

WASHINGTON

Kent: I have travelled to Washington on business and have brought both rollerblades and roller skis. I have never gone to Seattle itself, but a couple of miles from the airport in Kent is a series of bike trails that are fantastic. From I-5 take Orillia Rd. exit which turns into 212 St. As you cross the Green River, take a right onto Russel Road and into Van Doren's Park. The first trail is about 5 miles and parallels the Green River, with a magnificent view of Mt. Rainier. This trail then dumps onto the interurban trail which goes for another 15 miles, paralleling railroad tracks, all the way past Algona. No hills, but nicely kept up. -*Jeff Millman*

Seattle: Around Seattle, and probably many other large cities, I find the most expensive suburbs often make for the best roller skiing. They feature wide, gently winding streets with excellent pavement and very low traffic volumes. You just have to know how to avoid the arterials connecting different suburbs, which may involve some short hiking. The newer and more expensive the suburb, the more likely it is to be good for roller skiing. Around Seattle I specifically recommend the suburbs on the plateau East of Lake Sammamish -- Klahanie, Trossachs, etc. are my favorite summer touring centers. - *P.H.*

Seattle: Burke- Gillman/ Sammamish River Trails. Flat good for double pole and long V2-alt workouts. -*R.H.*

Seattle: Seward Park. Upper loop has decent to good pavement and good hills. Loop only -3 / 4 mile long, best to do counterclockwise circuits.

Seattle: Around Green Lake in the wintertime or when raining, when people are staying away because of the weather. Also, the trail along the waterfront by the grain elevators, about 3 miles one way. P.J.

Snohomish: Centennial Trail Good beginning area, wide smooth asphalt any hills are very gentle, total 7- mile trail with gentle road crossing i.e. no curbs, downhill grades to busy streets. Not as crowded as other trail systems especially if the weather is not warm and sunny and it is a weekend. I live nearby and love it! -*D.W.*