



Congratulations for taking on the Project U.S.E. 16.5 hike along the Appalachian Trail! This hike is a 15+ year tradition each spring to raise money to fund outdoor experiences for underserved youth from Newark, NJ.

Things to do *before* the hike:

- **Fundraise!** If you haven't already, set up a fundraising page at [50mihike.org](http://50mihike.org), contribute, and share to help us raise money to provide quality outdoor programs for underserved urban youth in Newark, NJ. Last year we provided nearly \$130,000 in scholarships and aid for Newark kids, and we can only continue to serve in that way with your help! [Here are some great, simple tips to help you fundraise.](#)
- **Train!** Get on your local trails, go for walks, get outside! [Here are some helpful tips](#) from Backpacker Magazine.
- **RaceJoy** registration. We'll be tracking all 16.5 mile hike participants using [RaceJoy](#). Please download the app before the event, and [check out this link](#) to answer any questions about tracking and using the app.
- **Supply:** each 16.5 mile hike participant should bring these necessary supplies: [link to packing list](#)

Logistics for the event date: May 4th 2019

11 am	All 16.5-mile hikers will meet at the <a href="#">High Point Park Parking Lot</a> near Lake Marcia. Please note this is a different lot from previous years, but is still a short walk from the finish.
11 - 11:30	Registration and Orientation, load vans
11:30 am	All hikers leave in vans for Culver's Gap, start of 16.5 mile hike
12:00 pm	Arrive Culver's Gap: Safety Talk, final roster check, RaceJoy setup, Water fill
12:15 pm	START hiking!
~ 3:30pm	Arrive checkpoint #1 Deckertown Tpk (~10.5 miles)
~ 5:30 -	FINISH hike at High Point State Park (~ 6 miles). Check in at finish, awards and

6:30 pm	BBQ reception at High Point Pavilion picnic area
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Things to note:

- The hike begins right around lunchtime--please come well fed and fueled for the hike!  
Bring snacks and plenty of water to refuel and rehydrate along the way
- The first section of this hike can be challenging!
- There is 1 checkpoint along the route
- At each checkpoint we will have water and volunteers to support the hikers