

Contact: Paul Kiczek, FreeWalkers Project Leader
Cell Phone: 973-214-1811
Email: paul@LENAPE34.org

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PUBLIC INVITED TO WALK 34 MILES ON LENAPE TRAIL ON COLUMBUS DAY

The FreeWalkers invite everyone to join them in the second annual LENAPE34 34-mile Walk on October 10th.

The long distance walking group called the **FreeWalkers** is taking up the challenge again of hiking the entire 34 miles of the **Lenape Trail** from Millburn to Newark on Monday, October 10, the official Columbus Day holiday this year. This one-day, natural-to-urban walk goes through three reservations, several county and municipal parks, and nearly a dozen towns. It is expected to take an average of 13.5 hours to complete.



While the walk is free, organizers encourage donations for the Lenape Trail and the ongoing project to complete the **Liberty Water Gap Trail (LGWT)** – a 130-mile public accessible trail across the entire state. The Columbus Day walk was themed “**The Origins Walk**” because it commemorates our true origins - both the discovery of our land and the original natives who inhabited it for centuries before.

The Lenape Trail was established over 30 years ago by **Al Kent**, a now-retired trail coordinator who wanted the public to experience as many natural resources and points of interest in Essex County as he could by connecting them through a trail that traverses towns, parks, woodlands, residential areas and cities along the way. **Steve Marano**, a Nutley, NJ resident and Lenape Trail Chairman, helped coordinate the **NY-NJ Trail Conference** and **Essex County Park System** effort to revitalize the trail last year. “I’m happy to report that we now have volunteers and trail resources that help maintain and develop the trail.” noted Marano. “The Lenape is a unique trail that shows off the best of Essex County. And, it’s a key section of the Liberty Water Gap Trail.”

Paul Kiczek, of Morristown, NJ, who is the project leader for **FreeWalkers.org**, a long-distance walking network, said of last year’s Columbus Day LENAPE34 walk, “We had over 60 participants walking that day which helped raise funds and awareness of the trail. For most walkers it was a tremendously rewarding experience, both as a personal challenge and as a way to appreciate the beauty of the area.”

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The **FreeWalkers** promote long distance walks that are open to the general public. While the walks are usually of a challenging distance, there are always opportunities to walk shorter segments. All walkers are encouraged to walk with the group, regardless of the number of miles they choose to walk. Events are free, and participants are encouraged to learn more at the event’s website <http://lenape34.org> or by signing up for the event online at <http://freewalkers.org>.

The **Origins Walk – LENAPE34** is an independently organized distance walking event. For more information: Essex County Parks (<http://www.essex-countynj.org/p/index.php>) . For information on the trail visit <http://www.libertygap.org/lenape-trail.html> or contact info@libertygap.org.

