

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

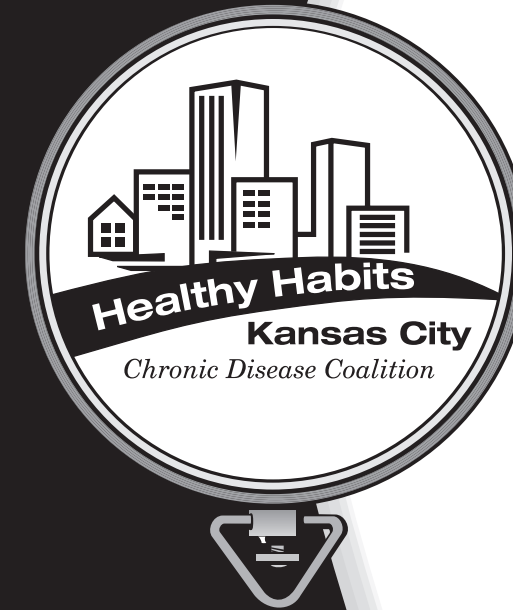
IN PARTNERSHIP WITH:

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 14 of the "30/Thirty" Health Walks



Health Walk
 TOUR OF THE
Ivanhoe Neighborhood
 KANSAS CITY, MO

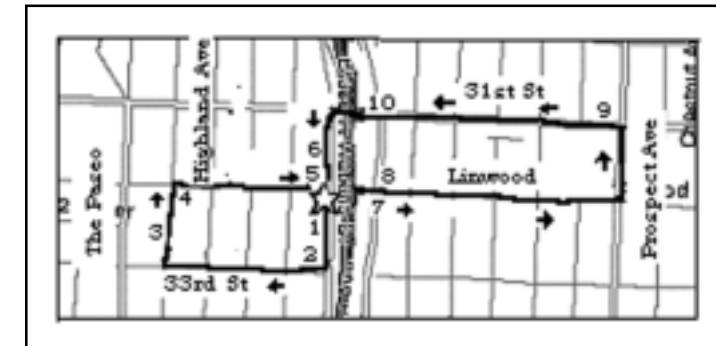
Length of this Health Walk: 1.8 miles
 Estimated time to complete: 45 minutes
 Walk Difficulty: Level 2
 (Walking Difficulty Range: "1" = level, smooth, simple; to "5" = hilly, irregular, complex)

THIS WALK OFFERS:

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

POINTS OF INTEREST:

- 1 Harold Thomas Center
- 2 Linwood Area Ministry Place (L.A.M.P.)
- 3 Habitat for Humanity
- 4 Linwood Multi-Purpose FOCUS Center
- 5 Lawrence A Jones and Sons Funeral Chapel
- 6 Bruce R. Watkins Drive (71 Highway)
- 7 Sanford Brown Park
- 8 Linwood Shopping Center area
- 9 Lucille H. Bluford Public Library
- 10 Downtown skyline





GETTING TO THE Ivanhoe Area

WALKSTART:

The Harold Thomas Center, 3210 Michigan, just south of Linwood Boulevard along the western edge of Bruce Watkins Drive (Highway 71).

BYCAR:

From Paseo and Linwood Boulevards: drive east four blocks on Linwood and turn right (south) on Michigan

BYBUS:

The 31st Street runs one block north of Linwood. Stop at Michigan/Bruce R. Watkins Drive and walk one block south to just past Linwood. For connections call KCATA, The Metro, at 221-0660.

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

Your Ivanhoe Neighborhood Area Health Walk

This route through the northern portion of the Ivanhoe area gives a small glimpse of the north/south axis of this large urban neighborhood (31st Street all the way south to Emanuel Cleaver II Drive). The walk goes south only to 33rd, but it covers almost all of Ivanhoe from east to west (Paseo to Prospect). Local development efforts involving the Ivanhoe Neighborhood Council and its many community partners are good examples of empowerment success stories throughout the Kansas City, Missouri urban core.

Walk south on Michigan to 33rd Street, past the Harold Thomas Center (#1), which was begun as a home for crippled girls, but now serves as headquarters for several service and faith networks. Some of these are local in scope and some are metropolitan-wide, including the Ivanhoe Neighborhood Council, the Front Porch Alliance and the Heartland Presbytery offices. The Center is named after the last pastor of the Linwood Presbyterian Church, which closed its doors at this location over 20 years ago. Now, it is part of the larger L.A.M.P. (Linwood Area Ministry Place) (#2) an urban core redevelopment initiative to rebuild the complex into a new Presbyterian regional headquarters, including an urban ministry training center, community meeting rooms and space for social service agencies.

Turn right on 33rd and walk three blocks to Flora. All along this walking route, and throughout the Ivanhoe area, there is a wide range of both single family and multi-unit residences, from the many Habitat for Humanity homes along 33rd to classic four-story apartment buildings of the kind that once lined all of Linwood Boulevard. Turn right on Flora and walk one block to Linwood. As you pass the Kansas City, Missouri headquarters for Habitat for Humanity (#3) on the left, notice the façade on the Linwood side. This was formerly a Greek Orthodox Church. The Linwood Multi-Purpose FOCUS Center (#4), which was originally a Jewish synagogue, is on your right.*

Turn right on Linwood. Walk east on Linwood, pass the L.A.M.P. project (formerly the Linwood Presbyterian Church) on the right, and the Lawrence A Jones and Sons Funeral Chapel (#5) on the left before you cross the Bruce R. Watkins Drive (71 Highway) (#6). Whether they are being used for their original purpose or have evolved into another use, note the many houses of worship along Linwood Blvd.

At Linwood and Brooklyn you see Sanford Brown Park (#7) on both sides of Linwood. This 3-acre park extends 250 feet to the north and to the south from the driving surface of the Boulevard. In 1941, the park was named to honor Sanford Brown, Jr., the first member of the local Masonic Lodges who died while serving in the armed forces in World War I.

The Linwood Shopping Center Area surrounds the intersection of Linwood and Prospect Avenue, and currently includes many commercial outlets, including a bank, grocery store and two pharmacies. Turn left on Prospect, walk one block to 31st and Turn left. The Lucille H. Bluford Public Library (#9), named after the founder and publisher of The Call newspaper, is on the northwest corner of 31st and Prospect. As you proceed west on 31st, passing over Bruce R. Watkins Drive, look north to admire the vista of the downtown skyline (#10) in the distance. Bruce R. Watkins Drive (71 Highway) serves as the north-south route to Kansas City, Missouri's downtown area, with many other connections to destinations throughout the metroplex. After passing over Bruce R. Watkins Drive, turn left on Michigan and head back to the 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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