week. I am taking it slow, and things are doing fine.

Model Railroad

As for my HO Model Railroad, I decided the go with "N" Gauge. My 12' x 5' layout will become to about 8' x 3'. I can manage that size.

I have the layout idea in mind, and I need to get started.

Camino

I am still exercising at EW Training to get ready to walk the Camino in May next year.

I have been telling people I plan to walk the whole 500 miles. Today I am thinking I may only walk 790 kilometers.

Today I do not know if I want to try and walk over the Pyrenees. Starting at St. Jean Pied de Port will be walking 1500 meters uphill to Roncesvalles. It would cut 15.6 miles from my walk. In 2012 It was about 13.5 hours that first day.

We will see!

14-Aug-22 10:54 am @Home 70° F

Exercising

I thought I would start an exercise log and post it at the end of this newsletter. It will help me and you to see how my recovery is doing.

First, I thought that Starbucks was only ¼ mile away. It is ½ mile! This makes this a 1-mile round trip.

I managed it with little effort. I did need to stop a few times to rest my legs, but not for long. When I returned home, I looked it up and found it was a mile round trip. I feel good about that.

It was misting on the walk. I did not really need my rain jacket. If it were rainy, I would have had it on. I do not want to get

my LVAD hardware wet. I just used my blue jean jacket this time.

Anyway, I logged a 1-mile walk today.

19-Aug-22 10:07 pm @Home 71° F

Home and smiling 😊

I just thought I would tell you I went to the Doctor today and came home smiling. My Check-up went well and...

I can start Driving again! 😊

This is the best news I have heard in about five months. Yes, it has been that long!

Tomorrow I will check out my car and see how it held up sitting so long. Oh yes, have been starting it occasionally, just have not put into gear.

If it feels ok, I might drive it to Starbucks to see how it feels. I may need to learn how to drive all over.

As where to drive it is a question. The streets I drove on last March are under construction now. I will need to make a whole new route.

Once this learning how to drive gets over I can drive places to learn to walk again. 😊

I am So happy! 😊😎😘😘😘😘

I must get to sleep now, well if I can!

Look out tomorrow, I may be on the road again!

Model Railroad

Before I head to bed, I thought I would tell you I decided to switch my railroad scale from "HO" to "N" gauge.

N-scale takes less space than my 12' x 5' HO layout. The N-scale would fit on an 80" x 36" door core.

Why a door core? It is flat and cheap. And it will fit in my space.

I have some ideas in my head that I need to sleep on that too!

Good night!

26-Aug-22 3:24 pm @Home 76° F

So, What's Happing?

I have been walking on the treadmill for an hour each time. I am up to 1.6 mph.

I know that is not as fast as I need to go to walk across Spain. It is a start.

¼ a mile is about 10 minutes, Therefore, If I walk an hour, it is like walking up to Starbucks, over to Dairy Queen, then Home. I can wander a little too! 😊

Camino

I am still thinking about walking across Spain in May-23. I am also looking for somebody to go along.

Right now, I am thinking it could take forever to walk 500 miles.

I will keep working to get into shape and see what it looks like around Christmas.

Why Christmas? It is about the time I need to buy my plan ticket to make sure I get the best deal. And I will know if I can physically walk that far.

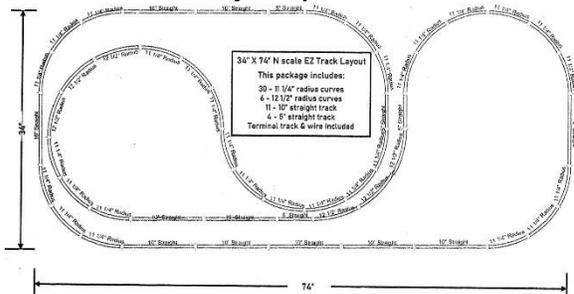
Model Railroad

I started getting N-scale train parts. Now I can start making my layout. I have a Chicago and North- Western

(CNW) passenger train and a bunch of used tracks that I bought from eBay.

My CNW train requires large radius corners, so I may have to buy new track to go along with what I have already.

My plan is to make a lay out 36" deep. And from 96" to 120' long. I have not decided just yet.



This is one of the plans.

I need to count my tracks and see what I have.

29-Aug-22 9:58 pm @home 69° F

Camino de Santiago

I did not make it to Santiago yet but over 300,000 people have so far this year!

Next year I will get into the count. When I went to Spain in 2012 there was only about 178,000 people that registered in Santiago.

You must walk the last 100 km to register and get your *Compostela*. It is a certificate saying you completed your journey

That is why you carry a Pilgrim's Passport and get it stamped along the way to prove you walked at least 100 km. (62 Miles)



Slow Going

Today it only took me two hours to walk sixty minutes on the treadmill.

I tried going up a 15% grade at 1.5 mph. It did me in and I needed to rest. After my rest I did five minutes at 15% at 0.5 mph. A 15% upgrade is as far as the treadmill will go. I will stay away from that setting for a while.

Follow up.

- My exercise is going well
- My n-scale train layout has started
- I am driving again!

Marty's Random Thoughts

The Backer Page

MY BOOKS

← MY CAMINO DE SANTIAGO ADVENTURE

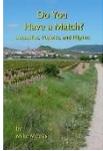
WALKING THE WALK, CAMINO DE SANTIAGO 2012 →

2ND EDITIONS

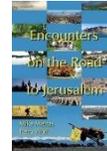
(2021 MAY BE MY NEXT CAMINO TRIP)



My books are available online from Lulu.com, Amazon.com and from me personally.



Mike and Petra's Books
can be found on
LuLu.com and Amazon.com



FoodShed.coop

1513 owners 1-Sep-22

We are a group of regular folks working hard to open a community-owned grocery store in McHenry County, IL and we hope you will join us!



FoodShed.coop Location Video:

<https://youtu.be/Uc3-OlpXe-I>



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