



Invites you to join us at the
**11th ANNUAL
HIKE FOR LIFE**
SUNDAY, MAY 21, 2017

Redesigned (Marathon +) Hike will start and end in Heckscher State Park.
Total hike is approximately 28 miles.

Select a Hike based on your level of experience or adventure:

28 Miles: Heckscher State Park, Field 6 @ 7:00am-Fast pace, challenging and varied terrain

11 Miles: *Lakeland County Park, Islandia @ 12:45pm-Moderate to fast pace, varied terrain
*Register at Heckscher State Park 11:15-11:45am-Bus transport to Lakeland **12pm sharp**.

5 Miles: Heckscher State Park, Field 6 @ 2:30pm-Moderate pace, mostly on flat wooded/sandy terrain

3 Miles: Heckscher State Park, Field 6 @ 2:45pm-Family friendly, easy pace, flat, on pavement

Register: www.nybc.org/hikeforlife

Online Registration will close on 4/30/17 at 11:59pm.

Entry fee of \$35 per hiker/\$10 Child/Student hiker (\$50 day of event/\$15 child/student)

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

To Fundraise go to: www.nybc.org/hikeforlife For financial questions, please contact Natalie Barnofsky: nbarnofsky@nybc.org (516) 478-5006

Non-hiking volunteers also needed: Registration/check-in, cheerleaders, photographer, publicity, sponsor a hiker, make a financial contribution to NYBC, and much more!

To volunteer day of event: email volunteers@nybc.org .

Thank you to our generous sponsors:



*Hike for Life (HFL) is a fundraiser for NYBC
and also promotes awareness of the need for blood donations.*