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FOR IMMEDIATE RELEASE

## SPIRIT OF THE 60'S TO LEAD 50-MILE "BIG WALK"

Public Invited to Join the NJ2NY50 Big Walk  
from New Jersey to New York

Paul Kiczek, of Morristown, NJ, followed JFK's challenge to test his physical limits. In 1963, John F. Kennedy asked his military to prove they were in fine physical condition by marching 50 miles. That military order quickly turned into a public fad. Many ordinary individuals took the challenge upon themselves to prove that they too were fit and could walk 50 miles in one day. Kiczek, then 15 years old, joined the frenzy and walked that year from Roselle to Netcong in what appeared to be a once in a lifetime event.



Last year Kiczek began to think about those glory days and decided to make another attempt at 50 miles. He followed the route of Robert F. Kennedy who led the charge that year by walking 50 miles along the Potomac. While Kiczek made 38 miles, he was unable to finish and left wondering if he could, or should, try it again.

This year Kiczek will have lots of company as he plans to lead a 50 mile pro-pedestrian event called "**The Big Walk - NJ2NY50**". Much of the route is along the East Coast Greenway, a 3000 mile multi-use trail that stretches along the entire East Coast, from Maine to Florida's Key West. The East Coast Greenway Alliance is promoting the event which will take place on **May 23, 2010** starting at Metropark, Iselin, NJ and ending at Penn Station in New York City.

What's unique about the **NJ2NY50** is that it is free and open to the public who may choose to walk all 50 miles or sections of the route in support of the Greenway and for their own personal goals. The Greenway is a marked route that traverses populated and open areas, residential and city, parks and industrial areas on its meandering way. This provides a unique opportunity to experience communities up close and appreciate the uniqueness of our metropolitan area.

Over the years, growth in our densely populated area has resulted in roads and commercially zoned areas that often isolate communities and discourage pedestrians and cyclists. Walking and cycling promote a healthy lifestyle and accessible byways that should be considered in future community planning.

The public is encouraged to join the walk on Sunday May 23, 2010. Details can be found at the event website <http://NJ2NY50.org>. For more information on the East Coast Greenway, visit <http://www.greenway.org>.

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NJ2NY50 is an independently organized distance walk event which is supported and promoted by the East Coast Greenway Alliance and other related pro-pedestrian organizations. For more info on ECGA, contact Michael Oliva, Mid Atlantic Trail Coordinator, 914-844-8728, [mike@greenway.org](mailto:mike@greenway.org). For event interviews and organization participation contact Justin Kiczek, NJ2NY50 Event Coordinator, 973-919-4398, [justin@NJ2NY50.org](mailto:justin@NJ2NY50.org).

