

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

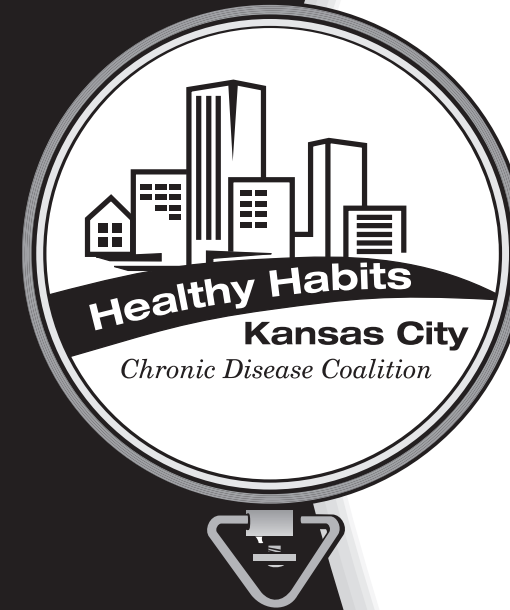
IN PARTNERSHIP WITH:

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 16 of the "30/Thirty" Health Walks



**THIS WALK OFFERS:**

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

**POINTS OF INTEREST:**

- 1 Kauffman Memorial Gardens
- 2 The Brush Creek Promenade
- 3 University of Missouri Kansas City
- 4 The Stowers Institute for Medical Research
- 5 Kauffman Foundation and Legacy Park
- 6 Missouri Conservation Department Discovery Center and Nature Trails

**Health Walk**

TOUR OF THE

**Kauffman Legacy Park & Stowers Institute for Medical Research Area**

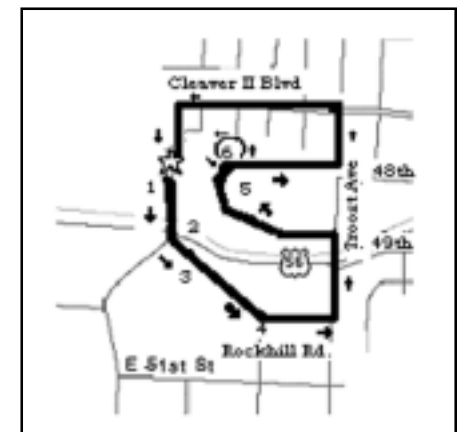
KANSAS CITY, MO

Length of this Health Walk: ..... 2.1 miles

Estimated time to complete: ..... 35 minutes

Walk Difficulty: ..... Level 2

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





# GETTING TO THE Kauffman Legacy Park & Stowers Institute for Medical Research Area

## WALKSTART:

**Kauffman Memorial Gardens Parking Lot  
4800 Rockhill Road**

Note: This location **closes at dusk and re-opens at 8 a.m.**, under continual camera surveillance. For early morning walks, park across the street (east) at the Kauffman Foundation.

## BYCAR:

Drive south on Troost Avenue, turn right on 47<sup>th</sup> Street (Cleaver II Boulevard), turn left on Rockhill Road, then right into Kauffman Memorial Gardens parking (Kauffman Foundation is on your left).

## BYBUS:

Two routes stop one block from the Walk Start, at Volker and Rockhill: #155, 55<sup>th</sup> Street, traveling east/west on Volker; and the #55 Rockhill, north/south on Rockhill. Call KCATA, The Metro for connections, 221-0660.

## Prefer *SHORT DIRECTIONS?*

Follow the **BOLD TYPE & UNDERLINING.**

## Your Kauffman Legacy Park & Stowers Institute for Medical Research Area Health Walk

*Before your walk, enjoy a stroll through the enchanting Kauffman Memorial Gardens (#1). This limestone-cloistered public space has at least three hundred varieties of plantings and color from many thousands of both vintage and modern bulbs. Look for the playful jumping arch of water in the Secret Garden, the quiet corner at the gravesite of founders Ewing and Muriel Kauffman and sculptor Tom Corbin's slender bronze figures dancing down the main pool.*

**To begin your Health Walk**, leave the gardens by **turning right** (south) **onto Rockhill Road**. Cross the bridge, passing over Brush Creek (#2). In 1906, landscape architect George Kessler noted the importance of Brush Creek to our town's expansive parks and boulevards plan. Yet it would take three devastating floods, \$80 million and nearly a century to turn the natural stream valley into this landscaped waterway worthy of the City Beautiful movement.

*The six square-mile Brush Creek Corridor is now the heart of Kansas City's cultural, educational and research community, a landscaped ribbon of water linking fountains, waterfalls and peaceful pools in one of the country's most inviting urban green spaces.*

Cross Volker Boulevard, curve left and **continue** up Rockhill Road **to 50<sup>th</sup> Street**. On your right is the University of Missouri, Kansas City Student Union on the northern edge of campus. (#3) At 50<sup>th</sup>, **turn left** and walk the south edge of Stowers Institute For Medical Research **to Troost Avenue**. (#4) *Jim and Virginia Stowers' \$1.6 billion gift to finance the institute gave the world hope for cures for cancer and other diseases, and gave the city the ten-acre park to house the art you see now. Defining the entrance is Missouri sculptor Larry Young's "Hope for Life", a 32-foot stainless-steel representation of the DNA molecule's double helix. A series of limestone-edged cascading pools meander across the grounds to the sculpture "Joy of Life" by California artist Robert McDonald, commissioned by the grateful family of an organ-recipient child.*

**Turn left on Troost, walk** north on the bridge over Brush Creek **to the eastern section of Kauffman Legacy Park**. (#5) **Enter the Legacy Park Walkway** (the Brush Creek stream is on your left) **and walk clockwise around the lake** toward the west, then crossing the lake bridges behind the Kauffman Foundation Building. Next, **walk to the wooden bridge on the north side** of the lake.

**Take the bridge east**, walk **to the "Wild Side Walk"** path sign (the Missouri Department of Conservation Discovery Center (#6) buildings are on the right). *This interactive learning center offers six workshops—including wildlife management and bird watching—to children from kindergarten through high school.* **Walk on the pebbled sidewalk trail**, making a loop through four native Missouri landscapes—wetlands, prairie, and both upland and lowland forests. *Inside the building, a sculpture and mural depict what the 1806 Corps of Discovery Expedition of Meriwether Lewis and William Clark might have seen during their stop here at the confluence of the Missouri and Kansas Rivers.*

**Cross back over the bridge**, (east), on the south edge of the buildings, past the picnic tables on the right and the Conservation buildings on the left, until you reach the main entrance. Take the eastbound pebbled sidewalk, continue **across the parking lot** and back onto Troost. **Turn left** (north) **on Troost**, walk **to the Cleaver II Boulevard traffic light and turn left** (west). **Walk** five blocks **to Rockhill Road, turn left and return 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 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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