

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 2 of the "30/Thirty" Health Walks



THIS WALK OFFERS:

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

POINTS OF INTEREST:

- 1 Terrace Park
- 2 Views from Lewis and Clark Point
- 3 James Pendergast Memorial
- 4 American Cancer Society Building
- 5 French Cemetery Plaque
- 6 Penn Lane Arch
- 7 Hope Lodge
- 8 Cathedral of the Immaculate Conception
- 9 Heartland Headquarters of the United Way
- 10 Quality Hill YMCA
- 11 Godfrey and Blanche Jones Plaza

Health Walk

TOUR OF THE

Quality Hill and the Lewis & Clark Point

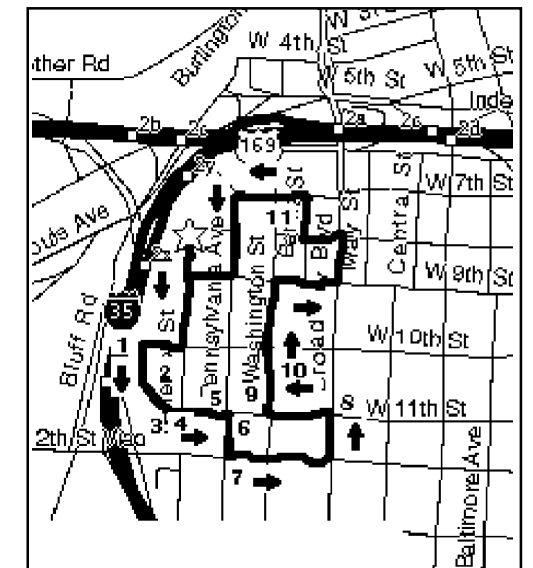
KANSAS CITY, MO

Length of this Health Walk: 1.4 miles

Estimated time to complete: 30 minutes

Walk Difficulty: Level 2

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





GETTING TO THE Quality Hill and Lewis & Clark Point

WALKSTART:
**The Lewis & Clark Point
8th Street and Jefferson**

BYCAR:

From 9th and Broadway Street: travel west on 9th and proceed to Jefferson where 9th Street ends, turn right on Jefferson for one block to Lewis and Clark Circle, overlooking the river.

BYBUS:

The Twelfth Street bus goes to 8th and Jefferson. For connections, call KCATA The Metro 221-0110.

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

Your Quality Hill and Lewis & Clark Point *Health Walk*

The Quality Hill area is a mix of old high-rise apartment buildings surrounding the bluffs of this section of the urban core, office buildings and the new and rehabbed residential units near the area's merge with downtown. The circular drive, at Lewis and Clark Circle is the site of "La Societe Chouteau" a sculpture and marker celebrating Lewis & Clark. Note the names on the brass plates of those included in the sculpture along the base of the work.

From the Lewis & Clark Circle, head south following the perimeter of the limestone walls (a WPA project completed during the Depression) that border Terrace Park (#1). Look north at this overlook to admire the scope of the Missouri River, the areas north of the river; to the west where the Kansas River (Kaw River from the Indian name) intersects the Missouri and downtown Kansas City, Kansas. Read the Chouteau Society marker (#2)

(in French on one side and English on the other; additional plaques from them are located in the area) to learn about the early history of this area. Next view the memorial statue to James Pendergast (#3) as it overlooks the West Bottoms.

Further along the park's perimeter, you reach two one-story stone towers that provide an overlook to the West Bottoms, Kemper Arena and other nearby sites.

Veer left on Kirk/11th Street. As you approach the American Cancer Society (#4) building, take note of the Chouteau Society plaque explaining about the area's old French Cemetery (#5). The plaque on the building references the Penn Lane Arch (#6) located in the building courtyard area on Pennsylvania. You also pass Hope Lodge (#7) at 12th and Pennsylvania, which serves as an overnight inn for individuals and family members in town to receive cancer-related services.

Turn right on Pennsylvania, left on 12th, left on Broadway, then left on 11th. You will pass the Catholic Cathedral of Immaculate Conception (#8) with its famous gold-leafed steeple.

Turn right on Washington; pass the Heartland Headquarters of the United Way (#9) and the Quality Hill YMCA (#10). Notice the new condominiums and apartments added to the area as a result of the Quality Hill redevelopment project.

Turn right on 9th.

Turn left on Broadway, and left on 8th Street, where you will pass next to the fountain at the Godfrey and Blanche Jones Plaza (#11), donated by the Jules and Doris Stein Foundation in 1987 in honor of the 150th anniversary of the Proctor and Gamble Company.

Turn right on Washington and left on 7th. You will pass around the perimeter of the State Street office complex (#12) recently constructed on Quality Hill.

Turn left on Pennsylvania, right on 9th and right on Jefferson, returning to 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 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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