

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 1 of the "30/Thirty" Health Walks



**THIS WALK OFFERS:**

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

**POINTS OF INTEREST:**

- 1 Bartle Convention Center
- 2 Barney Allis Plaza
- 3 Folly Theater
- 4 Lyric Theater
- 5 The Marriott Hotel
- 6 Municipal Auditorium
- 7 The Music Hall
- 8 Grace and Holy Trinity Cathedral
- 9 Kansas City Southern
- 10 Cathedral of the Immaculate Conception

**Health Walk**

TOUR NEAR

**Bartle Hall and the Convention Center**

KANSAS CITY, MO

Length of this Health Walk: ..... 1.3 miles

Estimated time to complete: ..... 30 minutes

Walk Difficulty: ..... Level 1

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





# GETTING TO THE Bartle Hall and Convention Center Area

WALKSTART:  
Denny's parking lot at 1600 Broadway

**BYCAR:**  
Take Broadway (one-way, south-bound) to the 16<sup>th</sup> Street intersection, just beyond the I-70 overpass. Turn right beyond Denny's building into the parking lot driveway, park in the rear.

**BYBUS:**  
The #47 Roanoke bus brings you directly to 16<sup>th</sup> and Broadway. For connections, call KCATA The Metro at 221-0660.

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

## Your Bartle Hall Health Walk

**Turn left out of Denny's lot** and **walk north**. Notice the Mural on the east wall. Cross over I-70, **turn right** (east) **on 14th Street to Central, turn left** (north). See the banners hanging on the "Avenue of the Arts". Pass Bartle Convention Center (#1) a vast meeting and exhibition space that actually crosses the Interstate to the south. In our city of many bridges this unusual building spans a highway and has been called the biggest "bridge" of all. Barney Allis Plaza (#2) a civic greenspace, is on the right (east) side of the street. It is named after Bernel Allis, a legendary hotelier who was "5'3" and tough as a horn" having spent his youth selling newspapers on the city's street corners. His passion for detail transformed the failed Muehlebach Hotel—seen later in your walk—into the city's only world-class hotel during the 1930's, a building of such finely wrought detail that transcontinental passengers would de-train just to see it. Many American presidents have in some way used this hotel.

The Marriott Hotel is at the 12<sup>th</sup> Street intersection. The Folly Theater (#3), on the west, represents a unique "spark of urban revitalization", since it was dramatically rescued from decay by a citizen campaign, to host a new generation of performances. In its first heyday, such luminaries as Sara Bernhardt and Al Jolson performed here. It is the most intimate of the three downtown theatres, with perfect sightlines and excellent acoustics. **Continue to**

**11th street** and the Lyric Theater (#4), home of the Kansas City Opera, on the corner.

**Turn right** (east) on 11<sup>th</sup>, walk a block and **turn right** (south) **on Wyandotte Street**, passing the Radisson Marriott (formerly the historic Muehlebach) (#5), the Holiday Inn and the DoubleTree Hotel (all on the east side of street). **Turn right** (west) **on 13<sup>th</sup>**, passing the Municipal Auditorium (#6), the Music Hall (#7), and the Barney Allis parking garage. *The Municipal auditorium is actually several separate assembly areas, offering one of the most distinguished large interiors in the country. The 1931 approval of its construction, as "WPA Project 954", came at a time of economic calamity with many citizens in desperate need. The city's charter prevented levying taxes to provide direct relief funds, so this ambitious capital expenditure program provided jobs instead.*

Cross Central, walk past the Bartle Hall entrance, and **cross Broadway Avenue**. Grace and Holy Trinity Episcopal Cathedral (#8), just to the south, *has one of the most unique courtyard fountains in the city—a baptismal font-like basin which displays a variety of water and auditory effects.*

The new Kansas City Southern Railroad Headquarters (#9), on the north, will soon house the Train Museum. **At Washington Street turn right and continue north**, crossing 12th street to the courtyard of the newly renovated Roman Catholic Cathedral of the Immaculate Conception (#10), home of the diocese of Kansas City/Saint Joseph. Adjoining the courtyard is the Cathedral Square Towers senior citizens complex.

To return to the Walk Start, **follow Broadway** across the highway bridge **from 12th street to Denny's**.

**Bad Weather Days?**

### Walk the glass skywalks and the underground

**walkway.** Enter the Convention Center parking garage at 13<sup>th</sup> and Central. Start at the Bartle Hall skywalk. It leads you through Municipal Auditorium, the Barney Allis Plaza underground parking and the KC Marriott Hotel. Cross over to the elevator at the Radisson Marriott Hotel, go to the lobby, cross to the underground parking and return through the sky walks. Go west on 14<sup>th</sup> street, left on Broadway (south) and return to 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 18<sup>th</sup> & 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

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