



Getting serious on walking

Well, yesterday I got stuck into some decent training on some hills. Two hours walking around to Colleges Crossing and then an hour and a half paddle home. It wasn't too bad really. I seem to have pulled up OK today but obviously I still have a fair way to go.

It looks like I can do about 5km per hour on most country which will include all bar the Toowoomba Range and maybe the Minden Range. That should mean about 40km per day for most of the trip when I am walking on roads beside the river.

There are some issues that arose with the harness but I think they can be resolved. To get a drink I climb out of the harness and get the bottle from the kayak. I need to think about something different here but am limited by the crook shoulder. Maybe a water bottle on the bar at the front of the frame will work but maybe not. I already struggle to get it sitting right around my waist.

What I discovered was that the time that I think I need a drink the most is after walking up a hill. But unfortunately that is when my back hurts and my legs are tired. So, when I try to step in and out of the harness I fall all over the place. This is not a good look although most times there will not be anyone around to see me look like a goose.

I now have two pairs of cross trainers broken in plus a very expensive pair of walking shoes that are strong enough that a snake can't bite through them. Funny how I am still worried about snakes.

There was a dinner last week at Louth which is downstream from Bourke. It was called Dinner in the Darling. It was a black tie and thongs affair and it was held in the river bed. So, I guess my walking training is still pretty important.

Bruce and Kerry are doing film training with Channel 9's Sunday show next week. Bruce is thinking like a film director and is learning heaps so this all looks good for something worthwhile at the end.