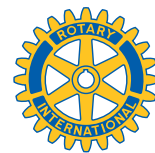


# EARLY BIRD WEEKLY



NewbergRotaryEarlybirds.org

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Last Week Carrie Palmore shared the trip through Spain with her husband, Rick.

Most of us jockey for the parking space as close as possible to the store entrance ... heck, we even do that at the gym! Even an ambitious FitBit map rarely spans a zip code.

Rick and Carrie hoofed it through three countries and beside an ocean and two seas.



Why? "It's really easy to just work all the time."

Carrie had listened to a podcast that asked a very provocative question. "What do you really want to do? What is the worst that could happen if you do it?"

For Carrie, "I'll lose a bunch of business. And then earn it back."

The original plan was a one year excursion that eventually got trimmed to three months.

Carrie describes herself as a control freak. For this trip, she planned the airfare, travel to the first hotel, and the first nights' stay.

After that, their Google Maps consisted of yellow spray-painted arrows on buildings, beneath street signs and on power poles.

It struck me that she was taking a vacation from herself as much as for herself.

"It was never a 500 mile walk. It was, "we're

walking 12 miles today."" That 12-19 miles continued for 36 days.

It was only Day 4 before they noticed a common theme in the Spanish towns and cities that all roads lead to the church.



Day 7 was Los Arcos to Logroño where they watched Running of The Bulls for children.

This was also the day she noticed ... the blister.

Day 9 ... "My Nemesis," the day of walking on that raging blister was agony, but they did 14 miles that day anyway. One step at a time.

Day 10 was a Sunday and nothing was open. So the only accommodations available were public hostels.

Some of the images she shared were rolling hills, window sills full of vibrant blooms, statues, vivid street art on walls and tree trunks, lush vineyards and rugged desert. "We go through life so fast we don't slow down and notice the beauty and fun around us."

We were introduced the concept of The Camino



Family. The Camino de Santiago is one of the most famous walking trails in the world and the people you meet, and re-meet along the way, become a sort of family.

Rick and Carrie's hailed from Portugal, Korea, Ireland, Britain, Canada, US, France, Spain and Italy.

Rick and Carrie noticed all the people taking vacation pics and selfies in front of monuments and points of interest. So they did their own in jest.







Along their journey they encountered shrines, both minimalist and elaborate.



At the beginning of the Camino, they could walk all day and see a handful of fellow travelers.

The closer they got to Santiago, the more people they found walking the final stretch of the Camino.

