

TEXAS

Bachman Lake: There is a 5k path around Bachman Lake just North of Love Field Airport. -D.H.

Dallas: In Dallas there is a paved 9-mile path around White Rock Lake. The East side is somewhat hilly and lots of shade. The West side is very flat. Located 6 miles East of downtown.

Houston: West Houston in Barker Cypress Park there is a paved asphalt trail 3.5 miles long one way, with good parking at each end. The trail is well lined with trees and of course being in Texas it is mostly flat. Along the trails are rest facilities, water drinking fountains and picnic areas. Best time for use is in the fall and winter, the summers here are too hot. -W.J.

Sugarland: There are some nice trails in Sugarland with trees and some slight change in elevation. These trails are paved with concrete and have seams that present a challenge so pay close attention when roller skiing. Total distance of these trails are approximately 4.5 miles. -W.J.