

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

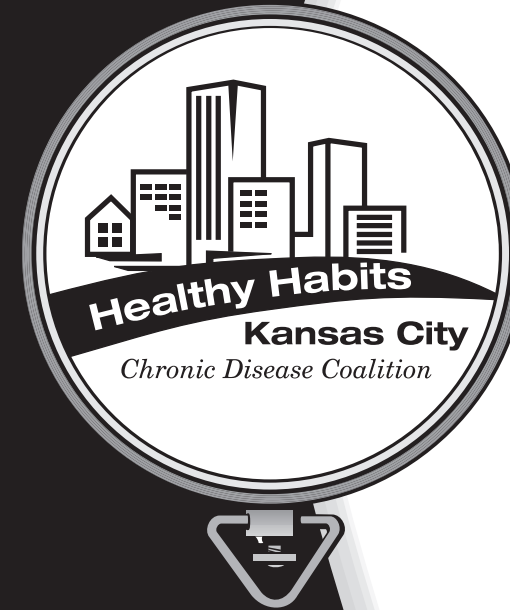
IN PARTNERSHIP WITH:

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 7 of the
"30/Thirty"
Health Walks



THIS WALK OFFERS:

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

POINTS OF INTEREST:

- 1 "Muse of the Missouri"
- 2 Commerce Tower Building
- 3 Commerce Trust
- 4 Petticoat Lane
- 5 The Town Pavillion
- 6 Harzfeld's Building
- 7 1201 Walnut Building

Health Walk

TOUR USING THE

**Downtown
Skywalks**

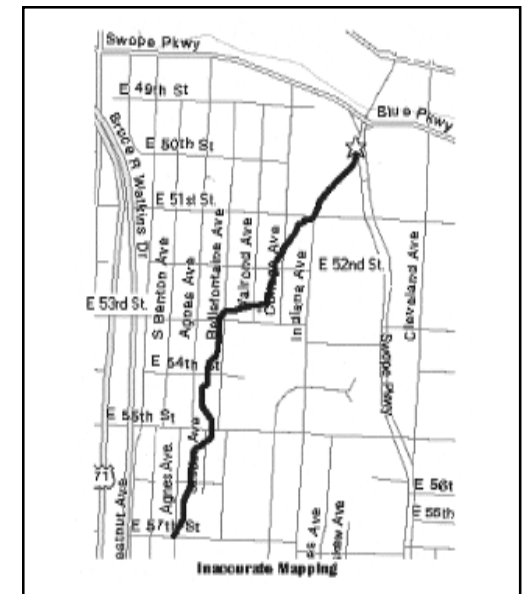
KANSAS CITY, MO

Length of this Health Walk: 2.1 miles

Estimated time to complete: 40 minutes

Walk Difficulty: Level 2 or 4

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





GETTING TO THE Downtown Skywalks

WALKSTART:
Commerce Tower Building
911 Main Street

BYCAR:

If you do not find on-street metered parking near the Walk Start, there are three free city lots at 3rd and Main Streets in the City Market. From any lot walk south on Main, turn right on 3rd, turn left on Delaware, cross over the highway and walk two blocks to 9th. (This adds about + mile to the walk, round trip.)

BYBUS:

Many busses stop at 9th and Main. For connections, call KCATA at The Metro, 221-0660.

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

Your Downtown Skywalks Health Walk

Note: The best time to walk the SKYWALKS is during business hours when all the connections are open.

As you walk up from City Market parking, you pass the "Muse of the Missouri" Sculpture and Fountain in the Main Street median.

Enter the Commerce Tower Building at 911 Main, step to the right, **take the escalators up two flights** and walk through the revolving doors to enter the connecting portion of the walk route.

Through this hallway **connect to the Commerce Trust building**, and then **cross over to** the next building – **the Commerce Bank**. Take note of the many works of art and the historical photos along the passageways.

In Commerce Bank, **take the down escalator to** enter the connection to the **101 Petticoat Lane building**. Walk on to the **next escalators** and go **up one flight**.

On this level, follow the signs over the bridge **to the Town Pavilion building**. At the Town Pavilion escalators, **go down one flight to the middle level of the** three-story **atrium**.

Cross the atrium to the next set of escalators and go up one flight, back to the third level. **Walk** toward the signs leading to the Harzfeld's Building, **past Harzfeld's** and on **to the 1201 Walnut Building**. You are on the third level.

Walk down the stairs two levels, into the Walnut Building's **lobby**. If weather permits, you might go outside, cross the street to walk the perimeter of the Oppenstein Brothers Memorial Park. *This "pocket park" was one of the first spaces set up to provide a tranquil resting and gathering spot in the heart of downtown. The art made of gleaming cylinders is called "rain."*

Now, RETRACE YOUR PATH to return to the Walk Start:

Re-enter the 1201 Walnut Building, going **up** the two flights of stairs **to the Skywalk** that returns you **to the Harzfeld's and Town Pavilion buildings**.

At the escalators in the Town Pavilion, go down one flight.

Walk to the other end of the atrium area heading **toward the** next set of **escalators**. **Go up one flight.**

Follow the signs **to the 101 Petticoat Lane Building**, then cross over into Petticoat Lane (do not take the path that leads to the Parking Garage on Main). Once there, **go down the escalators to the first floor** and follow the signs **into the Commerce Bank Building**. Follow the path to the escalators and **go up one flight**.

Walk **through the revolving doors**, down the hallway **to** the next set of **escalators** and go **down two flights**, back **to the lobby of the Commerce Tower** Building. **Step out onto Main Street and turn right** (north).

The Downtown Skywalks is an unusual route, which gives a special view of the city. If sustained exercise is your primary interest, the escalators do create an activity interruption.

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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