



**New York** Blood Center



*Join Greenbelt's efforts in supporting New York Blood Center*

## **3<sup>rd</sup> Annual Hike for Life Sunday, June 14, 2009**

### **Hike the Distance to Help Save Lives**

- 32 miles:** The complete Greenbelt Trail, Heckscher State Park Field 7 to Sunken Meadow State Park, kick off 6:30 AM; 2 volunteer staffed rest stops
- 11 miles:** Northern 1/3 of the Greenbelt Trail, starting at the Greenbelt office in Blydenburgh County Park, kick off 1:30 PM
- 3 miles:** "Family-Friendly Hike" will meet the hikers at the final stretch at Sunken Meadow Field 4, kickoff 4:00 PM

***Registration fee \$10/Hiker includes event T-shirt, goodie bag and post Hike for Life celebration at Sunken Meadow Field 4.***

***Visit [www.ligreenbelt.org](http://www.ligreenbelt.org), and under Main Menu, click "HIKE FOR LIFE" to download materials.***

#### ***Other ways to help besides hiking:***

- Sponsor a hiker by making a pledge or make a financial contribution to NYBC
- Volunteer for Hike for Life and help with the post-hike celebration
- Spread the word about Hike for Life
- Help raise awareness of the increased need for blood donations during summer

***For hike details, contact Shari, Greenbelt Hike Leader,  
at [hikeforlife2009@yahoo.com](mailto:hikeforlife2009@yahoo.com) or call 516-721-0223.***

***For all other Hike for Life questions, contact Adrienne, NYBC Development,  
at [hfl09@nybloodcenter.org](mailto:hfl09@nybloodcenter.org) or call 212-570-3455.***

***All proceeds raised will help fund NYBC's lifesaving mission through scientific research, medical education, and community outreach***