

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

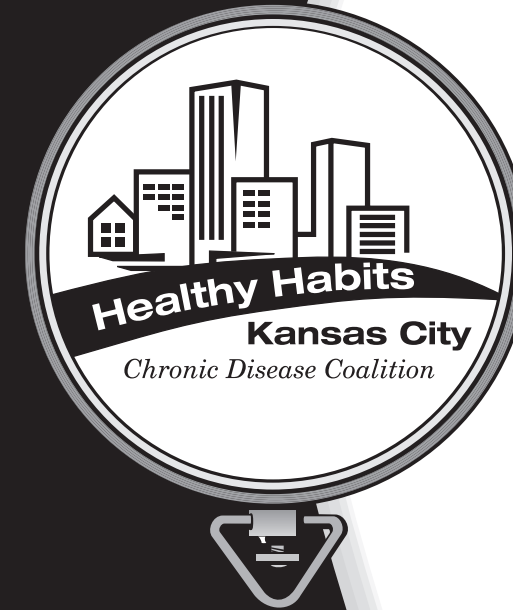
IN PARTNERSHIP WITH:

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 23 of the "30/Thirty" Health Walks



THIS WALK OFFERS:

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

POINTS OF INTEREST:

- 1 The Thomas Hart Benton Memorial
- 2 Kansas City Museum
- 3 Residences of Gladstone Blvd.
- 4 Marker overlooking the river
- 5 Scarrit Neighborhood Marker and overlook of downtown
- 6 Entrance to Cliff Drive Scenic Byway
- 7 Colonnade
- 8 John Fitzgerald Kennedy Memorial and Eternal Flame
- 9 Concourse Fountain
- 10 William Reid Royster Memorial

Health Walk

TOUR OF

Kansas City Museum & Gladstone Boulevard

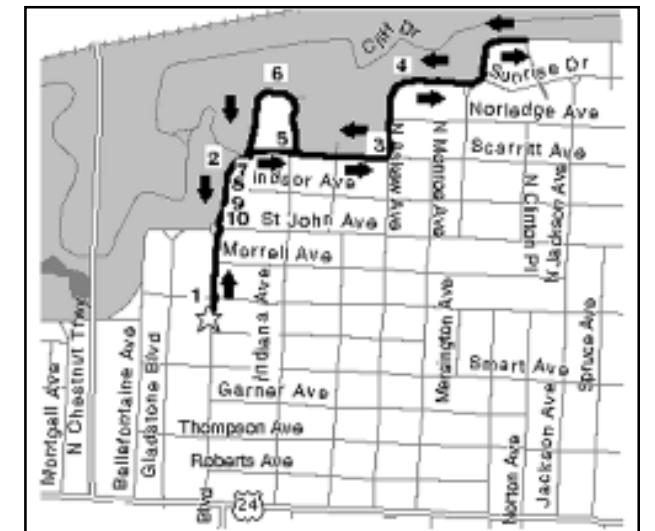
KANSAS CITY, MO

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)





GETTING TO THE Kansas City Museum & Gladstone Boulevard Area

WALKSTART:
St. Anthony's Catholic Church
318 Benton Blvd.

BYCAR:

Access from Independence Avenue and Benton Blvd. Turn north on Benton Blvd. to Lexington, Church is on the right

BYBUS:

The # 30 Northeast stops close by at St. John and Benton Blvd. For connections, call KCATA The Metro 221-0110.

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

Your Kansas City Museum & Gladstone Boulevard Area Health Walk

By the late 1890's, Kansas City began its third major boom and industry expanded into residential neighborhoods. To escape the encroaching commercial activity, parks and boulevards were built east of downtown near the old Scarritt homestead, which includes this part of northeast Kansas City. Following Kansas City's master plan for parks and boulevards, Gladstone Boulevard starts at the intersection of Independence Avenue, traveling north until it reaches the area of Concourse Park. From there it turns east around the concourse where it crosses St. John Avenue, continuing north toward the current location of the Kansas City Museum and beyond. The Concourse is part of the 300 acres of Kessler Park, which also includes the six mile drive of the Cliff Drive Scenic Byway.

Note: You will be walking Gladstone Boulevard for most of this Health Walk. Gladstone Boulevard resembles a winding path. It follows the upper level residential areas above the limestone bluffs that

border this portion of the city. Nearby Cliff Drive Scenic Byway follows a similar winding pathway, but it is midway between these residential neighborhoods and the base of the limestone bluffs.

Cross over **St. John Avenue**, passing the rock memorial to Thomas Hart Benton (#1), at the traffic circle and **follow Gladstone** walking on the right side of the street. Walk past the Kansas City Museum (#2) grounds (across the street). At this point, Gladstone Blvd. veers to the right. Follow the Boulevard, taking in the majesty of the many homes (#3) that line it. About 5 blocks down (at Mersington), the Boulevard makes a turn to the left, then makes an "S" shaped curve as it heads to the overlook point at 3902 Gladstone. *Stop at the neighborhood marker for a spectacular view of the Missouri River Valley (#4).*

At this point **turn around and head back up Gladstone Blvd.** As you approach the Kansas City Museum grounds, **turn right on Indiana. Walk one block to Norledge**, viewing some of the residential treasures surrounding the museum grounds. Walk one block west and stop at the Scarritt Neighborhood marker (#5) and *overlook toward downtown Kansas City. This was the site of Nathan Scarritt's log cabin, which he built himself. Dr. Scarritt, a leading citizen and founder of Melrose Methodist Church, was also the founder of Scarritt Bible and Training School.* **Turn left at** the marker (**Walrond Avenue**), noticing one of the entrances to the Cliff Drive Scenic Byway (#6), on the southwest edge of this intersection. **Turn right** and **proceed back on Gladstone Blvd. to St. John Avenue.** As you approach the Concourse, **walk to the right** and follow the pathway adjacent **to the Colonnade** (#7). *The John Fitzgerald Kennedy Memorial and its Eternal Flame (#8) are in front of this structure. The overlook view from the center of the Colonnade provides vistas of Cliff Drive and points beyond. After this, take time to walk around the perimeter of the concourse and the fountain (#9) in the center of **the Concourse**. Note the memorial to William Reid Royster (#10), to the north of the fountain square.*

Return to your Walk Start on Benton Boulevard.

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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