



## Matthew Henson Trail Seasonal

10k/5k – 1A

Dates: 5/1/2020-12/31/2020

Silver Spring, Maryland

Event #Y2695

Credit Only



**Sponsor:** Seneca Valley Sugarloafers Volksmarch Club, Inc (AVA 419), a member of the Maryland Volkssport Association.

**Start/Finish:** Mid County Recreation Center parking lot, 2004 Queensguard Rd., Silver Spring, MD 20906; Online Start Box-register online; WALK DURING DAYLIGHT HOURS ONLY.

**Trail:** The 10K and 5k trails in our instructions start at the Mid County Rec Center on Queensguard Rd, in Silver Spring, and are both out and back walks. The 10K goes north east to the end point of the trail at Alderton Rd, where you turn around and head south west until you go under Connecticut Ave, where you turn around again and return to the Rec Center. The 5k does the same except that the 2<sup>nd</sup> turn around point is at Rippling Brook Rd. The walk is on paved trail and boardwalk, a pleasant wooded area mostly, with a winding creek in many places, in the midst of this busy suburb, which you only notice when you are crossing the streets, Layhill Rd, and Georgia Ave.

**Eligibility:** We welcome everyone to walk with us All participants must register and sign a waiver of liability. An adult must accompany children 12 and under throughout the entire walk. Parents of minor children must sign a waiver of liability for the children.

**Registration Fee:** All participants pay a \$3.00 fee, except children 12 and under, who are free.



**Parking:** Abundant parking space at the rec center.

**Conditions:** You may walk with a group or alone. Restrooms are available in the Rec Center when it is open. No restrooms along the trail. Pets are allowed, but must be leashed at all times during the walk. You must clean up after them. This seasonal event will be held regardless of the weather, unless conditions cause the sponsors (or the County) to close the trails for safety reasons.

**Disclaimer:** The Seneca Valley Sugarloafers Volksmarch Club, Inc. not will be held liable for accidents, theft, or material damage. Every reasonable effort will be taken to conduct a safe, enjoyable and memorable event.

**Event Information:** Contact: Kathy Berry – 240-281-0670;  
[k.berry@verizon.net](mailto:k.berry@verizon.net)

**Membership:** Membership in the Sugarloafers Volksmarch Club is open to everyone. For questions about membership, contact Carolyn at 301-926-0915 or [cbthurber@verizon.net](mailto:cbthurber@verizon.net), or check our club's website at [www.sugarloafers.org](http://www.sugarloafers.org)

**Volksmarch Info:** American's Walking Club [www.ava.org](http://www.ava.org) # [www.mdvolks.org](http://www.mdvolks.org)

**Directions to Start Point:** From the ICC, exit on Layhill Rd/ MD 182 (Exit 10) toward Glenmont, turn left onto Queensguard Rd. after passing Bel Pre Rd/Bonifant Rd, turn right into the Rec Center driveway. Continue to parking lot, connector trail where you begin is on the right as you drive into the parking lot, along a tree/brush line.

From Rockville, Rt. 28 to Bel Pre Rd, turn right. Continue to Layill Rd, crossing Georgia Ave, and turn right on Layhill. Turn left onto Queensguard Rd. Turn right into the Rec Center driveway. Continue to parking lot, connector trail where you begin is on the right as you drive into the parking lot, along a tree/brush line.