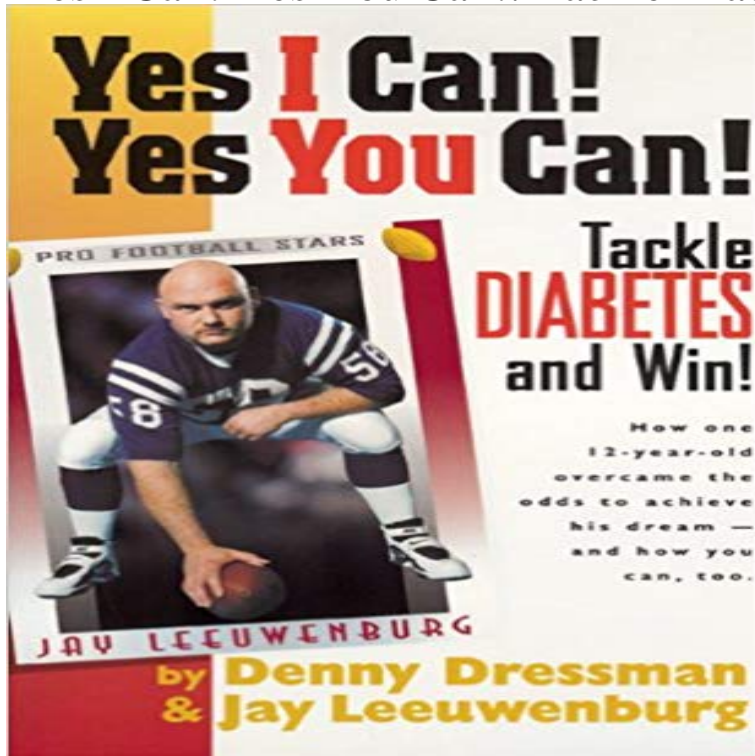


Yes I Can! Yes You Can!: Tackle Diabetes and Win!



Yes I Can! Yes You Can! tells the inspiring story of Jay Leeuwenburg, who was diagnosed with type 1 diabetes at age twelve and refused to allow it to prevent him from living a full, active life. Jay insisted that he be able to participate in any sports activity he chose. To not participate, he says, would be like saying, Don't breathe. He became a unanimous All-American at the University of Colorado and played nine years in the National Football League. Jay used his NFL stardom to become a rare role model for children with diabetes. His message: Yes You Can! His example also provides hope for parents of children with diabetes, encouraging them to be supportive but not sympathetic as their youngsters learn first to cope with, and then to overcome, their lifelong disease.

Agradable ruta realizada junto al Bilbao Alpino que parte desde la localidad alavesa de Guinea, en la vertiente Sur de la sierra de Arkamo y que discurre por las cimas de Olvedo, Pelistornes y Cantoblanco.

Desde Guinea el camino es muy evidente, ya que las dos primeras cimas están muy cerca y separadas por un pequeño collado. Su subida es corta y casi directa y está señalizada justo a la salida del pueblo.

Al Olvedo se llega relativamente rápido. A pesar de que las nubes a veces nos impiden apreciar las vistas, el paisaje se intuye precioso.

2017-01-22_10-36-17

Para pasar del Olvedo al Pelistornes tan sólo tenemos que cruzar el collado y llegaremos en apenas 10 minutos a nuestra segunda cima del día.

2017-01-22_10-53-02

Una vez coronadas las cimas anteriores hay que continuar la travesía en dirección a la al Cantoblanco, que se asciende tras un durillo cortafuegos.

20170122_123405

Desde la cima tenemos justo en frente el Montemayor, máxima altura de la vecina sierra de Arkamo.2017-01-22_13-00-09

Finalmente, iniciamos el descenso hacia la curiosa localidad de Salinas de Añana...

20170122_142807

...donde podremos completar la ruta con una visita a las propias Salinas.

20170122_142812

Una ruta de unos 15 kilómetros sin dificultades reseñables. Únicamente se hace necesaria logística de vehículos. De no tener esta facilidad entonces es mejor realizar únicamente la subida al Olvedo y Pelistornes.

Tu voto:

Publicado en Araba, Rutas fáciles | Deja un comentario

Los Retos de 2017

Publicado el 01/24/2017 por 12meses12montes

Bueno, un nuevo año que ha pasado y uno nuevo que acaba de comenzar. 2016 fue un año muy intenso, si bien los retos

que nos marcamos en un principio sólo se vieron cumplidos en una tercera parte. No fue un buen año para ellos, ésta vez la alineación de planetas se generó en pocas ocasiones.

Sin embargo, no decaemos. Cogemos el testigo y no vamos a desistir en su intento, por lo que los retos que no conseguimos cumplir en 2016 serán los que tratemos de realizar en 2017, más algunos otros, a ver qué os parecen. Seguir leyendo

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Leeuwenburg was diagnosed with Type I Diabetes only days after his 12th birthday. From his first day in an unfamiliar Oregon hospital, 2,200 miles from his **9780977428304: Yes I Can! Yes You Can!: Tackle Diabetes and Win!** Yes I Can Yes You Can Tackle Diabetes And Win that can be search along internet in google, bing, yahoo and other mayor seach engine. This special. **Best PDF Yes I Can! Yes You Can!: Tackle Diabetes and Win! For** Blue Heron Natural Health News Natural Health Without Side Effects Yes I Can! Yes You Can!: Tackle Diabetes and Win! PDF Download Choices made. **Read Online Yes I Can! Yes You Can!: Tackle Diabetes and Win** : Yes I Can! Yes You Can!: Tackle Diabetes and Win! (9780977428304) by Dressman, Denny and a great selection of similar New, Used and **Yes I Can Yes You Can Tackle Diabetes And Win - Exclusive Flooring** Yes I Can! Yes You Can!: Tackle Diabetes and Win! by Denny Dressman (2005-12-01) [Denny Dressman] on . *FREE* shipping on qualifying **Yes I Can! Yes You Can!: Tackle Diabetes and Win** - Yes I Can Yes You Can Tackle Diabetes And Win that can be search along internet in google, bing, yahoo and other mayor seach engine. This special. **Yes I Can Yes You Can Tackle Diabetes And Win Ebook** Yes I Can! Yes You Can!: Tackle Diabetes and Win! by Denny Dressman 2005-12-01: : Denny Dressman: Libros. **Yes I Can Yes You Can Tackle Diabetes And Win Ebook** Yes I Can! Yes You Can! Tackle Diabetes and Win! LCCN: 2005935623 ISBN: 0-9774283-0-3 Production Management by Paros