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**100 LONG DISTANCE WALKERS
EXPECTED TO WALK "THE BIG WALK"**

*Public Invited to Join "The Big Walk – NJ2NY50"
from Metropark to Penn Station NYC on May 23rd*



Paul Kiczek, of Morristown, NJ, hopes to turn a dream into a reality for him and many other walkers next month. Working with the East Coast Greenway (ECG), He will be leading a new event called "The Big Walk – NJ2NY50" that provides a challenge of walking up to 50 miles in one day for fitness and pro-pedestrian issues.

The ECG 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 their 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. Walking the Greenway provides a rare ground-level view of today's towns and the challenges for pedestrians.

Kiczek first encountered the challenge of a 50-mile hike when he and three of his friends attempted in the summer of 1963 to meet the current fad at the time of walking 50 miles but fell short. Kiczek, who enjoys walking but doesn't claim to be a dedicated or professional walker, feels he is fit enough to try the 50-mile walk again. After a personal attempt last year at 50 fell short, he realized that the walk experience could be enhanced by having others join him while highlighting some important current issues such as personal fitness and awareness of pedestrian issues. In numbers, there is strength and an opportunity for more individuals to test their own limits.

According to Kiczek, he feels there is a large body of the public that aspire to fitness and personal challenge. With over 60 walkers of all ages representing six states already signed up, he feels confident that over 100 will join in along the trail that day as they make their way from Metropark, Iselin to New York's Penn Station along the Greenway.

All walkers are encouraged to walk with the group on Sunday May 23rd, regardless of the number of miles they choose to walk,. The event is free and participants are encouraged to join the social network of NJ2NY50 Walkers by registering online at the event's website <http://NJ2NY50.org>. With the list of walkers growing daily, 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 an independently organized distance walk event which is 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.

