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THE BETWEEN WALK: THE WALK BETWEEN YESTERDAY AND TODAY

*The Public is Invited to the Between Walk
The Walk Between New Brunswick and Iselin on April 15th*

The **FreeWalkers**, a non-profit dedicated to promoting walking, and the **East Coast Greenway Alliance** invite the public to join the FREE 12.3-mile **Between Walk** (<http://betweenwalk.org>) from New Brunswick to Metropark, Iselin on **Saturday April 15**. The event encourages walking as common exercise for fun, fitness and as a means to support public trails. It's an urban/suburban walk on sidewalk and park paths through the bustling towns and neighborhoods of Middlesex County, with a brief history lesson of this area and how this area has served the nation.



Starting at the New Brunswick train station the walk goes through Highland Park and into Edison pausing at the historic Piscataway Burial Grounds at St. James Church, which may be the oldest cemetery in Middlesex dating as far back to the 1693. Its tombstones include the American Revolution and Civil War heroes and even an alleged witch.

The walk continues to the community of Fords and over the massive pedestrian bridge over Route 1 to the always popular Roosevelt Park. The park is a result a WPA project, displaying its own unique monuments and sculpture that are signs of an era of great American government projects.

Finally, in homage to this hard-working area that spawned so many industrial ideas and products, the walk will pass through the newly renovated Thomas Edison Center, the grounds of Edison's most famous research. The site is marked by the stunning 1937 art deco Edison Tower that still stands as a beacon of industrial genius. The walk will optionally include a private group tour of the facility and grounds.

The walk is the second event of the Cross-Jersey Walking Challenge. The **Cross-Jersey Walking Challenge** (<http://crossjerseywalk.org>) is a new program created by the **FreeWalkers** and the **East Coast Greenway Alliance** and **Easter Mountain Sports** that calls on anyone and everyone to walk 100 miles along the New Jersey length of the East Coast Greenway sometime during the year of 2017.



The **FreeWalkers** (<http://freewalkers.org>) encourage everyone to join any of their upcoming walking events, which are free and open to the public. For more information on the **Between Walk** visit <http://betweenwalk.org>



The **East Coast Greenway Alliance (ECGA)** is non-profit organization developing a public multi-use 3,000 mile trail from Canada to Key West. A well-defined portion is open to the public and runs from Pennsylvania across New Jersey to New York City (visit <http://greenway.org>).

The Between Walk offers healthy exercise AND an entertaining look at an often overlooked area of New Jersey. This is a great time to try new trails and visit the restored Edison monument while learning why this area played an important part in the industrialization and progress of America.

