

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

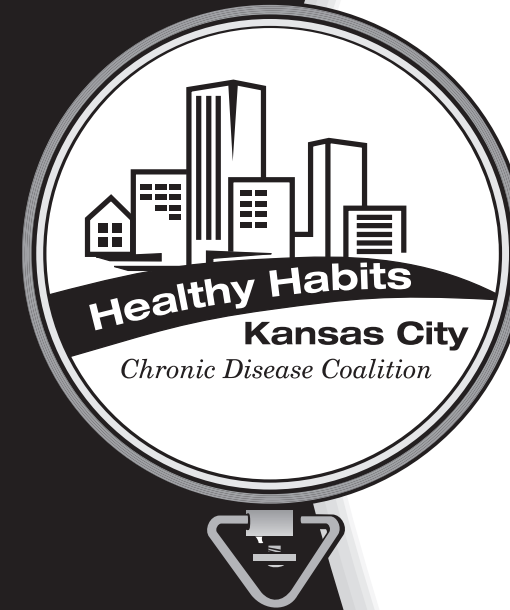
**IN PARTNERSHIP WITH:**

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 9 of the "30/Thirty" Health Walks



**THIS WALK OFFERS:**

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

**POINTS OF INTEREST:**

- 1 Hyatt Regency Hotel Complex
- 2 The Pershing Road Office Complex
- 3 International Headquarters of Hallmark Cards, Inc.
- 4 Shirley Kemper Dietrich Park
- 5 Our Lady of Sorrows Catholic Church
- 6 University of Missouri Kansas City School of Dentistry
- 7 Ronald McDonald House
- 8 Children's Mercy Hospital
- 9 Children's Mercy Playground

**Health Walk**

TOUR AT

**Hospital Hill**

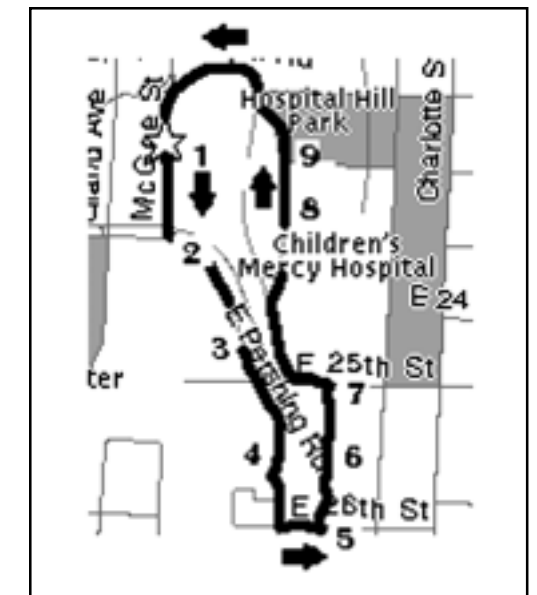
KANSAS CITY, MO

Length of this Health Walk: ..... 1.3 miles

Estimated time to complete: ..... 30 minutes

Walk Difficulty: ..... Level 3

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





# GETTING TO Hospital Hill

**WALKSTART:**  
**Hyatt Regency Crown Center Hotel  
Parking Garage, 2345 McGee Trafficway**  
Three hours free parking, 24-hour security

**BYCAR:**

Go to 27<sup>th</sup> Street and Gillham Road. Turn right (north, facing downtown), continue in the left lane following the Gillham curve to 2345 McGee Trafficway and turn right (north). The Hyatt Hotel will be on your right (east). Enter the garage and park on the 4<sup>th</sup> level.

**BYBUS:**

The nearest stop is 23<sup>rd</sup> and Grand, one block west. Several busses stop there in both directions. Call KCATA the Metro, at 221-0660, for connections.

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

## Your Hospital Hill Health Walk

The Hyatt Regency Crown Center Hotel (#1) was completed in 1980, with a 42-story guest tower housing 731 guest rooms. It is crowned with a revolving restaurant called Skies.

**Walk out** from the Hyatt parking (level 4) **to Gillham Road**, stay on the right (west) side of the street, and **go south** on Gillham **to 26<sup>th</sup> Street**.

You will pass the Pershing Road Office Complex, finished in 1971, the first project undertaken in the development of Crown Center. The buildings are laid out in a stair-step pattern to fit the land's sloping contour. (#2). The next large building is the International Headquarters of Hallmark Cards, Inc. (#3) said to be the largest enclave of artists in the world. Hallmark employs 19,000 people worldwide and produces more than 9 million greeting cards daily. On the corner is Our Lady of Sorrows Roman Catholic Church (#4), known as the "tourist church" for welcoming many visitors to the city. The parish began on Southwest Boulevard in 1890 as a church for immigrant German-speaking people. **Turn left** (east) **on 26<sup>th</sup>** and **walk** one block **to Cherry**. At this corner, notice the Sheila Kemper Dietrich Park (#5) where there are RESTROOMS and WATER.

**Turn left** (north) **on Cherry**, facing the UMKC School of Dentistry (#6). **Continue to 25<sup>th</sup> Street**, passing the Ronald McDonald House (#7) on your right. *This facility is one of the convenient, welcoming "homes" provided adjacent to treatment facilities across the country through corporate (McDonalds) and private funding. Because of this facility, families of young patients are able to be with their child during extended treatment, even if they don't live in the area.*

**Turn left** on 25<sup>th</sup>, passing the Dental School. **Continue around the curve which is Locust Street**. This will take you past the entrance to Children's Mercy Hospital (#8) and through their special Children's Playground (#9). *While at the playground, try out the stand-on keyboard (Remember Tom Hanks in "BIG"?), and notice the many fun soft toys.*

*Children's Mercy began more than a hundred years ago with two sisters and an abandoned child. An alarmed saloonkeeper observed a mother trying to give away her disabled and malnourished daughter and alerted sisters Alice Berry Graham (a dentist) and Katherine Berry Richardson (a physician). Their success in saving that child and subsequent efforts to provide for others like her are now reflected in one of the top ten children's facilities in the nation.*

*The current site on "Hospital Hill" was established in 1970 and has developed and grown repeatedly since then. It still serves families in financial need, but as the only such facility between Saint Louis and Denver, the Children's Mercy scope and specialties meet the needs of many young patients from a 200 square mile area.*

The route **meanders through landscaped gardens** and down the hill. As you leave the grounds of the hospital you will be heading north. Downtown is in front of you and the Hyatt Regency Hotel is on your left.

**Walk down the** contour of the **hill**. If you parked at the Walk Start, veer left to the Hyatt Parking garage, just north of the hotel. You are on Level 4. If you are catching the bus, continue west to 23<sup>rd</sup> and Grand.

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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