

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

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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 (M-NCPPC) and several other organizations are sponsoring the annual Health Freedom Walk along the Rural Legacy Trail on **Saturday, May 13 at 10 a.m.** beginning at Woodlawn Manor Park, 16501 Norwood Road in Sandy Spring with registration at 9 a.m. Health Freedom Walk: A Path to Wellness is an innovative walk to promote increased physical activity that makes creative use of Montgomery County's role in the Underground Railroad for inspiration.

Sponsored by M-NCPPC, Community Health and Awareness Monitoring 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 began the week of March 25 at Sligo Creek Stream Valley Park in Takoma Park and nine other locations. Six weeks of preparation, including historical and nutritional information with incentives for walking, concludes with the three-mile Health Freedom Walk on the Rural Legacy Trail in Sandy Spring.

On-site registration fee is \$20 for those who would like to join the hike on May 13. T-shirts, entertainment and giveaways will be available for participants. For more information, those interested may call Susan Soderberg 301/563-3400 or Linda Goldsholl, 240/777-1701.

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, click on http://www.mc-mncppc.org/trails/trails_maps/Rural_legacy.shtm or www.montgomerytrails.org.

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