

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 22 of the "30/Thirty" Health Walks



THIS WALK OFFERS:

Public Restrooms, Water

POINTS OF INTEREST:

- 1 Budd Park Esplanade
- 2 Budd Park
- 3 An outstanding array of neighborhood park recreational features:
 —swimming pool
 —lots of seating
 —playground
 —baseball diamond
 —tennis court
 —basketball court

Health Walk

TOUR OF

Budd Park

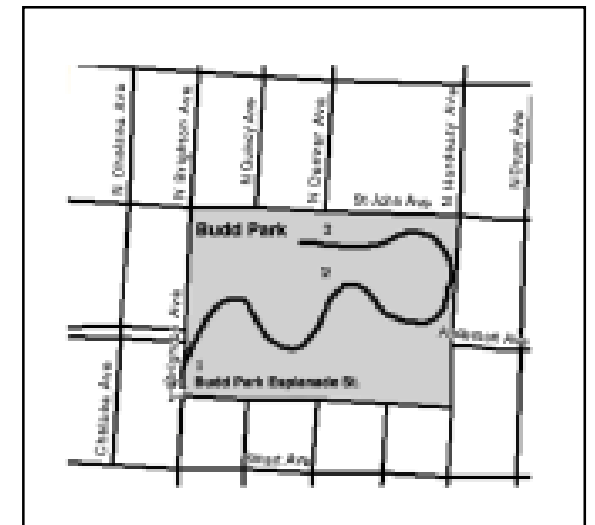
KANSAS CITY, MO

Length of this Health Walk: 1.9 miles

Estimated time to complete: 35 minutes

Walk Difficulty: Level 2

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





GETTING TO Budd Park

WALKSTART:
**The Budd Park Esplanade near
Saint John Avenue and Quincy Street**

BYCAR:

Drive on Independence Boulevard (24 Highway) until you intersect Van Brunt Boulevard (east of downtown). Turn left on Van Brunt to Budd Park Esplanade, right on the Esplanade to Brighton (the park is in front of you), right on Brighton, left on the Esplanade and park on its south side.

BYBUS:

The #30 Northeast stops at the Walk Start. For connections, call KCATA The Metro at 221-0660.

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

Your Budd Park Health Walk

This park is enclosed by Hardesty Avenue on the east, Brighton Avenue on the West, St. John Avenue on the north and Budd Park Esplanade on the south. It is surrounded by single-family residences dating from the early 1900's.

This is a representative Kansas City neighborhood park. It reflects the American Romantic style of landscape architecture with its emphasis on natural scenery, native plant materials and lack of formal design. The major horticultural focus is groves of large trees, many of which were planted in 1899.

Budd Park became Kansas City's second park in 1891, when Azariah Budd willed twenty acres to the city on the condition that the city pay his widow an annuity of \$3,000. Six more acres were added in the years that followed. In 1904, famous architect George Kessler designed the limestone entry steps at the northeast corner of the park. More cut stone steps, built in 1907 still remain at Denver and Quincy Avenues.

From the Walk Start on the Esplanade, **Budd Park is in front of you** (east).

Walk The Budd Park Esplanade (pronounced "Es plan ahd", meaning a level, open stretch for walking or driving) to enter the park. The Esplanade was built in 1917 and connects the park to Van Brunt Boulevard. *The fountain you see at that intersection was one of two given by the American Legion to the city as a remembrance of their national convention here. This one was placed downtown at 9th and main, and then moved to this picturesque site when Downtown Redevelopment began in 1958.*

Turn left (east) **on the Esplanade**, and see the entrance for the swimming pool and the walking path nearby. **Enter the walking path**. *The path meanders through the middle and around the edge of the park, a series of gentle "S" curves made of asphalt shingle fragments.*

Walk left (west) **and continue around the path**. *You will see the shelter building near the park center. This shelter house is an example of how most post-1915 Parks Department buildings have been constructed in natural stone to compliment the existing naturalistic, Romantic landscape design. Besides the native stone, the building features concrete floors, steel doors and sashes and cypress framing. **RESTROOMS** are here, and a limestone bubbling **DRINKING FOUNTAIN** is just south of the shelter.*

To gain the recommended length for a fitness walk, **take the course of the walking path 2 times**. On the last lap return to the swimming pool and 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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