

Couch to 5K Schedule

Join the City of Independence at every Tuesday from March 12-April 16 for weekly walks/runs 6 PM at Waterfall Park, 4501 S. Bass Pro Dr. Anyone who participates for the entire six weeks will receive a free Park Trot 5K t-shirt! For more information, call the Parks, Rec and Tourism Department at 325-7187.

Find us on Facebook:
City of Independence, MO Government.

2019



S	M	T	W	T	F	S
March						
10	11 15 min.	12 1 mile	13	14 20 min.	15	16 30-40 min.
17	18 20 min.	19 1.5 mile	20	21 25 min.	22	23 35-45 min.
24	25 25 min.	26 2 mile	27	28 30 min.	29	30 40-50 min.
April						
31	1 30 min.	2 2 mile	3	4 35 min.	5	6 45-55 min.
7	8 35 min.	9 2.5 mile	10	11 40 min.	12	13 50-60 min.
14	15 40 min.	16 3.1 mile	17	18 45 min.	19	20
21	22	23	24	25	26	27 Independence Park Trot 5K Run/Walk

To register for the Independence Park Trot 5K,
go to www.independenceparktrot.com.