

Kansas City, Kansas, One Of The Nation's Top Trail Running Spots

Laura Ziegler | KCUR | 2015-11-17

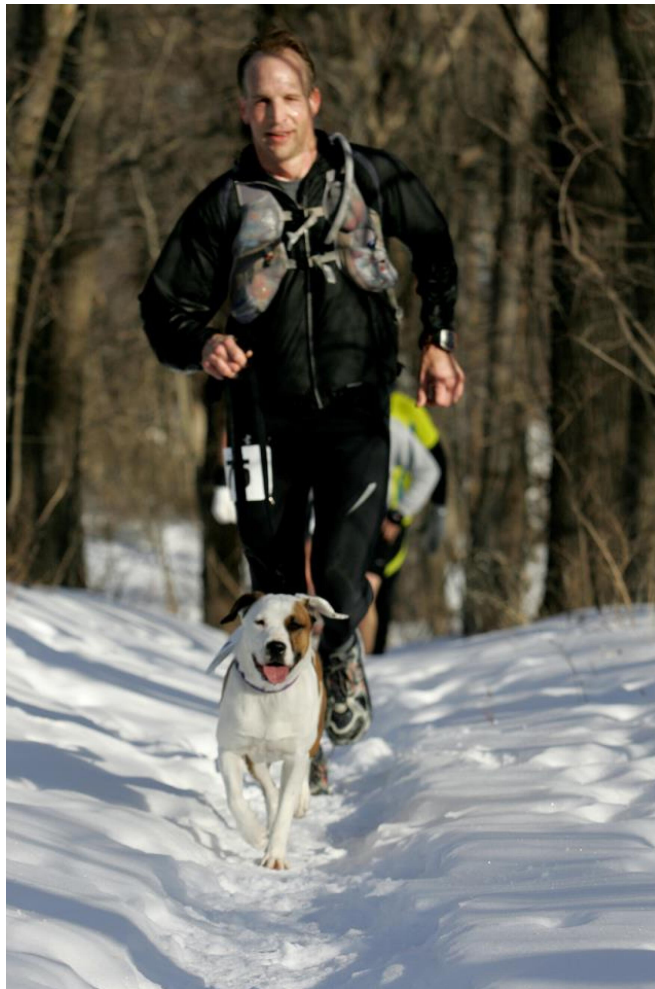
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KCUR | By Laura Ziegler

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Courtesy of psychowyc.com

Trail Runner magazine says Wyandotte County offers some of the most challenging and fun trails for running and hiking in the country.

In an upcoming issue, the magazine ranks Kansas City, Kansas, as the third best trail running site in the country, saying "Kansas City is serious about its trail running."

The running magazine highlights the Trail Nerds, a local running group with thousands of members.

Ben Holmes founded the group 15 years ago.

"The trail-running culture has been growing since I started the Trail Nerds," he told Trail Runner Magazine.

"We also foster, fund and encourage trail maintenance and trail building efforts."

The magazine highlighted Wyandotte County Lake and Shawnee Mission Park, even though it's next door in Johnson County.

Several races the Trail Nerds sponsor also received some love. The magazine drew attention to the Psycho WyCo Run Toto Run, a 50K night-time race with "plenty of mud," and Rock The Night Away, a half-marathon around Perry Lake guided only by head lamps.

Laura Ziegler is the community engagement reporter and producer and can be reached on Twitter, @laurazig.