

#	Park	Address	Trail	Miles	Trail Details	Need More of a Challenge?	Link to Map
1	Buckner Park	6114 Bass Rd.	Gravel Loop	1.09 Miles	Gravel	21 Bicycle Crunches	Gravel loop around the park
2	Foster Park	3900 Old Mill Rd.	Foster Loop	2 Miles	Paved Trail	21 Push Ups	Foster loop is the paved trail around the park
3	Salomon Farm Park	817 W. Dupont Rd.	Salomon Loop	1.8 Miles	Paved Trail	21 Squats	Salomon loop is the paved trail around the park
4	Kreager Park	North River Rd.	Red Loop	2.0 Miles	Paved Trail	21 Side Plank w/Lifted Leg - right & left leg	<a href="#">Kreager Walking Trail Map</a>
5	Shoaff Park	6401 St. Joe Rd.	Red Loop	1.9 Miles	Paved Trail	21 Tricep Dips	<a href="#">Shoaff Walking Trail Map</a>
6	Franke Park	3411 Sherman Blvd.	Green Loop EAST at Trailhead Sign w/Red Loop "The Log Jam"	1.5 Miles	Unpaved Trail	21 Jumping Jacks	<a href="#">Franke Trail Map</a>
7	Ivan Lebamoff Reservoir Park	2300 S Clinton Street - Parking along E Suttentfield St.	Reservoir Loop & Around the Cooper Center	1.2 Miles	Paved & Unpaved Trail	Climb Reservoir Hill to See a Beautiful View!	<a href="#">Reservoir Park Map</a>
8	Lakeside Park	1401 Lake Ave.	Outer Paved Trail Around the Park	1.21 Miles	Paved Trail	21 Slalom Jumps	<a href="#">Lakeside Map</a>
9	Lindenwood Nature Preserve	600 Lindenwood Ave.	Trail of Reflection & Oak Paradise	1.75 Miles	Unpaved Trail	21 Crunches	<a href="#">Lindenwood NP Map</a>
10	Rivergreenway	Park at Bloomingdale Park - Intersection of Sherman & N. Wells St	Use the Rivergreenway path to travel to the following Parks: Bloomingdale, Promenade, Lawton and Historic Old Fort & back	4.74 Miles	Paved Trail	21 Lunges (Both Legs)	<a href="#">Rivergreenway BPLO Map</a>

11	Rivergreenway	Park at Tillman Park in the Disc Golf parking area off of E Tillman Rd. - 600 E Tillman Rd.	Use the Rivergreenway path to travel from Tillman Park to Foster Park & back	6.91 Miles	Paved Trail	21 Jump Squats	<a href="#">Rivergreenway T&amp;F</a>
12	Rivergreeway	Park at Johnny Appleseed Park - 1500 N Harry Baals Dr.	Use the Rivergreenway path to travel from Johnny Appleseed Park to the Confluence where the three rivers meet (Water Filtration Plant) & back	8.75 Miles	Paved Trail	Sprint for 21 Seconds	<a href="#">Rivergreenway J&amp;C</a>

We've mapped out 12 different walking or running routes for you to explore now or in 2021. Make it a 12 day challenge OR a 12 month challenge for 2021, it's up to you. Go for it & get outside!

**Important! Before you go:**

1. Check for trail closures
2. Trails may include rough terrain, hills and low spots
3. Trails could include mud or water
4. Bring your own drinking water
5. Not all trails are rated
6. Dress appropriately for the weather conditions
7. Be aware of other trail users