

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 20 of the
"30/Thirty"
Health Walks



THIS WALK OFFERS:

Water, Phones,
Public Restrooms

POINTS OF INTEREST:

- 1 Loose Park Meeting Pavilion and statue of Jacob Loose
- 2 Loose Park Lagoon
- 3 Cannon and Civil War Memorial
- 4 Tennis courts, swimming pool, drinking fountain
- 5 Entrance to Laura Conyers Smith Municipal Rose Garden and Fountain

Health Walk

TOUR IN

Loose Park

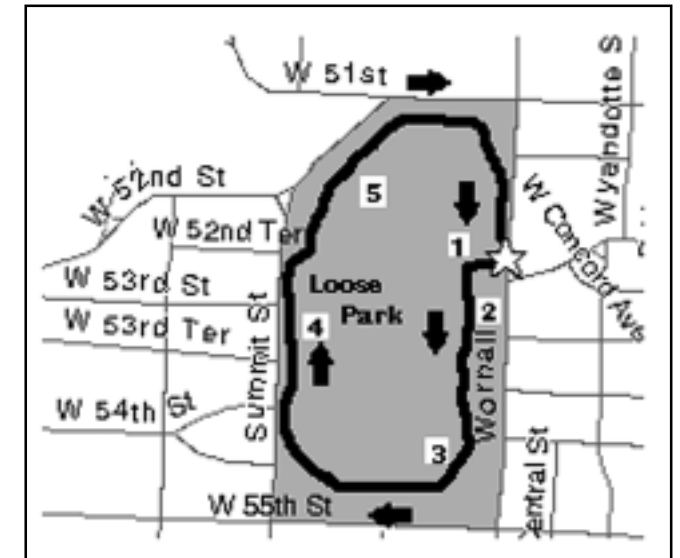
KANSAS CITY, MO

Length of this Health Walk: 1.2 miles

Estimated time to complete: 25 minutes

Walk Difficulty: level 2

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





GETTING TO Loose Park

WALKSTART:

Loose Park Covered Shelter lot 52nd Street and Wornall Road

BYCAR:

Go to 52nd and Wornall, then access the park entrance on 52nd Street or one block to the south, off Wornall.

BYBUS:

The 56 Country Club bus serves Wornall Road. For connections, call KCATA The Metro at 221-0660.

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

Your Loose Park Health Walk

Loose Park offers twenty-five city blocks of winding paths and serene greenery. Within these lush 72 acres is the Stanley R. McLane Arboretum, home to more than 1,400 trees. Blue spruce, cherry, dogwood, redbud, persimmon, oak, ash maple, evergreen and dozens more tree species dot the park, with all major groves labeled for the walker. Look for an interpretive brochure near your Walk Start.

This greenspace has a varied history in the life of the city. On October 23, 1864, it was the site of the Civil War Battle of Westport, the last major engagement west of the Mississippi. In the early 1930's the space served the city as a golf course. Then, in 1941 it was donated to the city as a park by the Loose family as a memorial to Sunshine Biscuit Company founder Jacob Loose. His apartment home in the elegant Walnuts nearby meant that the space that would become the park part of his everyday life.

From the base of the **covered shelter** (#1), **walk south** toward the lagoon (#2).

Walk either side of the lagoon (or, to add to this 1.2 mile walk, circle the lagoon). **Then enter the asphalt/sidewalk trail that takes you** clock-wise **around** the perimeter of **the entire park**.

Walk toward the south on **the eastern edge** of the trail, **parallel to Wornall Road**. The trail angles east before you **walk the southern edge** of the park, (west) **parallel to 55th Street**, enjoying the charm of the residential area just south of the park and the vista of the central Country Club Plaza to the north. At the center of this stretch is the Battle of Westport Memorial, signaled by the cannon (#3).

Follow the path to the right (north) and **walk the western edge** of the park, **parallel to Summit Street**. Pass by the Loose Park tennis courts, *there is special water access here with a "people fountain" on top and a "doggy fountain" underneath*, the swimming pool (#4) and open grassy areas *where park visitors stroll with their dogs or gather for volleyball, frisbee or a picnic along the rolling terrain*.

Turn to the **right** again (east), **walking north of Laura Conyers Smith Civic Rose Gardens** (#5) with 51st Street to your left (north), past the adjacent residential area and back along Wornall to the formal park entrance and to the covered shelter near your Walk Start.

At the covered shelter, you are encouraged to stroll your way into the rose gardens, to the fountain in the center and up the steps of the formal entrance from 51st Street. The rose garden began as a dream of a group of citizens in 1931, led by Mrs. Smith. The first garden contained 120 rose plants, the present two and a half-acre garden contains 4000 roses of nearly 150 varieties. For seventy-one years this civic treasure has been maintained through partnership between the Kansas City Rose Society and Kansas City, Missouri Parks and Recreation.

The gracious circular plan was developed by eminent landscape architect S. Herbert Hare and dedicated in May 1939. The garden's handsome limestone and timber pergolas are gifts from individuals and organizations in the early years. A splendid new fountain and surrounding walks was installed in 2002, making an even more charming setting. It is not unusual for 300 weddings to be performed here in a year.

To get the best benefits from your fitness walk, you are encouraged to re-enter the asphalt walking trail, **take it back to the left, reverse the route and walk counter-clockwise back around the park**. *Take time to savor the serenity of the lagoon area, maybe bringing along some birdseed or bread to feed the birds near the water's edge. You've earned this reward—relishing nature in the heart of Kansas City's Loose Park.*

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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