

**THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION  
MEDIA ADVISORY**

**For immediate release:**

March 15, 2006

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**HEALTH AND HISTORY COME TOGETHER AT  
THE 2006 HEALTH FREEDOM WALK AT WOODLAWN**

**SILVER SPRING, MD --** The Maryland-National Capital Park and Planning Commission and several other sponsoring organizations are offering preparedness training before the annual Health Freedom Walk along the Underground Railroad Saturday, May 13 at 9 a.m. beginning at Woodlawn Manor Park, 16501 Norwood Road, Sandy Spring.

Sponsored by The Maryland-National Capital Park and Planning Commission, Community Health and Awareness Program (C.H.A.M.P.), African American Health Program, G.O.S.P.E.L, Montgomery County Recreation Department, and Maryland Department of Health and Mental Hygiene, this project helps promote increased physical activity while experiencing the rich history and stories of the Underground Railroad.

Training for the event in Montgomery County will be the week of March 25 at Sligo Creek Park in Takoma Park and nine other locations. The preparation offers historical information, nutrition information with incentives, and will conclude with a three-mile "Health Freedom Walk on the "Underground Railroad" trail in Sandy Spring.

Registration for the six-week course is \$15. On-site registration fee for those who would like to just take the hike on May 13 is \$20. T-shirts, entertainment and giveaways will be available at the event. For more information, call Susan Soderberg 301/563-3400 or Linda Goldsholl, 240-777-1701

To register for the Montgomery County classes call 240-777-1833 or on-line at [www.champandyou.org](http://www.champandyou.org). C.H.A.M.P. is also sponsoring walks on different days in Prince George's County, Baltimore, Howard County and Kent County.

The Rural Legacy Trail is a rough soft-surface trail through woods and fields and across streams using rocks as step-stones. This route may not be suitable for those with limited mobility. To review the map and its terrain, visit [http://www.mc-mncppc.org/trails/trails\\_maps/Rural\\_legacy.shtm](http://www.mc-mncppc.org/trails/trails_maps/Rural_legacy.shtm).

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