

UMKC Saunter 1.9 miles (Loop)

- Starting from SRC, go west on 51st St.
- Cross Cherry Street and descend down the stairs past the Residential Dorms
- Veer right and head down Oak Street
- Upon reaching the intersection between Volker Blvd and Oak Street take a right (east) staying on the right side of the road.
- Bare right and ascend up Rockhill Rd.
- Travel through the next five intersections.
- Once reaching 54th street take a right.
- Follow 54th street until you reach Holmes
- Head North on Holmes until you reach SRC

Kaufman Excursion: 1.65miles (Loop)

- Starting from SRC, go west on 51st St.
- At Cherry Street take a right and follow it down to the 5 way intersection
- At the 5 way intersection between Volker/Rockhill/Cherry stay on Rockhill heading northOn the right hand side of the road just after you cross Brush Creek there will be a sign for the Kaufman Trail
 - The loop around the pond is 0.34mi.
- When heading back take Rockhill Road heading south and follow it up to 51st Street
- Take a right and head back to SRC

Going in Circles: 0.43miles (Loop)

- Starting from SRC, go west on 51st St.
- At Cherry Street take a right and follow it around the outside of the track
- You will then come to a sidewalk that veers to the right on an incline.
- You will then be walking parallel with Bixby Ln.
- At the circle drive veer right and walk up the hill
- Walk around the outside of SRC towards the clock tower entrance.

Loose Park: 3.62 miles (Roundtrip)

- Starting from the SRC go, south down Holmes St.
 - Take a right 52nd St.
 - Follow 52nd St. through Oak St., Brookside Blvd., and Main St until you reach Wornall Rd.
 - Cross the road and take a Right on Wornall Rd. (there will be a black path to follow)
- Once you reach the intersection of 51st and Wornall Rd. you have gone 1.12 miles
- The black path that runs the circumference of the park is 1.38 miles.
 - The sidewalk around the perimeter of the park is 1 mile.
 - The sidewalk around the lake is 0.5 mile.

Mill Creek Park: 3.22 miles (Roundtrip)

- Starting from the SRC, go east on 51st St.
- Take a left and go down Rockhill Rd.
- At the 5 way intersection between Volker/Rockhill/51st veer left onto Volker Blvd (US 56) (going along Brush creek)
- Proceed straight through the intersection of Oak St.
- Once getting to Ward Pkwy/ Brookside Blvd/ Volker intersection veer to your right traveling down Brookside Blvd
- This will take you over Brush creek
- Turn left at Cleaver II Blvd/ 47th St.
- The park will be across the street next too the Water fountain containing horse statues

Trolley Track Trail: 13.49 miles

- Starting from SRC, go west on 51st St.
- Cross Cherry Street and descend down the stairs past the Residential Dorms
- Veer right and head down Oak Street
- Upon reaching the intersection between Volker Blvd and Oak Street take a left (west) staying on the left side of the road.
- At the Ward Pkwy/ Brookside Blvd/ Volker Blvd intersection is the start of the Trolley Track Trail. You have now gone 0.58 miles The Trolley Track Trail will extend 6.5 miles ending at Prospect Street. There are markers indicating the distance traveled.

Get Active!

Wellness Walks And Jogs



Swinney Recreation
Center 5030 Holmes
Kansas City, MO
64110
816-235-2712
<http://umkc.edu/src>

How far have you walked today?

