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**100 LONG DISTANCE WALKERS
EXPECTED FOR 2ND ANNUAL "THE BIG WALK"**

*Public Invited to Join "The Big Walk – NJ2NY50"
from Metropark to Penn Station NYC on Saturday, May 21st*



Paul Kiczek, of Morristown, NJ, hopes to repeat last year's dream event of walking 50 miles in one day with a group of walkers through the suburban and urban wilds of New Jersey and into New York City. With the support of the East Coast Greenway (ECG), he will be leading the FreeWalkers (<http://freewalkers.org>), a long-distance walking group, on their 2nd Annual "The Big Walk – NJ2NY50" (<http://nj2ny50.org>) for the benefit of that trail, for personal fitness and pro-pedestrian issues. This is the third event in a series of walks called the **Cross-Jersey Challenge** (<http://crossjerseywalk.org>) in which the public is challenged to walk a total of 100 miles across the entire state along the East Coast Greenway in 2011.

The ECG (<http://greenway.org>) is a non-profit organization that is mapping out a continuous 3,000 mile trail from Maine to Key West, through populated areas along the U.S. East Coast, such as New Jersey and New York. The organization promotes a multi-use marked trail for walking, running, and biking and is open to the public. The ECG trail blazes existing roads and paths, passing through neighborhoods, commercial and industrial areas, as well as parks. It provides a rare ground-level view of today's communities and their challenges for pedestrians.

Kiczek first encountered the challenge of a 50-mile hike when he and three of his high school friends, encouraged by a fitness fad promoted by President Kennedy, fell ten miles short of their 50 mile goal in the summer of 1963. Much time had passed but he decided to give it another try. On May 21, 2010, he managed to get over 70 individuals to join him in his personal quest. Soon, the FreeWalkers group was born, dedicated to long distance walking, fitness, personal challenge and awareness of pedestrian issues.

According to Kiczek, "There is a large body of the public that aspire to fitness and personal challenge. With over 300 FreeWalkers in ten states I'm confident that over 100 will join in along the trail for this year's event." The walk starts at 6:00 a.m. at Metropark Station in Iselin and is expected to end at 11:00 p.m. at New York's Penn Station. Much of this trail follows NJTransit rail lines which provides convenient mass transportation stops to join in or drop off the walk.

The public is encouraged to walk with the group on Saturday, May 21st, regardless of the number of miles they choose to walk. The event is FREE and participants are encouraged to sign up for the event online at FreeWalkers.org. For more details go to the event's website <http://NJ2NY50.org>. Kiczek says, "We hope that the event brings public awareness of the benefit of such organizations as the East Coast Greenway (greenway.org), as well as other important pedestrian issues that enhance the quality of life for our communities."

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The Big Walk - NJ2NY50 is organized by the FreeWalkers.org and supported by the East Coast Greenway Alliance. For more info on ECGA, contact Michael Oliva, Mid Atlantic Trail Coordinator, 914-844-8728, mike@greenway.org.

