

**The Big Walk May 10, 2014 Itinerary**  
**Paul's Cell# 973-214-1811 Mike Kruimer ECG-SAG Cell# 732-586-3981**

**START @ METROPARK 6:15 am** Park cars in -> PARKING FACILITY Hours: 24 hours 100 Middlesex-Essex Tpke Iselin, NJ 08830 (732) 906-1661 (Phone)

(4.5 miles) **RAHWAY TRAIN STATION** - ETA 7:30 – Call for pickups when approaching East Milton Ave. (1 or 2 blocks away) Short 10-15 minute break (restroom)

(8.0 miles) **Union County Parkway** (Winfield Park) (@ Stiles St.) Road Bend Optional 10 minute break - Head through Winfield Park toward Clark (Parkway Drive)

(9.5 miles) **Raritan Road Crosses Parkway** – to Crane Parkway - final 2.5 miles to Cranford Train Station.

(11.5 miles) CRANFORD TRAIN STATION – ETA 9:30-10 Sag Wagon +coffee+bagels all should wait for ½ hr break, reception, pictures

@ 10:15-10:30 Head out to **Nomahegan Park**,

(18 miles) **Chestnut & Colonial Ave** - Boston Market – about 12:30-1:00 p.m. (lunch)

(19.5 miles) **UNION TRAIN STATION Pickup/Dropout** (ETA 1:00) – Meeting place at corner of Salem and Morris Ave Call to meet. Check Raritan Line train schedule.

(22 miles) Head into **Weequahic Park** – 3:00 ETA - 15 minute break)

(Miles 24 – 26) – Irvine Turner to the University section

(Mile 28) – **PENN STATION NEWARK** – (ETA 4:30 – ETD 5:00) -@ Info Kiosk – ½ HR BREAK.

(30 miles) **Intersection Hell** – Junction Raymond Blvd, Rts 1&9 (ETA 5:30)

(34 miles) **Journal Square** (ETA 7:00)

(37 miles) Enter **Liberty Park** – (ETA 7:30) (41 miles) Leave Liberty Park – (ETD 9:00) **(It is critical that you are leaving the park by 9:00 to catch a ferry at Exchange Pl. If you are running late, cut the amount you walk in Liberty State Park)**

(43 miles) Exchange Place -> Ferry (ETA 9:30) to WTC NYC (ETA 10:00)  
Head uptown – recommended: West Side Highway / NY Greenway

(48-50 miles) Walk to **PENN STATION NYC** (ETA 11:30-12:00)  
(ALL WALKERS SHOULD BE AT PENN BETWEEN 11-12:00 – NOT LATER)  
(MEET AT TICK TOCK DINER – 481 8<sup>TH</sup> AVE <http://www.ticktockdinerny.com>)