

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

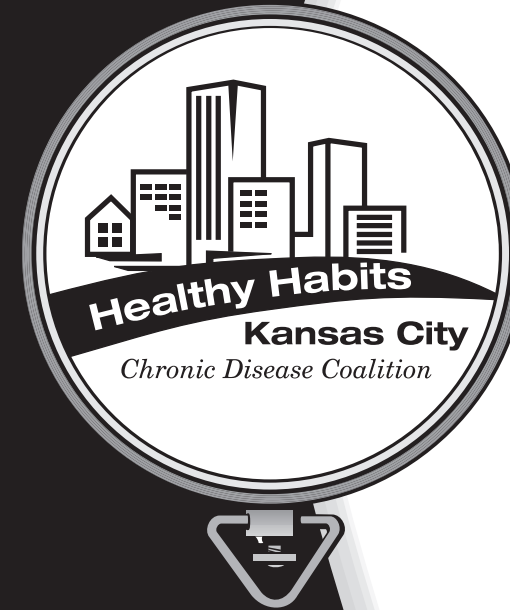
IN PARTNERSHIP WITH:

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 21 of the "30/Thirty" Health Walks



THIS WALK OFFERS:

Public Restrooms, Water

POINTS OF INTEREST:

- 1 The Blue Valley Park Main Shelter
- 2 Bales Lake
- 3 Bicentennial Fountain
- 4 Baseball Diamond
- 5 Blue River
- 6 J. A. Rogers Academy of Arts and Sciences

Health Walk

TOUR AT

Blue Valley Park

KANSAS CITY, MO

Length of this Health Walk: 2.4 miles

Estimated time to complete: 65 minutes

Walk Difficulty: Level 5

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





GETTING TO THE Blue Valley Park

WALKSTART:
23rd and Topping

BYCAR:

From 23rd Street and Van Brunt, travel east on 23rd to just past Topping. Park near the shelter accessed from the park entry drive, just east of Topping, off 23rd.

BYBUS:

The #123 23rd Street bus stops frequently at 23rd and Topping. For connections call KCATA The Metro, 221-0660.

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

Your Blue Valley Park *Health Walk*

Before beginning, step to the back of the shelter and take in the expansive view, demonstrating the elevation of this part of the city. There is a fine view of Bales Lake, a tremendous diversity of trees and shrubbery and many limestone rocks (clues to the geological history of the area). Take a moment to identify one or more of the four television transmission towers seen from the park, further illustrating the height of your Blue Valley outlook.

Blue Valley Park, 238 acres of greenspace, was acquired by the city in 1943. Its vast expanse includes many amenities, including Bales Lake, three shelters, a small playground and a baseball diamond. There are over two and one-half miles of roadway within the park.

For the nation's 1976 Bicentennial Celebrations, the park was selected by community leaders as the site for a large fountain project (size reflected in both water height and base dimensions.) The site was selected because the fountain could be

seen from as far away as Interstate 435 and even further on the Independence side (east). Unfortunately, the fountain's design made it difficult to maintain and it is currently not in working order.

The Blue Valley Homes Association serves as sponsor of "Partners for Parks" here, helping to maintain this park and keep it litter-free.

*Note: This Health Walk is a "5", the highest level on the difficulty scale, because surfaces are uneven and also because much of the walking is done on the asphalt road or on parts of 23rd Street where sidewalks are not complete. **Understand that this walk may have unstable footing, especially during or after bad weather.***

Walk from the main shelter (#1), turn left on the asphalt road that circles the interior perimeter of the park. Detour off the road as you approach Bales Lake (2) **and walk down to the lake. Go around** the 2.6 acre lake, *noticing the many persons who come to Bales Lake to fish, and return up to the asphalt road.* Continue right, following the park road then walking a counter-clockwise route around the interior perimeter of the park. About one block into this part of the walk, the road forks; **stay on the main road heading left** (do not take the roadway that veers to the right).

When you **approach the site of the Bicentennial Fountain** (3), climb up to it and **walk its perimeter** (*the base of this fountain is enormous; imagine the surface with running water rippling over the jagged ground surface*). **Descend** from the fountain site, **walk down to the baseball diamond** (4); *run the bases!* Now **walk over to 23rd Street where the Blue River** (5) **crosses under the road** (*an environmental measuring station is on the south side of 23rd Street before the river*). After you get to the river, **turn around and head back** on the north side of the road, walking past the J. A. Rogers Academy of Arts and Sciences (#6). Shortcut back through the park to the main shelter and your Walk Start, or stay on 23rd Street until you join the roadway leading to the 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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