

The "30/Thirty" **Health Walks** Continued...

Walks in Zip Code 64124:
 23 Kansas City Museum/Gladstone Blvd.
 24 Samuel U. Rodgers Health Center and Memorial Area

Walk in Zip Code 64128:
 25 Palestine Neighborhood and Central High School Track

Walks in Zip Code 64130:
 26 Swope Parkway Health Center and Lake of the Enshriners
 27 Town Fork Creek

Walk in Zip Code 64131:
 28 The Landing*

Walks in Zip Code 64132:
 29 Meyer Boulevard Promenade
 30 Starlight, Swope Park and the Zoo

* Route is totally or partially enclosed or inside a climate controlled area

TIPS FOR Health Walkers

- n Bring water!
- n Walk with a companion.
- n Remember sunscreen in all weathers
- n In cold, layer clothing and watch footing for ice
- n In heat, walk early mornings.

WALKING VIGOROUSLY?

Be sure to **WARM UP/COOL DOWN**.
 Use the "TALK TEST" — you should still have enough breath!
CELL PHONES add safety.
 Carry ID, or write it in your shoe.
Can you BE SEEN?
 Use reflective tapes or clothing
STAY ALERT! Buy reaction time.

Health Walks from the

Kansas City - Chronic Disease Coalition (KC-CDC) to You...

The **Health Walk** project is part of a multiple-year local campaign to promote and support fine health through moderate exercise. The campaign promotes fitness walking and more than 80 other "healthy habit" community changes.

When you choose to **Health Walk**, you encourage better health for:

YOURSELF, YOUR LOVED ONES, and YOUR COMMUNITY.

Congratulations!

Each of these "30" different tours represents exercise times close to the recommended "Thirty" minute minimum for health benefits, minutes to do your body good at the same time you enjoy the rich civic diversity of the "30/Thirty" **Health Walks**.

The "30/Thirty" Health Walks Project

IS FUNDED BY:

The Centers for Disease Control and Prevention through its REACH 2010 initiative

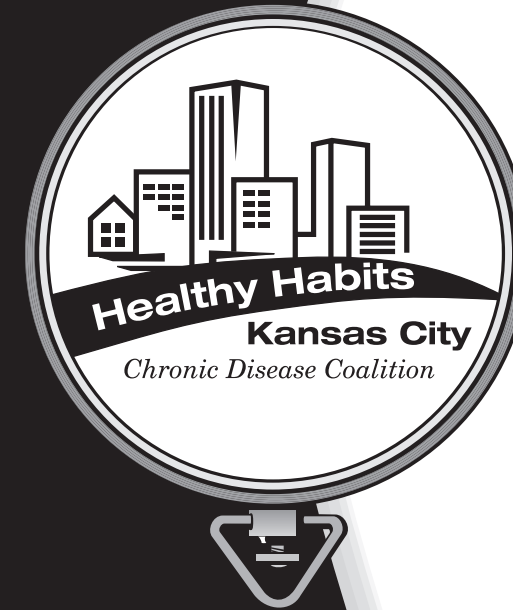
IN PARTNERSHIP WITH:

The Missouri Primary Care Association (MPCA),
 The KC—CDC
 and

The Bureau of Chronic Disease Control,
 Missouri Department of Health and Senior Services (DHSS)



Walk Number 10 of the "30/Thirty" Health Walks



THIS WALK OFFERS:

Food \$, Drink \$, Phones
 Public Restrooms, Water

POINTS OF INTEREST:

- 1 Centennial United Methodist Church
- ON BUCK O'NEAL WAY**
- 2 Charlie Parker Sculpture
- 3 The Gregg Center
- 4 The 18th & Vine Sculpture
- 5 The Youth Opportunity Center
- ON 18th STREET**
- 6 The Blue Room
- 7 The American Jazz Museum
- 8 The GEM Theater
- 9 The Negro League Baseball Museum
- 10 The CALL Newspaper

Health Walk

TOUR OF THE

18th & Vine Jazz District & Parade Park

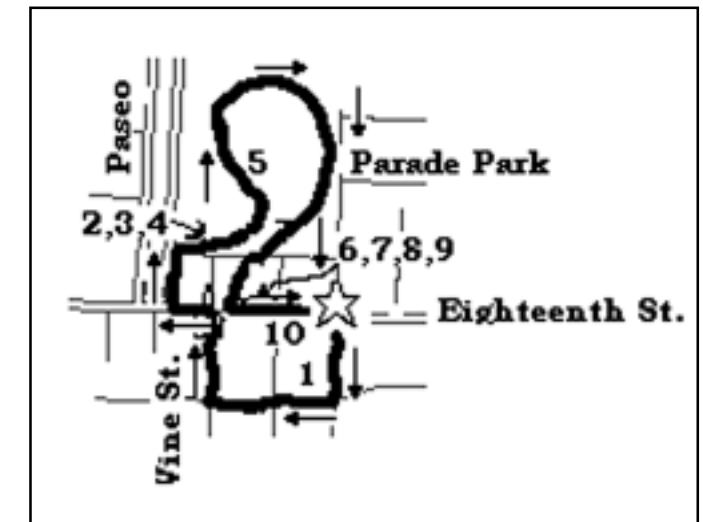
KANSAS CITY, MO

Length of this Health Walk: 1.3 miles

Estimated time to complete: 25 minutes

Walk Difficulty: Level 1

(Walking Difficulty Range: "1" = level, smooth, simple; to "5" = hilly, irregular, complex)





GETTING TO THE 18th & Vine Jazz District & Parade Park

WALKSTART:
Jazz District Parking Lot 18th and Woodland

BYCAR:

Drive Paseo Boulevard to 18th street, turn east then drive two blocks to the southeast corner of Woodland. Recognize the Jazz District parking lot by its ornamental archway of wrought iron musical notes.

BYBUS:

There is a bus stop at 18th and Woodland, served by #110 Woodland/Brooklyn and #108 Indiana. For connections, call KCATA The Metro, 221-0660.

Prefer *SHORT DIRECTIONS?*
Follow the **BOLD TYPE & UNDERLINING.**

Your 18th & Vine Jazz District & Parade Park Health Walk

To celebrate the city's rich cultural heritage, plan a visit to the 18th and Vine museums before or after your walk. Your Walk Start is the Attucks School parking lot, dedicated on June 29, 2001 to "Ms. Myra Taylor, Composer and Jazz Legend".

Turn left (south) from the Walk Start and walk **on Woodland Street**. **Turn right** (west) at Centennial United Methodist Church (#1), walking **on 19th Street**. Celebrating its 95th Anniversary, Centennial Church hosted jazz musicians in Sunday afternoon concerts in the 1930's and '40's.

Turn right (north) **on Vine Street**, passing Move Up (a prominent community development organization) and various businesses now housed in the Lincoln Building at 18th and Vine.

At 18th Street turn left (west), continue **to Paseo Boulevard** and **turn right** (north). Walk on the east side of street until you **turn right on Buck O'Neil Way** (17th Terrace). Our city's role in nurturing jazz during the 1920's and 1930's inspired this tribute area which opened in September 1997, as part of a \$26 million redevelopment project. It includes the

"Bird Lives" sculpture (#2) celebrating the talent of the incomparable jazz artist Charlie "Yardbird" Parker. The Gregg Center (#3) is on the north. The "18th & Vine" Sculpture (#4), made up of gleaming metal cutouts of people transported by their music, and the Outdoor Pavilion, are both on the south side.

Cross the street, north, toward the arched doorway of the Gregg Center. **Curve right** (east) **and connect with the walking path**, looping left, then out toward Truman Road, then back, and finally passing the tennis courts. To your left is the Youth Opportunity Center in the historic Parks Maintenance Building. (#5)

Leave the path by walking south on Vine for one block. **Turn left** (east) **on 18th Street**. The north side of the street brings a series of treats: *the original Blue Room Jazz Lounge (#6), duplicated inside the museum as it was in its heyday, is a working club with a historic feel where visitors enjoy live jazz four nights a week; The only museum in the country devoted to presenting, preserving and promoting jazz music, The American Jazz Museum (#7) fills the air with music and the stories of jazz and some of its greatest performers; The historic Gem Theater (#8), restored and refurbished and now the site of gatherings of many kinds; and The Negro Leagues Baseball Museum (#9) the only museum in the country dedicated to preserving the history of African-American baseball. It follows the journey of black players through six decades of the shameful "gentlemen's agreement" which shut thousands of players and hundreds of teams out of the game on the basis of race. It also chronicles the new era that began when Jackie Robinson, a Kansas City Monarch, was called up to the majors.*

Turn right (south) **on Highland Street**, pass the Mutual Musicians Foundation (east side) and continue to 19th Street.

At 19th Street turn left (east), pass the Centennial United Methodist Church, **turn left** (north) **on Woodland**, walk past the Centennial Villa Senior Citizens Apartments (west side). When you **reach 18th Street, look left** (west) a few feet **to** see **the** historic Kansas City **Call** newspaper office (#10). *Lucille Bluford, long-time editor, attributes its more than 90 year success to the consistent appeal of church news, funeral notices and items to keep readers up on their community. On the right is your Walk Start.*

The "30/Thirty" Health Walks in Kansas City's Urban Core: "30" different city tours, each about "Thirty" minutes of healthful brisk walking.

Walks In Zip Code 64105:

- 1 Bartle Hall and Convention Center*
- 2 Quality Hill and Lewis & Clark Point

Walks In Zip Code 64106:

- 3 Berkley Riverfront Park
- 4 City Market
- 5 Columbus Park
- 6 Downtown Government Area
- 7 Downtown Skywalks*

Walks in Zip Code 64108:

- 8 Crown Center/Union Station/The Link*
- 9 Hospital Hill
- 10 18th & Vine and Parade Park
- 11 Union Hill
- 12 The Westside

Walks in Zip Code 64109:

- 13 Center City Boulevards
- 14 Ivanhoe Neighborhood
- 15 Spring Valley Park and Troost Lake

Walks in Zip Code 64110:

- 16 Kauffman Legacy Park and Stowers Research Institute
- 17 Rockhurst and UMKC
- 18 Brush Creek Promenade along the Country Club Plaza

Walks in Zip Code 64112:

- 19 The Country Club Plaza
- 20 Loose Park

Walks in Zip Code 64124:

- 21 Blue Valley Park
- 22 Budd Park

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