

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

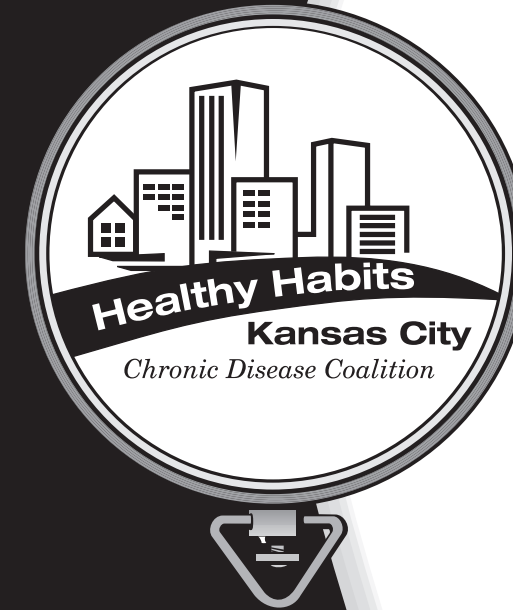
IN PARTNERSHIP WITH:

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 3 of the "30/Thirty" Health Walks



THIS WALK OFFERS NO AMENITIES OR SHELTER.

Bring water and a jacket for the river breeze.

POINTS OF INTEREST:

- 1 Berkley Riverfront Park
- 2 The Missouri River
- 3 The Paseo Bridge
- 4 The Heart of America (ASB/Broadway) Bridge

Health Walk

TOUR OF

Berkley Riverfront Park

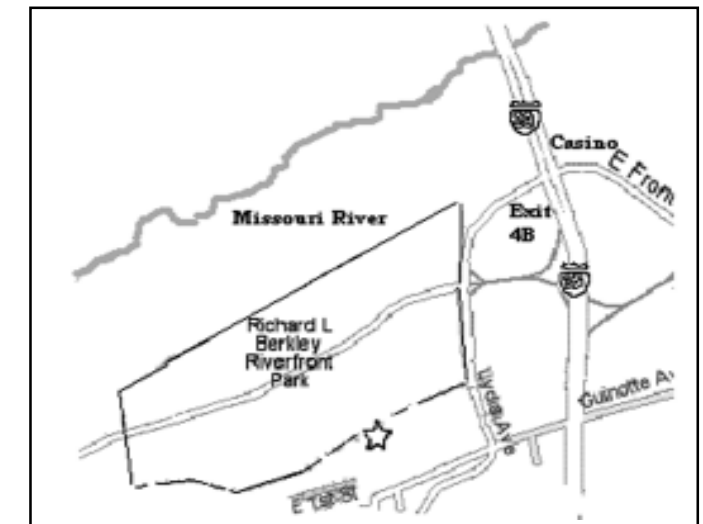
KANSAS CITY, MO

Length of this Health Walk: 1 miles

Estimated time to complete: 20 minutes

Walk Difficulty: Level 1

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





GETTING TO Berkley Riverfront Park

WALKSTART:
Parking lot directly south of Berkley Park

BYCAR:

Drive north on Paseo, take Front Street exit #4B, go west of the Isle of Capri casino to the lot on the south side of the street, in front of the "Berkley Riverfront Park" marker.

BYBUS:

The closest bus service is the Isle of Capri stop on the #173 Casino Route, about two miles southeast of the Walk Start. For connection information call KCATA The Metro, 221-0660.

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

Your Berkley Riverfront Park *Health Walk*

This walk does not have amenities or shelter. **If weather is threatening, choose another of the "30/Thirty Health Walks."**

Berkley Park (#1), is named for former city Mayor Richard Berkley. The park's informational markers add interest and huge slabs of native limestone provide unusual seating. As part of the Riverfront Heritage Trail, this park continues a tradition of valuing greenspace established through the "parkways and boulevards" concept of the 1894 Kessler plan for Kansas City. It now extends and enhances that commitment by linking more than 75 separate corridors to form a regional network joining many of the area's most valuable natural assets. The Trail, a \$22M project, is slated to be the centerpiece of MetroGreen.

MetroGreen is a proposed 1,144-mile interconnected system of public and private open spaces, greenways and trails linking the 7 counties of our bi-state metropolitan region (including the downtown business districts of both Kansas Cities, The River Market, and numerous other areas.) The Trail will provide a self-sufficient alternative transportation system for 60,000 area residents. Unique public artworks and markers along the Trail will create a journey through the area's early history. An interlinked bi-state Scenic Byway will draw cultural tourists to the urban river-front retail and commercial districts to shop, recreate and stay. Completion is projected in time to support the Bicentennial Commemoration of the Lewis & Clark Corps of Discovery Expedition in June 2004.

Looking south, a large office park slated for development will soon change the horizon between the park and the city.

The Missouri River (#2) flows along the city's northern border and the very edge of Berkley Park. Known today as "Big Muddy" because of ever-present silt, it was called "Old Misery" by early 1800's travelers seeking buffalo hides, grain and gold. By the early 1900's, great canoes 50 feet long lurched under the double burden of families and household goods as the river traffic swelled with the Mormon migration and with gold fever. In the busy river of the 1850's the "ornate and gilded" river pilots pulled down \$900 a trip, and there were 729 ships in a single season.

The shoreline is not as it once was. It has been tamed by the Corps of Engineers into levies to protect businesses and homes on the natural flood plain both south and north of the river's edge. In the widespread flooding of 1993, the fact that this area did not flood proved their effectiveness.

Across the river and to your right (east) is a casino, representative of several in the state of Missouri which are required to float in river water to legally permit gambling on the premises.

Your walk is bracketed by two of the city's important bridges. To the right (east) is The Paseo Bridge (#3), which is the link between The Paseo Parkway in the city and Interstate 35. To the left (west) is the Heart of America Bridge (#4) (Highway 9), which connects the city south and north of the river, as well as joining Kansas City with the city of North Kansas City. The old bridge, seen parallel to this one, was called the "ASB" for Armour, Swift and Burlington, the three giants of meat packing and transportation that dominated this area. Streetcars ran down the middle of the ASB, with auto traffic on the outside.

The Downtown Airport, just west around the river bend, was dedicated by famous aviator Charles Lindberg in 1927. A little further west is the confluence where the Kansas and Missouri rivers meet.

Walk west, facing downtown, on the sidewalk of the park's outer loop for approximately 1/2 mile. Bear right, **enter the inner walking loop** and continue **walking east back to the parking lot**. The loop provides one walking mile.

Freight still moves on the river, increasing year by year in an important renaissance spurred by modern barge techniques.

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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