



Fair Lawn Green Team



One Pound at a Time™

3K Benefit Walk

Sunday, June 9, 2013 at Fair Lawn Memorial Park
9:00 a.m. to 11 a.m.

All Proceeds to Benefit the Fair Lawn Human Services Trust Fund

FREE Giveaway - Sponsored by the River Road Improvement Corporation

Check In Time: 9:00 a.m.

Start of Walk: 9:30 a.m.

Residents - \$10.00 per walker

Non-Residents - \$15.00 per walker

Children under 14 - FREE

REGISTRATION IS TAX DEDUCTIBLE

The NJ Mayors Wellness Campaign



Please join our movement and help us put our community in motion

To pre-register or for more information call 201-794-5314

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3K Benefit Walk**

DIRECTIONS TO FAIR LAWN MEMORIAL PARK

From the North - Take Route 208 south and get off at the Berdan Avenue exit. Make a right at the stop sign and continue through the traffic light to the end (approximately 15 blocks). Memorial Park will be straight ahead

Take Route 17 south to Route 4 west. Continue on Route 4 west until the roadway splits three ways. At this point you'll be in Fair Lawn. The right lane will exit you onto Saddle River Road, the center lanes will put you on Route 208 north, and the left lanes will allow you to continue on Route 4 (which is also called Broadway in Fair Lawn). Stay in the center lanes and get onto Route 208 north. Exit at Fair Lawn Avenue **WEST**. Go to the second traffic light and make a left turn onto River Road. Make a right turn at the next traffic light (Berdan Avenue) and continue to the end (approximately 7 blocks). Memorial Park will be straight ahead

From the South - Take the Garden State Parkway to exit 160. (It is the exit after the Bergen Toll Plaza). Go to the bottom of the ramp and make a left turn at the light onto Paramus Road. Continue on Paramus Road and watch for the signs for Route 208, Route 4 WEST, Hawthorne, Paterson. Take this exit and it will put you onto Route 4 westbound. Shortly after you get onto Route 4, the roadway splits three ways. (At this point you'll be in Fair Lawn). The right lane will exit you onto Saddle River Road, the center lanes will put you on Route 208 north, and the left lanes will allow you to continue on Route 4 (which is also called Broadway in Fair Lawn). Stay in the center lanes and get onto Route 208 north. Exit at Fair Lawn Avenue **WEST**. Go to the second traffic light and make a left turn onto River Road. Make a right turn at the next traffic light (Berdan Avenue) and continue to the end (approximately 7 blocks). Memorial Park will be straight ahead

Take River Drive north into Fair Lawn. Once you are in Fair Lawn, the second light will be Berdan Avenue. Make a left turn onto Berdan Avenue and continue to the end (approximately 7 blocks). Memorial Park will be straight ahead

From the East - Take Route 4 west until the roadway splits three ways. At this point you'll be in Fair Lawn. The right lane will exit you onto Saddle River Road, the center lanes will put you on Route 208 north, and the left lanes will allow you to continue on Route 4 (which is also called Broadway in Fair Lawn). Stay in the center lanes and get onto Route 208 north. Exit at Fair Lawn Avenue **WEST**. Go to the second traffic light and make a left turn onto River Road. Make a right turn at the next traffic light (Berdan Avenue) and continue to the end (approximately 7 blocks). Memorial Park will be straight ahead

From the West - Take Route 80 east to exit 60 and get onto Route 20 north. Continue on Route 20 north (along the river) for several miles. Make a right turn onto the Morlot Avenue Bridge (there will be a Burger King and an Exxon Station on your right. The bridge is right after the Exxon Station). and continue to your next traffic light. That will be River Road. Make a left onto River Road and continue to the next traffic light (Berdan Avenue). Make a left onto Berdan Avenue and continue to the end (approximately 7 blocks). Memorial Park will be straight ahead

