

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

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WALK 100 MILES IN 100 DAYS IN MONTGOMERY COUNTY PARKS

SILVER SPRING, MD – To encourage good health, physical fitness and outdoor fun, the Montgomery County Parks Department challenges residents to walk 100 miles on Montgomery County trails in 100 days this summer. With nearly 200 miles of paved and natural surface trails throughout Montgomery County's 32,950-acre park system, visitors have many options.

By walking just one mile per day between Memorial Day and Labor Day, residents can earn a certificate to honor their achievement. More importantly, those who participate will enjoy the health benefits of a daily walking program while enjoying the beauty of the nation's only five-time national gold medal award-winning park system.

The rules are simple. Over Memorial Day weekend (May 27-29), participants can start walking any park trail shown on the park trails web site www.montgomerytrails.org. Walkers can use the same trail over and over again or use this opportunity to explore other trails in the park system. A walking calendar and log are available on the park trails web site.

The challenge ends over Labor Day weekend (September 2-4). Those who complete the 100 miles can send their walking logs by email or by regular mail as directed on the web site to receive a certificate honoring their achievement.

“Our new 100-Mile Challenge is a great opportunity for scout troops, senior centers, families and civic associations to encourage their members to get fit on our trails,” said Montgomery County Parks Director Mary Bradford.

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