

## GUIDE FOR THE BIG WALK

### **The Big Walk (NJ2NY50) – Metropark to NYC – Sat May 21, 2016**

Starts: front of Metropark station entrance to parking garage 6:00-6:15 am – expected finish 10:30 pm NYC Penn Station (34<sup>th</sup> st), New York, NY. Be there between 5:30-6:00 to sign contact list, coffee, group picture and rundown of day's activities.

**Contacts:** David Ascher (Event Leader) david@freewalkers.org and cell# 973-715-1517. ECGA: Mike Kruimer van SAG support cell# 732-586-3981. Be prepared and self-sufficient, although some snacks, water, and backup support will be available.

**Trains** - there's a southbound NJ Transit train (#7813) running from NYC (5:14am) Newark (5:32am) arriving at Metropark (5:57). There is northbound train (#7804) from Trenton (4:59am) Princeton Jct (5:12am), New Bruns. (5:27am) and Metropark (5:42 am). On return home, last train returning leaves Penn @ 1:22 am.

**Starting/Ending at Other Points** – There are rail stations between the start and end points, i.e., Rahway, Cranford, Union, Newark(Penn Sta), and Jersey City. If you plan on joining the walk in Rahway, Union or Elizabeth be sure to call the contact number to connect with the group since they are a short walk away from the trail. Some shuttle support will be provided but best to be prepared on your own. See Schedule & Milestones <http://nj2ny50.org/walk-schedule-and-mileage-estimates>

**Start – Metropark Parking** - PARKING FACILITY: 24 hours, 100 Middlesex-Essex Tpke Iselin, NJ 08830 \$10~ per day (732) 906-1661 The rail station bathrooms should be open & parking garage says has a restroom level 1. We gather on lawn near parking lot entrance.

**End – Penn Station 34<sup>th</sup> Street** – this is the official ending point and where you can catch a train back. But our suggested option, if you have time, is to join the remaining walkers at **The Tick Tock Diner** 481 W 34<sup>th</sup> (& 8<sup>th</sup> Ave) just a couple short blocks away to re-fuel and share stories.

**Walk** – most of the walk is on the East Coast Greenway marked trail. See the map <http://nj2ny50.org/interactive-google-map-nj2ny50-trail> for details. There will be guides and/or maps provided the day of the event. NOTE: Once in NYC walk up to Penn Station via the West side's Hudson Greenway bike/pedestrian trail along the Hudson.

**Support Stops/Breaks/Lunch** – We are planning a few primary stops around certain locations supported by ECG staffers. There are plenty of commercial businesses for short rest stops. Main stops are Cranford (photo, rest stop), Boston Market-Chestnut St Union (lunch), Newark-Penn (major rest stop), Jersey City-Journal Square (final break).

**Weather** – a steady hard rain will cancel the walk. Check either the event at <http://freewalkers.org> or the <http://NJ2NY50.org> website for any cancellation or other plan. There is no rain date.

**Keep Up to Date** - For further details on the walk sign up at <http://freewalkers.org/events/nj2ny50-the-big-walk-2016> or <https://nj2ny50-2016.eventbrite.com>. We'll post up to date info there in the event description areas. Call if you need assistance.