



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET UP! GET OUT!

Meet the Greenway!



The Middlesex Greenway is one of our community's finest resources, a 3.5-mile park, with a paved walkway, located only a few steps from the homes, streets and businesses of Metuchen, Edison, and Woodbridge.

The Metuchen and Edison YMCA are sponsoring a free noncompetitive event for people of all ages who like to walk, jog, run, bike, or stroll. The event will be held on the Middlesex Greenway on **Saturday, September 10, from 8:30 am to 12:00 noon.**

It will start at the Greenway Trailhead on Middlesex Avenue in Metuchen. Participants should arrive at the trailhead between *8:00am* and *9:00am*. Runners are invited to head off on the Greenway beginning at *8:30am*, adult walkers at *8:45am*, and families with children at *9:00am*.

For more information please contact our Wellness Director at (732) 548-2044 x2217 or Hannah.Thomas@ymcaofmewsa.org

METUCHEN YMCA

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