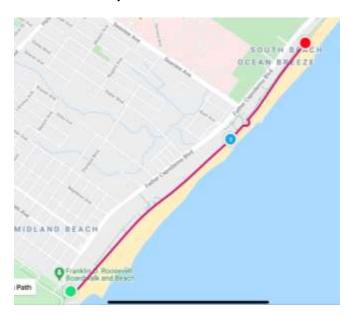


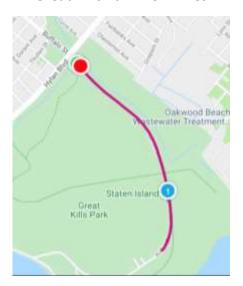
## **Staten Island Virtual Walk Routes**

Gather your team on Sunday, October 24 for your 1.54 mile walk in honor of the 1 in 54 children in the United States on the autism spectrum your own way! Here are some suggested routes with scenic views for your walk. Looking for an extra challenge? Try our 5.4 mile walk along the east coast waterfront. You can also find walking routes near you through the NYC Parks and the Greenbelt Conservancy (2,800 acres of parks and natural areas).

Midland/South Beach 1.54 Miles



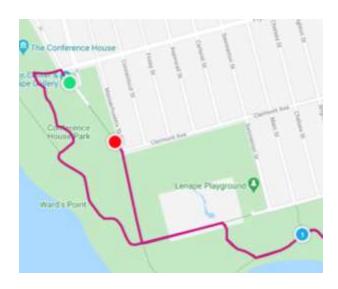
**Great Kills Park 1.54 Miles** 



Silver Lake 1.54 Miles

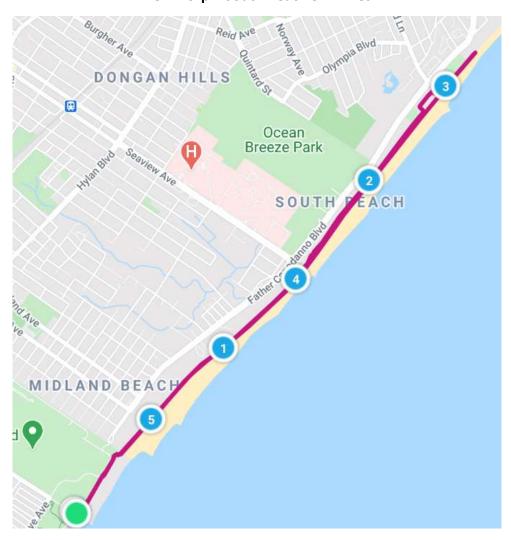


**Conference House Park 1.54 Miles** 





## New Dorp - South Beach 5.4 Miles





## A Few Other Ways to Get Active on Walk Day

Download the Charity Miles app. For every mile you walk, 25 cents will be donated to Autism Speaks

Bike instead of Walk

Run instead of Walk

Take 5,400 steps

We can help you set up workout intervals with 1 minute and 54 seconds

Take a 54(ish) mile drive out of Staten Island for a fall picnic, pumpkin picking, apple picking). Bonus points if you find a 1.54 trail at your destination.

Find a route that works best for you! Whether it's around your neighborhood, in a nearby park, off Staten Island altogether. Google says there are 1,700 parks in NYC and Staten Island is known as "The borough of parks".