

# Gadfly's walking report card at mid-term

The Bethlehem Gadfly Fun Stuff, Local Color August 1, 2019

Gadfly wants to live long enough to walk a pedestrian bridge connecting the north and south sides.

So Gadfly is enrolled in the “[Tail on the Trail](#)” challenge sponsored by St. Luke's to be in shape for that great day. (It's not too late to join!)

The idea is 165 miles between May 1 and November 1 — 6 months.

165 miles is the length of the Delaware and Lehigh canal, but you can do your walking and biking anywhere.

We're half-way. 3 months down, 3 to go.

Gadfly set himself the goal of doubling the challenge = 330 miles.

He had a lousy May but is now ahead of his pace.



Your All Time Miles: **1,081**

Member since **February 1, 2018**

### CURRENT CHALLENGE



**Congrats!**  
You did it!

You've completed **129%** of the **165 Mile Challenge**.  
214 of 165 miles completed.

### YOUR MONTHLY MILES

[Change Month](#)



You totaled  
**0 mi.**  
for August 2019

### YOUR FAV ACTIVITY TYPE

You like **walking** the best. You like  
**biking** second best.



You can see in the fine print above that Gadfly has done 214 miles, above the 3-month goal of 180.

And lost 7 unnecessary pounds in the process!

Maybe he should try to triple the challenge!

Gadfly hopes some of your tails are on the trail or in some sort of exercise program.

We all need strength and stamina to fight the good fight against the forces of evil and ignorance.