

10K POWER PARK

Get Exercise – Give Power

Power Park offers visitors a chance to exercise, generate electricity, and to make positive change for themselves and their community 10 meters at a time. A 10-meter walk along a negligibly sloping plank burns about 1 calorie, or even more for a runner. Power Park has 1000 power planks giving visitors a chance to run or walk up to 10 kilometers burning up to 1000 calories and generating up to 100 kilowatt hours.

