

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 24 of the "30/Thirty" Health Walks



**THIS WALK OFFERS:**

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

**POINTS OF INTEREST:**

- 1 Samuel U. Rodgers Community Health Center
- 2 Woodland Edison Classical Academy
- 3 Century Towers Residences
- 4 University of Health Sciences, College of Osteopathic Medicine
- 5 Della C. Lamb Neighborhood House
- 6 Downtown Skyline view
- 7 Queen's Market (formerly Scimeca's)
- 8 Arzelia Gardens Senior Village
- 9 Gates' Center

A MEMORIAL

**Health Walk**

IN THE

**Samuel U. Rodgers Community Health Center Area**

KANSAS CITY, MO

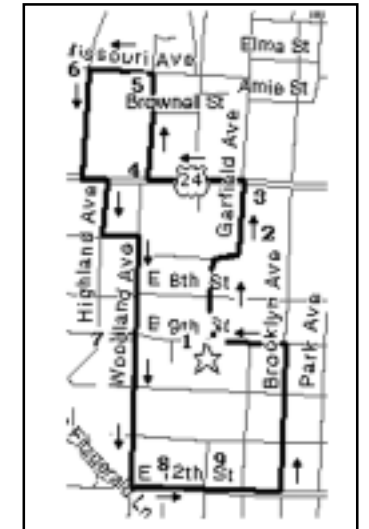
North Walk Length: ..... 1.7 miles  
 Estimated time to complete: ..... 40 minutes

South Walk Length: ..... .9 miles  
 Estimated time to complete: ..... 25 minutes

Combined Walk Length: ..... 2.6 miles  
 Estimated time to complete: ..... 65 minutes

Walk Difficulty: ..... Level 2

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





# GETTING TO THE Rodgers Health Center Area

## WALKSTART:

**Samuel U. Rodgers Community Health Center  
913 Euclid, parking lot.**

**Note to walkers:** This walk is offered as either a **NORTHERN Route** (1.7 miles, 40 minutes), a **SOUTHERN Route** (.9 miles, 25 minutes) or a **COMBINED Route** of 2.6 miles, 65 walking minutes.

## BYCAR:

Drive on 9<sup>th</sup> to Euclid Avenue and the Rodgers Health Center. Park in the lot north of the clinic.

## BYBUS:

The #109 9<sup>th</sup> Street bus stops at 8<sup>th</sup> and Euclid. Call KCATA, The Metro, at 221-0660 for connections.

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

## Your Samuel U. Rodgers Health Center Memorial Health Walk

This Health Walk is dedicated to the late Dr. Samuel U. Rodgers who, in 1968, became one of the founders of the community health center that would be named in his honor. As the Center's long-time administrator, he laid foundations for the crucial services offered here today. The Rodgers Center now serves nearly 17,000 patients each year in this location and twelve others, providing comprehensive outpatient primary care and supportive services that are convenient and affordable.

The Center is a member of the **Missouri Primary Care Association**, the networking agency which **developed The "30/Thirty" Health Walks.**

Your route here in Kansas City's Northeast area showcases a wide range of commercial community assets and many multi-family residential developments managed by the Kansas City, Missouri Housing Authority or by other management companies or community development corporations.

## NORTHERN Walking Route:

As you leave the parking lot, walk to your right (north) on Euclid.

At 7<sup>th</sup> Street, turn right, walk one block to Garfield, turn left and walk to Independence Avenue. Pass along the grounds of Woodland Edison Classical Academy (#2) and Century Towers Residences (#3).

Turn left at Independence, walk to Woodland, turn right and walk to Missouri Avenue, passing the campus grounds of the University of Health Sciences, College of Osteopathic Medicine (#4) and the Della C. Lamb Neighborhood House (#5).

Turn left on Missouri and walk to Highland, taking time to admire the downtown skyline view (#6).

Turn left on Highland, cross Independence Avenue (pass Queen's Market, formerly Scimeca's) (#7), veer left, walking on Highland to Admiral Boulevard/7<sup>th</sup> Street.

Turn left on Admiral Boulevard /7<sup>th</sup>, turn right on Woodland, walking to 9th.

Decide whether you want to continue by walking the southern portion of the route or return to the Walk Start (one block left (east) to Euclid).

## SOUTHERN Walking Route *Continuing? Great!*

Walk south on Woodland from 9<sup>th</sup> Street to 12<sup>th</sup> Street. Turn left on 12<sup>th</sup> and go all the way to Brooklyn, passing Arzelia Gardens Senior Village (#8) and walking among the many shops and service centers in the Gate's Center shopping district (#9).

At Brooklyn, turn left and walk to 9<sup>th</sup> Street, turn left and walk to Euclid. Turn right 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 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

\* Route is totally or partially enclosed or inside a climate controlled area