

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

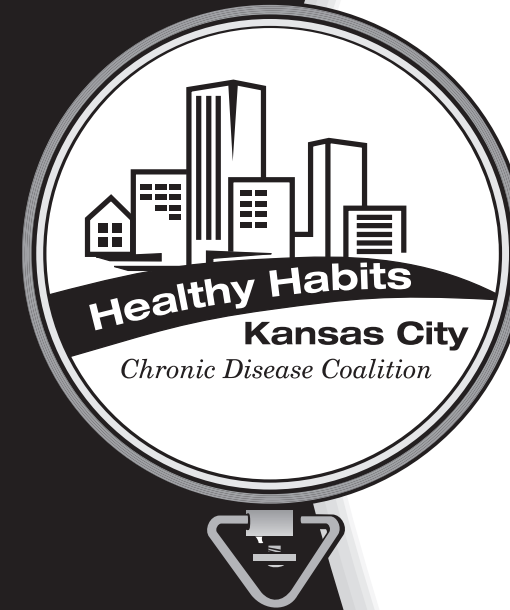
IN PARTNERSHIP WITH:

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 17 of the "30/Thirty" Health Walks



THIS WALK OFFERS:

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

POINTS OF INTEREST:

- 1 Rockhurst University Community Center
- 2 St. Francis Xavier School
- 3 St. Francis Xavier Catholic Church
- 4 Rockhurst Greenlease Gallery
- 5 UMKC: Library
- 6 Swinney Recreation Center
- 7 Linda Hall Library
- 8 Rockhurst: Quadrangle
- 9 Fountain
- 10 Tower
- 11 Pergola
- 12 State Street office development

Health Walk

TOUR AT

Rockhurst University and the University of Missouri at Kansas City

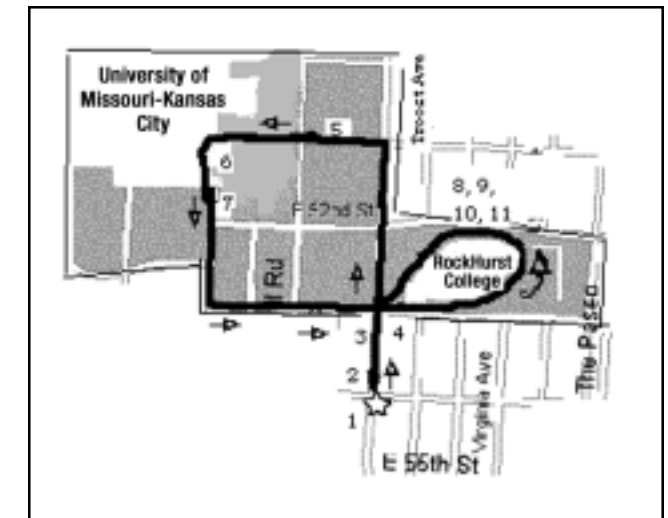
KANSAS CITY, MO

Length of this Health Walk: 1.9 miles

Estimated time to complete: 40 minutes

Walk Difficulty: Level 3

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





GETTING TO Rockhurst and UMKC

WALKSTART:
**The Rockhurst Community Resource Center
at 5401 Troost Avenue**
PUBLIC RESTROOMS, WATER AND PHONES
SECURITY 24 hours a day

BYCAR:

Drive south on Troost to 54th Street. The Resource Center is on the east side, turn left to **park in the lot.**

BYBUS:

The nearest bus stop is 54th Street (whether going north or south). The #25 Troost bus stops there. Call KCATA The Metro at 221-0660 for connections.

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

Your Rockhurst & UMKC Health Walk

Leave the parking lot of the Community Resource Center (#1) by **exiting onto Troost Avenue**. Turn right (north) and **walk to 51st Street**. As you walk, look to your left across Troost to the St. Francis Xavier School (#2) and Church (#3). The Church has a unique fish shape, once controversial but now an architectural landmark in the city. It is staffed by Jesuits whose order, The Society of Jesus, also founded Rockhurst University. Rockhurst, as one of 28 Jesuit colleges and universities in the U.S., is part of the largest network of independent high education institutions in the nation.

There are about 2,300 students centered on this campus. Ninety percent of them participate in community service, as a fundamental premise of the Jesuit teaching/learning style

The Greenlease Gallery (#4), which opened in 2000, is visible on your right, between Van Ackeren and Sedgewick Halls. It is home to Rockhurst University's religious art collection, as well as rotating special exhibitions.

Turn left (west) **on 51st**, walking across both Troost and Rockhill Road. To your right is the south face of the UMKC Library (#5), **to Charlotte Avenue**. The University of Missouri-Kansas City was originally the University of Kansas City (UKC), a local institution. In 1963, UKC, along with the newly-created campus of UM-Saint Louis, was acquired, and made the state university a four-campus system.

The growing reputation of the institution as a research university is enhanced by the research park facilities and partners close at hand in the Stowers Institute for Medical Research and Midwest Research Institute. This has meant that the institution can reach for even higher standards of excellence.

As you continue, to the right you see UMKC's Swinney Recreational Center (#6).

Turn left (south) **on Charlotte**. The building with grounds on the opposite side of the street (west) is the Linda Hall Library, (#7) one of the foremost collections of scientific materials in the Midwest. It is open to the public.

Continue walking south to 53rd Street. **Turn left** (east) **on 53rd**, cross with the traffic signal at Rockhill and continue **to Troost**. The south side of St. Francis Elementary School is on your left (north).

Cross Troost and enter the Rockhurst University campus next to the Greenlease Gallery. Note the University's seal mounted on the wrought-iron gates.

Walk around the Quadrangle (#8) and see the fountain (#9), tower (#10), and pergola (#11). A major campus beautification plan with extensive additions and renovations on campus was launched in 1999 as part of the University's Excellence in the City Campaign. This area is a gathering place for students, faculty and staff. Bells ring every hour from the 85-foot bell tower, the most striking and visible landmark of the campus, day or night. The pergola and tower, flanked by fountains, stand atop a sweeping stairway.

In the Student Center you will find PUBLIC RESTROOMS, WATER, PHONES, FOOD \$ and DRINKS \$, in both vending and the cafeteria in open hours.

Look for the campus parking lot on the south side of the quadrangle, go down the steps into the parking lot and **continue south, crossing 54th Street** back **toward** the Community Resource center and **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 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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