

Greenbelt Hikes for Spring, 2009

Sunday, March 15 – Trail View & Cold Spring Harbor State Parks

8:30am – 12 miles – fast – hilly – Info: Shari, 516-721-0223

Great cardio workout! Head up through the beautiful hills of the north shore to Cold Spring Harbor, pause to appreciate the harbor view, and hop back down the hills again; first training hike in preparation for the 32 mile event in June; hiking experience and good knees recommended; bring water & snacks; icy trail cancels; meet at Trail View State Park, north side of Jericho Turnpike (NY 25), several traffic lights east of Seaford Oyster Bay Expy (NY 135), and just past Stop & Shop; from the east, lot is just west of Woodbury Rd. E: sharimit@yahoo.com.

Sunday, March 29 – Northern State Knockabout

8:00am – 16 miles – fast – varied – Info: Shari, 516-721-0223

This triangular path connects the Nassau-Suffolk Trail to the Walt Whitman Trail! Start out in Bethpage, hike to Melville, and back over to Plainview, traversing a few exits along the Northern State Parkway. A brief snack stop at the West Hills dog park is sure to entertain. This hike will be fast and is great training for the big 32 miler in June; hiking experience recommended; bring water & snacks; meet at Bethpage State Park picnic area (Seaford Oyster Bay Expwy/NY135 exit 8, Plainview Rd.), in the far left side of the parking lot. E: sharimit@yahoo.com.

Sunday, April 12 – Macaroon Meander ****FUN, NOT NECESSARILY FOR TRAINING!!****

9:45am – 5.7 miles – moderate – varied – Info: Shari, 516-721-0223

Join this fun, family-friendly loop around Stump Pond. Hikers will get to enjoy Passover macaroons (and matzah) at the end and look for Easter Bunny Bill along the trail. Meet at the same place and time as Bill R.'s Easter Bunny Hike. We'll head out in opposite directions, pass in the middle, and meet back at the end for treats. Bring water. E: sharimit@yahoo.com.

Sunday, April 26 – Central LI Greenbelt Trail Stretch

8:15am – 16 miles – fast – varied – Info: Shari, 516-721-0223

Great training hike and preview of the mid-section of the 32 mile trail, from Lakeland County Park north to Brookside Drive, and back; hiking experience recommended; bring water & snacks; meet at Lakeland County Park (L.I.E. Exit 58, south on Old Nichols Rd. to Johnson Ave., left to park; or L.I.E. Exit 59, south on Ocean Ave. to Johnson, right to park). E: sharimit@yahoo.com.

Sunday, May 17 – Nassau-Suffolk Trail - End to End

6:30am – 20 miles – fast – varied – Info: Shari, 516-721-0223

Do the entire Nassau-Suffolk Trail as the longest training hike for the full 32 in June; a great way to gauge level of preparation & fitness for longer mileage; hiking experience recommended; bring water & snacks; meet at south trailhead at Merrick Road and Ocean Ave., Massapequa (Seaford Oyster Bay Expwy/NY135 south to exit 1E/Merrick Road, proceed one mile and turn left onto Ocean); car shuttle to north end. E: sharimit@yahoo.com.

Sunday, May 31 – Crossing the Border Loopty Loo

12:45pm – 12 miles – fast – hilly – Info: Shari, 516-721-0223

Start the Walt Whitman loop in Suffolk, then head west to the Nassau-Suffolk Trail, loop around in Nassau's Plainview area, and head back across the county border to complete the Whitman loop; hiking experience recommended; bring water & snacks; from L.I.E. Exit 49 or N. State Pkwy, Exit 40, go north on NY 110; a mile north of pkwy, turn left at sign for Whitman Birthplace Hist. Site; turn left onto West Hills Rd., left again at stop sign at Reservoir Rd.; meet at Jayne's Hill sign near top of Reservoir Rd. E: sharimit@yahoo.com.

Sunday, June 14 – Hike for Life 2009

6:30am – 32 miles – arduous – varied – Info: Shari, 516-721-0223

1:30pm – 11 miles – moderate – varied

4:00pm – 3 miles – easy to moderate – varied

Third annual event for the New York Blood Center – to raise awareness of the need for blood, especially during the summer shortage; three levels of hikes to maximize participation; hikers, hike leaders, sweeps, car drivers ,

and other volunteers are needed; individual pledges and corporate sponsorship encouraged; for 32 miles, experienced, long-distance hikers only, please, for a traverse of our entire LI Trail; hike begins at Field 7, Heckscher St. Pk.; hikers will receive a ride back at the end; 11 mile option starts at the Greenbelt office and joins the hikers for the northern third; shorter, family-friendly 3 mile hike meets at east end of Field 4, Sunken Meadow St. Pk. for a late-afternoon walk along the bluffs, and connects with the long-distance hikers for the final stretch; email/call to register for all hikes and to see how you can help with pledges; E: hikeforlife2009@yahoo.com.