

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 13 of the "30/Thirty" Health Walks



**THIS WALK OFFERS:**

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

**POINTS OF INTEREST:**

- 1 Christ Temple Church
- 2 Lee A. Tolbert Community Academy
- 3 Central Presbyterian Church
- 4 Trinity United Methodist Church
- 5 Midtown Marketplace
- 6 Kansas City Atheneum Women's Club
- 7 Scottish Rite Temple
- 8 Linwood and Paseo Traffic Signal
- 9 Faxon Montessori School
- 10 Habitat for Humanity Headquarters
- 11 St. Paul's Missionary Baptist Church

**Health Walk**

TOUR OF THE

**Center City Boulevards**

KANSAS CITY, MO

Length of this Health Walk: ..... 2.1 miles

Estimated time to complete: ..... 65 minutes

Walk Difficulty: ..... Level 2

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





# GETTING TO THE Center City Boulevard Area

WALKSTART:  
**Christ Temple Church, 3400 The Paseo Parkway**

## BYCAR:

Drive The Paseo Parkway to 34<sup>th</sup> Street. Park along the grounds of Christ Temple Church or in the church's lot on 34<sup>th</sup> Street (one-way, going east). This street cannot be accessed directly from The Paseo.

## BYBUS:

Bus #235 stops at Armour and Paseo, one block away. For connections, call KCATA, The Metro, 221-0660.

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

## Your Center City Boulevard Health Walk

**Four of the most historic thoroughfares in Kansas City's urban heart contribute to this rectangular walking route. It is full of treasures, old and new, to discover and admire.**

The Paseo Parkway: This Spanish name referencing a promenade or walkway graces one of the city's longest north-south streets.

Armour Boulevard: Andrew W. Armour, prominent in city banking circles, was a member of the park board when Armour Boulevard was laid out and named after him.

Gillham Road: Robert Gillham, was the engineer who built the first cable line in Kansas City.

Linwood Boulevard: This name recalls an early schoolhouse, called Linwood, that was in the center of a "Linn"(Linwood) Grove planted by a colony of Germans (one of the city's largest early immigrant populations).

The Boulevards Walk takes you past many historic buildings, a wide range of residential structures, churches and other unique landmarks.

**Walk south on The Paseo one block to Armour Boulevard (35<sup>th</sup> Street), turn right, walk ten blocks to Gillham Road, turn right, walk four blocks to Linwood Boulevard (32<sup>nd</sup> Street), turn right. Walk Linwood the ten blocks back to the Paseo, turn right and return to your Walk Start.**

From the Walk Start one can see the grounds of the Christ Temple Church complex (#1) and the adjacent Lee A. Tolbert Community Academy (#2). The main church, originally built as a Jewish Synagogue in 1922-1924, was purchased from Congregation Beth Shalom by Christ Temple church leaders in 1969 to support varied ministries and auxiliaries. The building's exterior is a paragon of fine workmanship and intricate detailing.

Many stately single-family residences and apartment buildings line these streets. The St. Regis Apartments, on the northeast corner of Linwood and Paseo, is one of the larger apartment structures that once served as residential hotels along Linwood and Armour.

Continuing on Amour Boulevard takes you past additional prominent urban-core churches, including Central Presbyterian Church (#3) at the southeast corner of Armour and Campbell, and Trinity Methodist Church (#4) at the northwest corner of Armour and Kenwood. New residential complexes now appear all along the route, as well as new commercial developments in the Midtown Marketplace (#5) along Gillham Road as you near Linwood.

At Linwood and Campbell, pass the Kansas City Atheneum Women's Club (#6). Founded by a group of 400 women in the early 1900's The Atheneum worked on progressive projects to improve the city's quality of life, establishing milk inspection and adding manual training, kindergarten and more playgrounds to the Kansas City school system. Other highlights along Linwood Boulevard include the Scottish Rite (Masonic) Temple (#7), the historic seventeen-foot-high Linwood and Paseo Traffic Signal (#8), the new Faxon Montessori School (#9), the current Habitat for Humanity headquarters, (formerly a classic Greek Orthodox Church) (#10), and St. Paul's Missionary Baptist Church (#11), a fine example of the many structures with natural stone exteriors found in the Boulevards area.

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

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