

Addresses for Wrestling MS Bike Training

App for bike trails and directions to parking – TrailLink <https://www.traillink.com/>

App for walking and mountain bike trails (a little rougher ride/walk with changes in altitude – AllTrails <https://www.alltrails.com/>

Rail Trail – means it was an old railway and should not have extreme hills

Trail	Address	Landmark	Distance	Surface
Blue River Parkway Trail	11475 Blue River Rd., Kansas City MO 64131	Minor Park tennis courts	4.1 miles	Asphalt/concrete
Blue River Parkway Trail	11601 E. Red Bridge Rd., Kansas City	Minor Park shelter number 1	4.1 miles	Asphalt/concrete
Blue River/Indian Creek Trail	trailhead at Holmes and 99th St (800 E 99th St, Kansas City, MO).	behind the fire station can go toward Red Bridge (closed at 69 Hwy summer 2023)	4.1 miles 26 miles	Asphalt/concrete Asphalt/concrete
Indian Creek /Tomahawk	10601 Lee Blvd, Leawood, KS 66211	By Leawood City Park across from Aquatic Center	26 miles 12.7 miles	Asphalt/concrete Asphalt
Indian Creek	9300 Indian Creek Parkway Overland, Park, KS	Corporate Woods Founder’s Park (closed at 69 Hwy summer 2023)	26 miles	Asphalt/concrete Asphalt
Indian Creek	11901 Quivira, Overland Park, KS 66213	Quivira Park (Kite lunch ride) Turn right and go short distant - turn R onto Indian Creek – at bottom of hill turn right (if you go left you run into 69 Hwy closure)	26 miles	Asphalt/concrete Asphalt
Indian Creek /Tomahawk	11401 Tomahawk Creek Parkway, Leawood KS 66211	Parking on the Tomahawk Creek Way Has a port-a-pot	26 miles 12.7 miles	Asphalt/concrete Asphalt
Indian Creek /Tomahawk	12601 Nall Ave Leawood, KS65209	I-LAN Park Small loop, bathroom with a shelter	26 miles 12.7 miles	Asphalt/concrete Asphalt

Indian Creek Trailhead	12833–12855 S Black Bob Rd Olathe, KS 66062	(on Black Bob Rd -1 block S of 127th St - only parking & outhouse)	26 miles	Asphalt/concrete
Tomahawk	3951 W 119 th St Leawood, KS 66209	Tomahawk Park	12.7 miles	Asphalt
Cedar Niles Trail	25780 W 135 th St, Olathe, KS 66061	Best end to start – flatter – restroom and playground	4.0 miles (one way)	paved
Cedar Niles Trail	25117 W 119th St, Olathe, Kan., 66061	Road to trailhead is in poor shape Pota potty	4.0 miles (one way)	paved
Cedar Niles Trail	12650 S Clare Rd, Olathe, Kan., 66061	This end is hilly – not a top choice for Wrestling MS - Pota potty	4.0 miles (one way)	paved
Coffee Creek Streamway	16050 Pflumm Rd, Overland Park, KS	Heritage Park shelter 9	3.4 miles	asphalt
Coffee Creek Streamway	11401 W. 167th St., Overland Park	Arthur and Betty Verhaeghe Park	3.4 miles	asphalt
De Soto, KS Country Rds	33440 W 79 th St De Soto, KS 66018	Riverfest Park (bathroom – playground) Flat country rd – mostly on 79 th st Ride between railroad tracks	Approx. 6 miles – out & back	asphalt
Gary Haller Trail	9145 Woodland Lenexa 66220	Craig Crossing Park,	17 miles	Asphalt
Gary Haller Trail	Wilder Access: West of I-435 on Wilder Dr. at 19425 Wilder Dr. in Shawnee		17 miles	Asphalt

Gary Haller Trail	Barker Access: West of I-435 & north of Shawnee Mission Pkwy at 5946 Barker Rd. in Shawnee		17 miles	Asphalt
Gary Haller Trail	Midland Access: West of I-435 & south of Shawnee Mission Pkwy at 19405 Midland Dr. in Shawnee		17 miles	Asphalt
Gary Haller Trail	87th Lane Access: Woodland and 87th Lane at 19803 W. 87th Ln. in Lenexa		17 miles	Asphalt
Gary Haller Trail	Prairie Star Access: West of I-435 on 95th Street at 18459 Prairie Star Pkwy in Lenexa		17 miles	Asphalt
Gary Haller Trail	Northwood Trails Access: South of College Blvd. and west of Ridgeview at 11344 S. Millview Rd. in Olathe		17 miles	Asphalt
Gary Haller Trail	Northgate Access: West of I-35 and south of 119th St. at 1700 Northgate St. in Olathe		17 miles	Asphalt
Harry S Truman Sports Complex/ Rock Island	1 Royal Way, Kansas City, MO 64129	Lot A for Laps Lot L – off Raytown Rd for start of Rock Island Trail	Almost 3 miles	

Legacy Trail	901 NE Bluestem Drive, Lee's Summit, MO	J. Thomas Lovell Jr. Community Center at Legacy Park	5.6-mile circle (hilly)	Asphalt/concrete
Little Blue Trace	20220 E Jackson Dr, Independence, MO 64057	Behind Saints Pub	15.7 one way	Chat
Little Blue Trace	intersection of Phelps Rd and Lee's Summit Rd – Kansas City, MO 64136	On Phelps Rd	15.7 one way	Chat
Little Blue Valley	8259 South Noland Rd. KCMO 64138	Old KC Raceway N of Hwy 50 on Noland Rd	2.54 miles	asphalt
Line Creek Trail	2901 NW Vivion Rd Riverside, MO 64150	Renner Brenner Park	8.4 miles	concrete
Line Creek Trail	4803 NW Homestead Rd Riverside, MO 64150	Homestead Park	8.4 miles	concrete
Line Creek Trail		Line Creek Gower Ave Trailhead	8.4 miles	concrete
Line Creek Trail	5940 N.W. Waukomis Dr Kansas City, MO 64151	KC Northern Miniature Railroad and the Line Creek Community Center	8.4 miles	concrete
Longview Lake Trail	9898 Longview Rd, Kansas City, MO 64134	Longview Lake Shelter 14	6.5 mile one-way	Chat
	9890 Longview Rd, Kansas City, MO 64134	Longview Lake Shelter 13	6.5 mile one-way	Chat
MO Riverfront Trail	164 S Main St Parkville, MO 64152	Platte landing Park(close to ball fields – on way to dog park)	3.4 miles	Asphalt & gravel

MO Riverfront Trail	8701 McAfee St, Parkville, MO 64152	English Landing Park	3.4 miles	Asphalt & gravel
Prairie Spirit Trail State Park	135 W Tecumseh St Ottawa, KS	North end- Old Depot Museum	51.3 mi	Rail-trail Asphalt/chat
Reed's Wildlife	12405 SE Ranson Rd, Lees Summit, MO	Park at Ranger Station or by 5G tower by old ranger station	2.8-mile laps	Asphalt/concrete
Riverfront Heritage Trail	1298 E River Front Rd, Kansas City, MO (corner of Riverfront Dr. and Front Street)	Berkley Riverfront Park (free parking) going west you arrive at Riverfront Farmer's Market and going west a casino (closed at new soccer stadium)	8.6 miles	Asphalt/concrete
Rock Island – Lee's Summit (rail trail)	700 SW Old Pryor Road Lee's Summit, MO 64081	David Hartman memorial park	13.5 miles one way	Chat/ concrete
Rock Island – Lee's Summit	12600 E 98th St, Kansas City, MO 64138	Vale Tunnel Trailhead	13.5 miles one way	Chat/asphalt
Rock Island – Lee's Summit	7198 Woodson Rd, Raytown, MO 64133	Raytown, MO Woodson Rd	13.5 miles one way	Chat/asphalt
Rock Island – Lee's Summit	6515 Railroad St, Raytown, MO 64133	Raytown, MO Railroad St – Crane's Brewery	13.5 miles one way	Chat/asphalt
Rock Island Trail Pleasant Hill (to Windsor)	Cass County Fairgrounds 308 W Commercial St, Pleasant Hill, MO	Pleasant Hill, MO	46 miles	Chat
Rock Island Trail Pleasant Hill to Windsor	19917 S Purvis Rd, Pleasant Hill, MO 64080	Pleasant Hill, MO	46 miles	Chat
Rock Island Trail Katy Trail Windsor to Pleasant Hill	Intersection of Mill and Florence, Windsor, MO	Beside & a little behind Casey's	46 miles	Chat

Katy Trail Sedalia	600 E 3rd St, Sedalia, MO 65301	Old Train Depot	20.9(Windsor to Sedalia)	chat
Katy Trail Boonville	320 1st St, Boonville, MO 65233	Champion Bike Shop – Trail head is across Street	36.3 (Sedalia to Boonville)	chat
Katy Trail Rochport	700 1st St, Rocheport, MO 65279	Trailhead is beside Meriwether Cafe and Bike Shop	13.5 (Booneville to Rochport and tunnel)	
Charles B Wheeler Airport	250 Richard's Rd Kansas City Missouri 64116	Park in front of TWA museum (loop is closed as of 3/15/2023 while bridge is being built)	3 miles	asphalt