Gadfly's tail on the trail report

The Bethlehem Gadfly Fun Stuff, Local Color, Walkability and Bikeability July 1, 2019

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

Are you keeping fit?

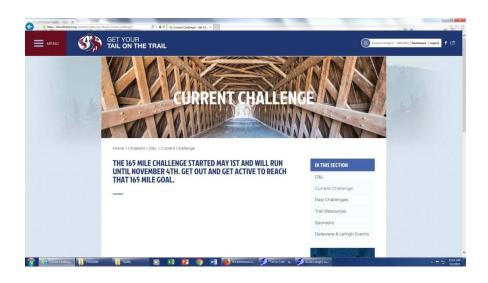
After a poor start in May, Gadfly stepped it up in June, and is now on pace to double the Tail on the Trail 165-mile challenge. Just as he planned.

Been taking advantage of some beautiful weather. Mainly on the Delaware & Lehigh Trail. And mainly heading Allentown-way.

Hoping to live to see a junction bridge where he can cross the river.

Not too late to start if you aren't in.

Tail on the Trail









Your All Time Miles: 992

CURRENT CHALLENGE

You've come
so far,
don't stop now!

You've completed 75% of the 165 Mile Challenge.
125 of 165 miles completed.

You've walking the best. You like walking the best. You like running second best.