

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

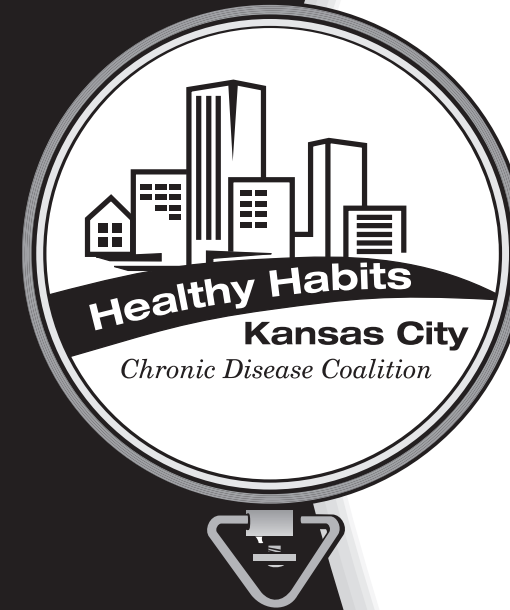
IN PARTNERSHIP WITH:

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 6 of the "30/Thirty" Health Walks



THIS WALK OFFERS:

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

POINTS OF INTEREST:

- 1 President Andrew Jackson Statue
- 2 President Abraham Lincoln Statue
- 3 City Hall's 12th St. Fountains
- 4 Police Officer's Memorial
- 5 "Modern Communication" Statute
- 6 Water Plaza of the Illus Davis Civic Park
- 7 Memorials at the Davis Mall
- 8 "Bill of Rights" sculpture near the Whittaker Federal Courthouse

Health Walk
 TOUR OF THE
Downtown Government Area

KANSAS CITY, MO

Length of this Health Walk: 1.1 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 THE Downtown Government Area

WALKSTART:

**Fletcher Daniels Missouri State Office Bldg
Off-street Parking in front of 615 East 13th Street**

BYCAR:

Parking may be challenging. Find a metered parking spot along the route closest to the walk start. Note: 13th Street is one-way heading west, accessed from the east from Charlotte or Holmes Streets.

BYBUS:

The #71 Prospect stops at 13th and Cherry Streets. Call KCATA The Metro at 221-0660 for connections.

Prefer *SHORT DIRECTIONS?*

Follow the **BOLD TYPE & UNDERLINING.**

Your Downtown Government Area *Health Walk*

Leave the parking lot in front of the Missouri State Office Building by turning left (west) on 13th Street. Cross to the north side of 13th and walk left (west) to the end of the block. The Richard Bolling Federal Building is across the street to your right (north). On your left is the Jackson County Detention Center. Turn right on Locust, cross the street, and continue north.

Pass the Jackson County Courthouse on the left, cross 12th Street and walk to 11th Street. In front is the horseback figure of President Andrew Jackson (#1) for whom the county is named. Across the street (north) in front of City Hall is the statute of President Abraham Lincoln and his son, Tad. (#2) The City Hall fountains consist of two rows of basins with bronze mythological sea horses and dolphin heads emitting water (#3). *In 1942 they were turned off as part of the war effort, saving the city \$1.50 per day in electricity.* Across the street (east) on Locust, in front of Police Headquarters is the bronze Police Officers Monument (#4) *by local sculptor Robert Merrill Gage. Dedicated in 1921, the distressed child being helped was modeled on the daughter of a patrolman.*

Just north, in the courtyard between Municipal Court and the Police and Fire Communications Building is the controversial statute "Modern Communication" by Santa Fe artist Terry Allen (#5), a

whimsical commentary on the sometimes difficult task of transferring information. Cross 11th, walking on Locust along the edge of the Ilus Davis Civic **Mall**, the two-block greenspace which links City Hall to the south with the Charles Evans Whittaker Federal Courthouse to the north. *Mayor Ilus Davis was prominently associated with the city's growth and progress during his administration in the 1960's. The mall, designed by architect Cindy Frewen-Wuellner, is a great space for civic events, with more than 350 trees to provide shelter. The shallow reflecting pool has a fountain feature with a short spray so that strong area winds don't surprise walkers with an unexpected shower! (#6).*

Along the east side of the Civic Mall you pass four granite memorial pillars (#7) dedicated to all city employees (mostly firefighters and police officers) who have given their lives in the line of duty.

Turn left on 9th Street and walk the north edge of the Civic mall. Note the bronze column sculpture "The Bill of Rights" (#8). Turn left again on Oak to head back along the mall's west edge.

Walk south on Oak all the way to 12th Street. At 12th and Oak, pass the current location of the Kansas City Public Library. This building also houses the Kansas City, Missouri Board of Education. (The entrance is one block further west at 1211 McGee Street).

Turn left on 12th Street, *the Missouri State Court of Appeals is the striking building you see one block further south, at the southwest corner of 13th and Oak.* Walk past the Jackson County Courthouse.

Cross Locust and walk into the plaza area on the grounds of the Richard Bolling **Federal Office Building**. During regular business hours you are welcome to enter the Federal Building and go down one level (by escalator or elevator) to the cafeteria on the 13th Street side, which is open to the public. **FOOD, DRINK, RESTROOM, PHONE.**

Note: If the building is not open or you choose not to enter it, walk right (south) on Locust from 12th Street one block to 13th Street. Turn left (east) on 13th to return to 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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