

Mayor Vergano invites you to join the movement!



Saturday, April 13, 2024

Kick Off Walk with Mayor Vergano

10:00 a.m. at Waks Memorial Park Gazebo

Wayne Walks

Ages 16+

April 13 – June 7, 2024

Neighborhood Walks & Weekly Events!

What is Wayne Walks?

Wayne Walks is a Mayor's Wellness initiative that has local residents up and moving in fun, exciting ways! Wayne Walks encourages social activity, visiting new places, making friends and setting attainable goals for a healthy lifestyle!

Why should I join?

- Group Walks are one mile in length and suitable for all age groups.
- Visit local parks and discover walking trails you never knew existed!
Our Wayne Walks Spring 2024 Special Events calendar offers many new opportunities!

Registration Fee: \$20.00 includes t-shirt.

12 Benefits of Walking:

Healthy heart, lose weight, increase self-esteem, tones muscles, increases metabolism, reduces stress, improves mood, increased energy, decrease chance of injuries, low impact, reduce risk of High Blood Pressure, and strengthens bones/joints.

Become a Walk Leader:

We are looking for routine walkers to become neighborhood walk leaders. Benefits include walk time/locations of your choice, as well as Wayne Walks apparel! Inquire with Parks & Recreation by email: recreation@waynetownship.com or phone 973-694-1800 x 3260.

How do I sign up?

Register online at www.waynetownship.com/parks or in person at Wayne Parks & Recreation 475 Valley Road, Wayne, NJ 07470. If you have any questions call 973-694-1800 x 3260 or email recreation@waynetownship.com.



Wayne Walks



Registration Form

Name: _____ DATE OF BIRTH: _____

Address: _____

Phone: _____ Email: _____

T-Shirt Size: (please circle, Adult sizes) SMALL, MEDIUM, LARGE, X-LARGE
(In order to guarantee your T-shirt size, you had to have registered by March 15th. After March 15th it will be first come first serve on the size.)

Neighborhood Walking Maps available online at www.waynetownship.com/parks

Weekly Walks

Mondays:

9:00am, Laurelwood Arboretum, Linda Nardone
11:00am, Packanack Lake, Linda Nardone
1:00pm, Found Abilities, Linda Nardone

Tuesdays:

9:00am, Shai Shacknai, Clark & Jean Lifshotz
12:00pm. Siena Village, Tim Roetman
4:00pm, Laurelwood Arboretum, Pat Michalchuk

Wednesdays:

9:00am, Captain Kilroy Park, Marsha Borkowski
1:00pm, Siena & Sisco Village, Krystyna Swiderski

Thursdays:

9:00am, Laurelwood Arboretum, Ingrid Patois
4:00pm, Captain Kilroy Park, Tim Roetman

Fridays:

9:00am, Lionshead Lake, Shirley Khemlani
4:00pm, Farmingdale, Elisa Maislin

**We need walk leaders for the locations below.
You pick the time, day and location that works
best for your schedule.**

Packanack Lake (Lake Dr. West)
Shai Shacknai Park (Greenrale Ave)
Waks Memorial Park (Barbour Pond Rd.)

I am interested in becoming a Walk Leader.

I agree to hold harmless the Township of Wayne, Department of Parks & Recreation, and any of its assignees. I further understand that my own insurance company will be responsible for any bills for injuries or accidents that I may suffer while participating in the above mentioned activity.

Signature

Date

Please return this registration form to:
Wayne Parks & Recreation, 475 Valley Road, Wayne, NJ 07470

Please include \$20.00 registration fee
Payable by Cash, Check, and Credit Card.



Wayne Walks



Mayor's Weekly Challenge - Spring 2024

It is the intention of the Mayor's Weekly Challenge to keep you motivated and walking each week. There are fun activities, and easy to reach milestones which can lead to some great rewards! In order to earn your rewards, have your local *Walk Leader* record your name on the dates/times you attended. Walk Leaders will be keeping track each week. At the conclusion of each week, Parks & Recreation will announce weekly rewards!

Kickoff Event!

Join us at Waks Memorial Park (39 Barbour Pond Road) on Saturday, April 13, 2024 10:00 a.m. for the 2024 Wayne Walks Kickoff Event! We'll be doing our first walk of the year, plus giving out walking schedules, maps.

Weekly Challenges will begin on Saturdays and end on the following Friday. Week 1 Dates: Saturday, April 13, 2024 through Friday, April 19, 2024. All weeks will follow in order, with the program concluding at the Milestone Awards on Friday, June 7, 2024.

Mayor's Weekly Challenge

Week 1:	Join a Walk Leader for a group walk on 3 days this week.
Week 2:	Snap a group photo of at least 3 Wayne Walkers, email it to Parks and Rec
Week 3:	Attend the special walk at Glen Rock Duck Pond
Week 4:	Crazy Hat Week! Decorate a hat and wear it on your walk! Send us a photo!
Week 5:	Attend the special walk at Skylands Manor
Week 6:	Double your walk! Walk 2 miles.
Week 7:	Join a Walk Leader for a group walk on 5 days this week
Week 8:	Attend the special walk at Celery Farm Attend the Milestone Party at the Pool!

Weekly Reward

2 Raffle Tickets
1 Raffle Ticket
2 Raffle Ticket
Receive a special gift
2 Raffle Ticket
1 Raffle Ticket
3 Raffle Ticket
1 Raffle Ticket
Special Raffle!

Glen Rock Duck Pond* - Saturday, April 27, 2024, 1:00 p.m. (Bus to depart Town Hall at 12:30p.m.)

We will meet in parking lot at the Glen Rock Duck Pond inside Saddle River County Park (81 Alan Avenue, Glen Rock, NJ 07452 for GPS). The Park features sprawling greenways, paved walkways, a picturesque duck pond and more. We'll be taking a two-mile walk through the park. Return approximately 2:15 p.m.

Skylands Manor*, Ringwood, NJ- Friday, May 17, 2024, 10:30 a.m. (Bus to depart Town Hall at 10:00 a.m.) The botanical garden should be in full bloom as we hike the Skyland Manor walking path! In this 2-mile loop explore nature and photograph the beauty of the gardens. Bus to return approximately 12:30 p.m.

The Celery Farm*, Allendale, NJ - Saturday, June 1, 2024, 10:30 a.m. (Bus to depart Town Hall at 9:45 a.m.) The Celery Farm is a 107-acre freshwater wetland encircled by a 1.5-mile walking path. It is a great place to see migratory birds and take a leisurely stroll along Lake Appert. Bus will return to Town Hall at approximately 12:30 p.m.

Milestone Party Join us for the conclusion of the Wayne Walks program. The Milestone Party will take place on Friday, June 7, 2024, 6:00 p.m. at the James W. Roe Memorial Pool Concession Patio, located at 133 Garside Avenue. Dinner will be served. A raffle will be held at the milestone party for some fun prizes! Must be present to win.! There is no swimming.

*Township bus will be provided for anyone needing transportation to *Glen Rock Duck Pond*, *Skylands Manor*, and/or *The Celery Farm*. You must pre-register for the bus since there is limited seating. To pre-register please call office at 973-694-1800 x 3260, or email recreation@waynetownship.com