

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 5 of the "30/Thirty" Health Walks



THIS WALK OFFERS:

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

POINTS OF INTEREST:

- 1 Columbus Park: Gazebo, play equipment, benches, water fountain
- 2 Diverse neighborhood housing
- 3 LaSalas Sandwich Shop
- 4 Garozzo's Ristorante
- 5 Don Bosco Senior Center
- 6 Holy Rosary Credit Union
- 7 Holy Rosary Roman Catholic Church
- 8 Don Bosco Youth Center
 Vietnam Café

Health Walk

TOUR IN THE

Columbus Park Area

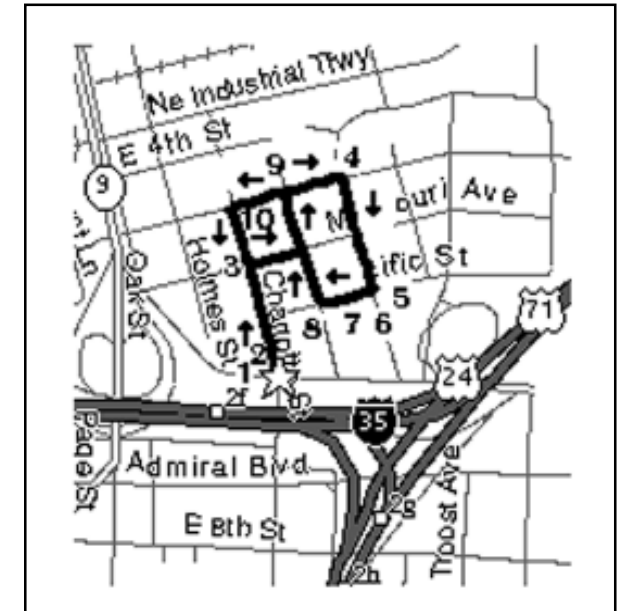
KANSAS CITY, MO

Length of this Health Walk: 1.1 miles

Estimated time to complete: 30 minutes

Walk Difficulty: Level 2

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





GETTING TO THE Columbus Park Area

WALKSTART:
Don Bosco Senior Citizen Center
580 Campbell

BYCAR:

From Independence Avenue and The Paseo, drive west on Independence, toward downtown. After crossing the I-35 Freeway, look to your right (north) for Campbell, turn right and immediately left into the Don Bosco parking lot.

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

Your Columbus Park Health Walk

Don Bosco (#1) is a multi-ethnic human services agency located in one of the most densely populated areas of Kansas City. Begun in 1940 by volunteers from Holy Rosary Church, it is “a private corporation doing business in the public interest”, which serves more than 2,500 clients a day.

83% of Kansas City, Missouri’s public housing units (5 projects) are located within 10 blocks of Don Bosco. 12 employees, with a staff language and translation capability spanning 22 languages, staff 8 Don Bosco services and another 16 off-site. For the population groups they serve, including black, Hispanic, white and Asian, their goal is to “effectively open doors, break down barriers and develop trust.”

Walk out of the parking lot **facing Campbell** Street and **turn right** (south).

In a few feet when you see **Independence Avenue**, **turn right** (west), facing downtown.

Walk one block, cross Charlotte **and enter Columbus Park** (#2). *This neighborhood park was designed especially as a playground. The children visiting here can enjoy water (from the fountain) and nature as the looming cityscape supervises.*

Take the asphalt walking trail by walking left (**west and clockwise**). Continue past the gazebo, play equipment, and water fountain. **Leave the park by the steps** at the corner of Missouri Street and Charlotte Street.

Walk north on Charlotte, **turn right on 5th Street** and notice LaSalas Sandwich Shop (#4) on the north side of the street. **Walk to Harrison** Street and **turn right**. At the southwest corner of the intersection with Missouri Street is the popular Garozzo’s Ristorante (#5), with their signature dish, Chicken Spiedini!

Notice the rich diversity of many turn-of-the-century houses mixed with new housing stock and lofts under construction (#6). Many residents have remained in the area all their lives.

Continue south on Harrison to **Pacific Street and turn right**. Walk one block to Campbell Street where you see Columbus Park Plaza (#7), a 56-apartment senior citizen housing complex which has been part of the community for the past 18 years.

Turn right (north) **on Campbell**, pass the Holy Rosary Credit Union on the east side of the street and the Holy Rosary Roman Catholic Church on the northwest corner (#8). *Italian immigrants from Genoa and the Southern provinces of Italy began settling the area known as the “North Side” in the 1860’s. By 1929, 85% of Italian people in Kansas City were from Sicily. In the early years, the people attended St. Patrick’s Church. When an Italian priest was found to pastor them, the congregation began services in a series of storefront locations. At last the people, their Irish neighbors and the priest found the funds to buy the land and build Holy Rosary.*

Next, you see The Don Bosco Youth Center (#9). At Campbell and 5th street notice the Vietnam Café on your left.

Turn left (west) **on 5th Street** and walk **back to Charlotte**. **Turn left** (south) and continue **to Missouri**. Climb the steps to **enter the park**, and **walk the path counter-clockwise to the park entrance** facing Charlotte (your starting point). Cross Charlotte and **walk back to** the Walk Start at **Independence and Campbell**.

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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