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Inaugural Kansas City Plog-a-thon to be held Saturday, August 24

KANSAS CITY, MO (August 20, 2019) - The [MARC](#) Water Quality Public Education Committee will present the inaugural [Kansas City Plog-a-thon](#) on Saturday, August 24 at [Run 816 \(304 Westport Road\)](#).

Plogging is a **combination of jogging with picking up litter**, which started in Sweden around 2016 and has spread to other countries following increased concern about plastic pollution, as litter on sidewalks, streets and in parking lots washes into the storm sewers that lead to rivers and streams.

This will be a **free, fun & family-friendly event** that will allow participants to get some exercise and fresh air while also helping to keep our waterways clean in the Kansas City Metro area.

All event supplies will be provided, including gloves, trash bags, litter pickup tools, etc. All you need to do is [RSVP](#), show up around 8:45 a.m., and be sure to wear comfortable shoes & clothing.

The plogging **route** will be approximately **3 miles long**.

While the **event is free**, we would like to be prepared for the number of participants, so **please [register!](#)**

About The Kansas City Sports Commission and Foundation

The mission of the [Kansas City Sports Commission & Foundation](#) is to drive Kansas City's overall sports strategy, to enrich the quality of life, create economic impact and raise visibility for our region. As a privately-funded nonprofit, we are entirely dependent on your support. For the latest on Kansas City Sports Commission news, follow on [Twitter](#), [Facebook](#), [Instagram](#), and [YouTube](#). Also follow the Kansas City Marathon presented by Garmin on [Twitter](#), [Facebook](#) and [Instagram](#).

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