

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 29 of the "30/Thirty" Health Walks



**THIS WALK OFFERS:**

Food \$, Drink \$, Water  
 Public Restrooms, Phones  
 within the medical center complex

**POINTS OF INTEREST:**

- 1 Meyer Boulevard and Delbert J. Haff Circle Fountain
- 2 Southeast High School
- 3 Bruce R. Watkins Drive (71 Highway)
- 4 Statute of Liberty Replica
- 5 Research Medical Center
- 6 Sertoma World Headquarters
- 7 American War Mothers Memorial
- 8 International Center – Church of the Nazarene
- 10 Downtown skyline

**Health Walk**

TOUR ON THE

**Meyer Boulevard Promenade**

KANSAS CITY, MO

Length of this Health Walk: ..... 2.2 - 3.5 miles

Estimated time to complete: ..... 60 - 75 minutes

Walk Difficulty: ..... Level 2 - 3

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





# GETTING TO THE Meyer Boulevard Promenade Area

## WALKSTART:

**The Starlight Theater Office Parking Lot  
6601 Swope Parkway**

## BYCAR:

From Prospect Avenue and Meyer Boulevard: drive east on Meyer Boulevard: drive east on Meyer Boulevard: drive east on Meyer (facing the Swope Park entrance gate) and cross Swope Parkway into the park. See the ticket office on your right, make the first possible right turn into the Walk Start lot.

## BYBUS:

The #53 Armour/Swope Park bus stops at the front gate of the park, 66<sup>th</sup> and Meyer. For connections call KCATA The Metro, 221-0660.

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

## Your Meyer Boulevard Promenade Area Health Walk

From the Starlight Ticket Office lot, walk out of the park onto Meyer Boulevard. *Stop at the fountain and observe this stately area (#1): the formal green spaces, the fountain and median, the entry markers to Swope Park, the groves of planted trees and the setting provided by the formal grace of Southeast High School (#2). The circle fountain is dedicated to Delbert J. Haff, a lawyer and Park Board member, for his many contributions to financing and “finding a way” to make the parks and boulevards system work in the crucial early years. The mirror pool with its low retaining wall of coursed stone is equipped with a center spraying ring and vertical jets that operate year round.*

**Walk out to Meyer**, stay on its left side (south) and **cross the Bruce R. Watkins Parkway**. **Continue on Meyer** walking on the right (north) side of the street. *Bruce R. Watkins Drive (71 Highway) (#3) is the north-south traffic artery linking south to Highway 435 and north to downtown, as well as other connections. The bridges over Bruce R. Watkins Drive have been designed and built to*

*add classic design to this urban thoroughfare, especially when it crosses over a boulevard. Note the added detail on the Meyer Boulevard bridge as compared to the simpler design of the 63<sup>rd</sup>. Street bridge. Look for the Statute of Liberty (#4) and the park bench at Meyer Boulevard and Prospect. This miniature of the Statue of Liberty, recalling “Lady Liberty” in New York harbor, was presented by a nationally sponsored Boy Scout program which gave 206 such monuments to various cities across the country. Research Medical Center (#5) is on the north side of Meyer at the corner of Meyer and Prospect. The Medical Center, and the surrounding complex of health-related facilities, originated on Kansas City’s Hospital Hill area as the German Hospital. Research Medical center serves as one of the area’s prominent health centers.*

*Notice the stone wall on your right that surrounds the grounds of the Medical Center facilities. You will also pass the Sertoma World Headquarters (#6) on your right. In the traffic circle beyond is the American War Mothers Memorial (#7). This 18-foot-high obelisk (dedicated in 1942 to those who served in World War I) is a simple form rich in meaning – the metal stars, located on 3 of the 4 sides of the memorial are gold (symbolizing those who died in the war), blue (those who were wounded) and white (those returned uninjured). The fourth side has the War Mothers Insignia on it. **This portion of the walk measures 1.1 miles one way (2.2 miles round trip).***

**You can choose to return from this location,  
or continue down the slope to 63<sup>rd</sup> Street, then return.**

The extended walk measures 3.5 miles and includes more difficult terrain. At 63<sup>rd</sup> Street, on your right, is the International Center of the Church of the Nazarene (#8), which has made its home in Kansas City, Missouri since the birth of the denomination in 1908. It provides support for 1.2 million members worldwide in this country, Canada and 135 other world areas.

Return by **walking on the north side of Meyer** to the Starlight Ticket Office parking lot and your 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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