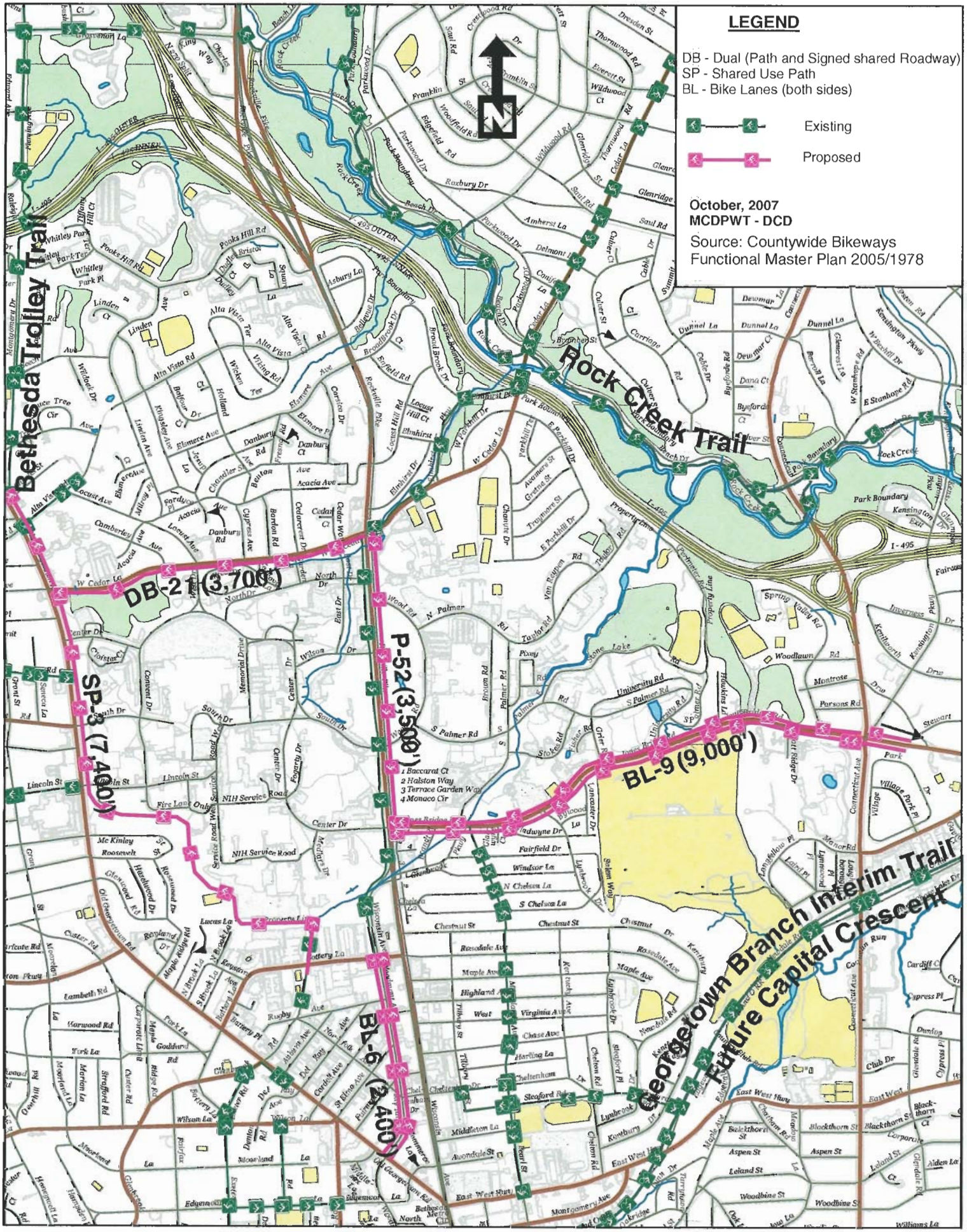BIKEWAYS & TRAILS IN THE NIH/NAVY MEDICAL AREA