



# Independence Couch to 5K Program

Join the City of Independence for the fourth year of the FREE Couch to 5K program! Come walk/run with City staff, meet your community, and train for the Independence Park Trot 5K through weekly walks/runs. Each week the walks/runs get longer and more fun!

- Who:** Anyone interested in completing a 5K  
**What:** A FREE six-week Couch to 5K walking program  
**When:** Every Tuesday, March 12 - April 16, 2019  
- sign-in at 5:30pm, walk begins at 6 PM  
**Where:** Waterfall Park, 4501 S. Bass Pro Dr.  
**Why:** To be physically active and prepare for the free, Independence Park Trot 5K

Participate EVERY Tuesday to receive a FREE 5K shirt!

Sign up for the FREE Independence Park Trot 5K at [independenceparktrot.com](http://independenceparktrot.com).

For more information, call the Parks Department at (816) 325-7187.  
Find us on Facebook, [facebook.com/CityOfIndependence](https://facebook.com/CityOfIndependence).

