



FOR IMMEDIATE RELEASE
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Everyone's invited to take a walk
See the calendar list of walks that start this week on page 3 here

***'Trenton Walks!'* launches this week under Trenton Green Team's sponsorship**

TRENTON, N.J. -- This Thursday, June 13, the Trenton Trails subcommittee of the Mercer County Action Team, under the sponsorship of the Trenton Green Team, is launching a community engagement program featuring a variety of walks in the capital city. The walks will take place four or five times a month through this October. Everyone is invited to join any and all walks.

The goal is to invite the people of Trenton and beyond to enjoy getting together on trails in Trenton via a series of volunteer-led walks from one to three miles long in the new program called "Trenton Walks!"

"This effort is being undertaken in the belief that walking - especially in a group - is a fun and healthy way to enjoy the outdoors, to be among friends, neighbors and new acquaintances, and get to know Trenton up close and personal," said Larry Paul, the Trenton Green Team chair and executive sponsor of the Trenton Walks! Program.

The Trenton Green Team, with the blessing of the City of Trenton Recreation Department, will host four or five walks a month through October. The offerings are a mix-up of weekdays and weekends, at different times of the day. Volunteers will lead people through a variety of walks. Some go through downtown Trenton, others through Cadwalader Park, along the D&R Canal State Park, from Roberto Clemente Park to Mulberry Street, and along the Assunpink Greenway.

"Trenton features some great parks, streets, bridges and greenways that people can enjoy - together - on these guided walks," said Corey Hannigan, leader of the Circuit Trails Mercer County Action Team (MCAT), which works to advance segments of an 800-mile regional network of shared-use walking and biking paths connecting people to jobs, communities, parks, and waterways. "We invite people to join us and explore our capital city through a trail system that is getting more robust every month."

The MCAT Trenton Trails Subcommittee, which manages the walking campaign on a day-to-day basis, is committed to working with the public sector as well as nonprofits and private citizens to

continue enhancing trails in Trenton, according to Tim Brill, Central Jersey project manager for the N.J. Conservation Foundation and a leader of the subcommittee.

For those who might be intimidated by the prospect of walking rather than driving, the Trenton Trails subcommittee offers a new approach to reassure people about safety while walking.

walk the talk

Our pledge to help
each other on the trails.

"We are asking all walkers in the program to embrace our new pledge, called Walk the Talk," said Becky Taylor, another Trenton Trails subcommittee leader and former co-president of the Lawrence Hopewell Trail. This credo, similar to Scout pledges, commits each walker to have every other walker's back. If there's an issue on the trail, whether it's health, social or safety-related, walkers promise to help fellow walkers in distress. Issues can be resolved together, perhaps by simply talking through an issue respectfully, or sharing a water bottle, or if necessary, calling local police for help.

People who have volunteered to lead walks come from different walks (get it?) of life.

- Gulu Brewer, vice chair for the Trenton Green Team and Community and Resident Engagement Coordinator for Isles, leads a monthly walk starting at Roberto Clemente Park.
- MacKenzie Piggott, [State Trails coordinator for the Green Acres Program at N.J. Department of Environmental Protection](#), invites people to join her at the DEP entryway at 401 East State Street for walks along the Assunpink.
- Jacque Howard, media guru with Trenton365, will take people through downtown Trenton, stopping briefly at local eateries, and documenting the experiences as they go.
- Shereyl Snider, community organizer for East Trenton Collaborative, will take people through her neck of the woods as well as through other parts of the city.
- Zeke Weston, policy coordinator for New Jersey Future, will lead people across some famous bridges via the N.J. Statehouse to Morrisville and back.

About Trenton Walks: The group hopes that by participating in these walks and talks, local Trenton residents and workers alike will see first-hand the benefits of the wonderful trails and green spaces Trenton has to offer and will support efforts to build more, as Trenton emerges as a hub for trails in the region.