## Gadfly's last lap Tail on the Trail report

The Bethlehem Gadfly Fun Stuff, Walkability and Bikeability October 3, 2019

(Latest in a series of posts on Walkability and Bikeability)

Gadfly has been using you followers for accountability.

Reporting again on his progress in the Tail on the Trail Challenge.

His goal is to double the basic challenge of 165 miles (the length of the Delaware and Lehigh canal) in the 6 months between May 1 and November 1 = 330 miles.

5 months now gone.

Gadfly has done 313 miles with almost a month to go.

Gonna make the goal with plenty to spare.







Now Gadfly also plans the Delaware & Lehigh Half Marathon November 3.

Training-wise, he's up to 9 miles.

And an inch shorter.

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