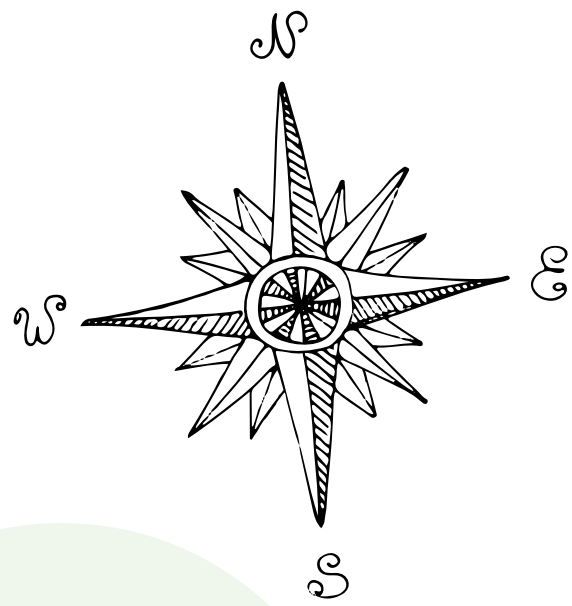


# THE BEST SPOTS TO RUN IN MONTGOMERY COUNTY



9601

Blackwell Rd #100, Rockville, MD 20850



## UNIVERSITIES AT SHADY GROVE



Possible to **run through** the campus



SHADY GROVE  
ORTHOPAEDICS  
SPECIALIZING IN WHAT MOVES YOU

## ROCK CREEK REGIONAL PARK



Parkland with multiple hiking trails and lakeshore **wildlife watching**, plus playgrounds and boat rentals.



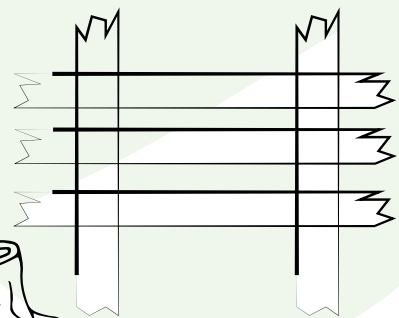
## MEADOWSIDE NATURE CENTER



This center features hands-on natural and cultural history and 8 miles of trails and native **bird aviaries**.

198

## WOODLEY GARDENS PARK



Wooded Area features a playground with **rock walls and slides**, plus a path with bridges over streams.

## MATTHEW HENSON STATE PARK



Wooded greenway along a stream offering a 4.5 mile **paved trail** for hiking, biking, and rollerblading.

28

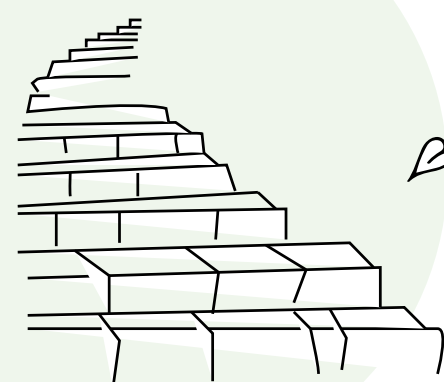
## SLIGO CREEK PARK



Great running trail with multiple parks for **cross training**. Paths are shaded, relatively flat, and in good condition. Great for **running**, walking, biking, and rollerblading.



## CABIN JOHN REGIONAL PARK



This 8.8 mile natural surface trail for hikers and bikers **follows a stream** in a wooded suburban park. (Kid friendly)

189

7

POTOMAC RIVER