

## 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

- Bring water!
- Walk with a companion.
- Remember sunscreen in all weathers
- In cold, layer clothing and watch footing for ice
- 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

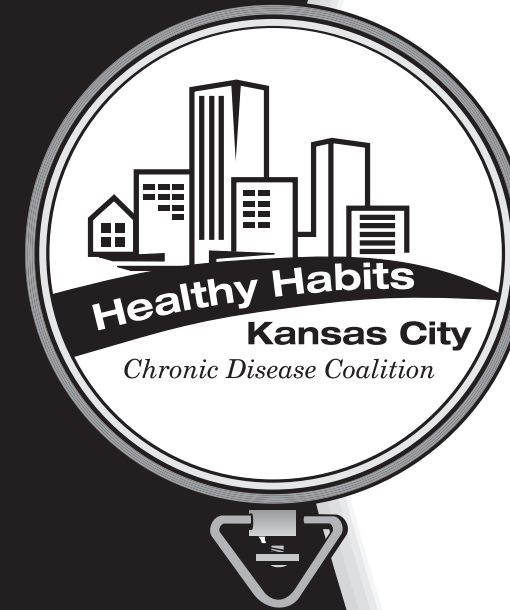
#### IN PARTNERSHIP WITH:

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 15 of the  
"30/Thirty"  
Health Walks



THIS WALK OFFERS NO  
AMENITIES. BRING WATER.

#### POINTS OF INTEREST:

- 1 Twenty-Seventh Street Bridge
- 2 Historic Vine Street
- 3 Spring Valley Park
- 4 Crews Square
- 5 Bernard Powell Memorial Fountain
- 6 Troost Lake

# Health Walk

TOUR AT

## Spring Valley Park and Troost Lake

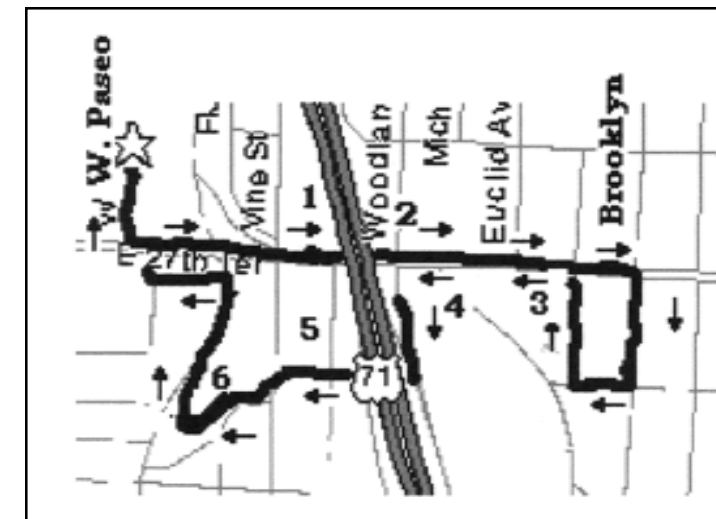
KANSAS CITY, MO

Length of this Health Walk: ..... 1.8 miles

Estimated time to complete: ..... 40 minutes

Walk Difficulty: ..... Level 4

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





# GETTING TO THE Spring Valley Park & Troost Lake Area

## WALKSTART:

**The 2600 block of West Paseo  
One block west of The Paseo, off 27<sup>th</sup> Street**

## BYCAR:

Go to The Paseo and 27<sup>th</sup> Street. Turn west on 27<sup>th</sup>, drive one block west, and turn right on West Paseo. Park on either side of this two-way street, walk south to 27<sup>th</sup> and West Paseo.

## BYBUS:

The #27, 27<sup>th</sup> Street bus stops right at the Walk Start, 27<sup>th</sup> and Paseo. For connections, call KCATA The Metro, 221-0660.

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

## Your Health Walk at Spring Valley Park & Troost Lake

The Paseo was once a divided boulevard along this section. The western portion of the street was then set aside for more residential development and the neighborhood of West Paseo Boulevard came to be.

**Walk east** approximately seven blocks **on 27<sup>th</sup> Street**, crossing The Paseo, **to Brooklyn**. Pass over the old 27<sup>th</sup> Street Bridge (#1), cross historic Vine Street (#2), then go back under the bridge that is the Bruce R. Watkins Drive (71 Highway). Spring Valley Park (#3) is on your right. *The park got its name for the six springs that were found here when it was being developed.* Crews Square (#4), named after publisher and community leader Nelson C. Crews, is on your left (north). *This northern section was made a separate park and renamed Nelson C. Crews Square in 1941, making it significant as part of the social history of race relations in Kansas City. He was a civic leader, politician and publisher of the Kansas City Sun, the city's first Negro newspaper.*

**Turn right** (south) **on Brooklyn to 28<sup>th</sup> Street** and the Bernard Powell Fountain in Spring Valley Park (#5). *Bernard Powell was the first president of the Social Action Committee of 20 (S.A.C. 20). He is known for his life teachings, among them: "Let each one, teach one," and "Ghetto or Goldmine - The Choice is Yours." The memorial fountain was dedicated in 1991 and contains a buried time capsule to be opened in 2041.*

**Turn right on 28<sup>th</sup>** to the second road, Spring Valley Drive. *This is the main way through Spring Valley Park and positions you across the street from the center of the park's fishing lake.* **Turn right on Spring Valley Drive and walk** back up the drive **to 27<sup>th</sup>**.

Turn **left** on 27<sup>th</sup> **to Highland**. *This puts you in front of one of the most picturesque bridges in the city, soon to be replaced with a new bridge for crossing between Vine and 27<sup>th</sup>.* Turn **left on Highland**, walk **to 28<sup>th</sup>**, **turn right** and walk **to Vine**.

**Turn left and walk to Troost Lake Drive. Walking along the perimeter of Troost Lake** (#6), head left (south) then take the greenway trail around the lake **clockwise**, walking parallel to The Paseo.

*Troost Lake is one of the few spring-fed bodies of water remaining in Kansas City, Missouri's urban core. At one time, the lake and the current Troost Park were part of a much larger park which stretched from east of The Paseo to Tracy Avenue, between 30<sup>th</sup> and 31<sup>st</sup> Streets. Much was then converted over to residential areas along The Paseo and nearby streets.*

As you reach the northwestern side of the lake, 27<sup>th</sup> Street is coming up. **Leave the trail, turn left (west) on 27<sup>th</sup>**, cross The Paseo **and walk back** one block **to West Paseo** and your Walk Start.

*Note: If you wish to see the Morman Memorial, continue on to 29<sup>th</sup> Street. It is a bronze relief showing Joseph Smith and 11 followers laying a log for the first meeting place on August 2, 1831. It was also the first schoolhouse in the Kansas City boundaries of that time. This, and the 2000 acres the group had purchased, was to be the site of the Sacred City. Instead, the group was driven out of Missouri and eventually went on to Salt Lake City. Other members of the group returned to Independence as the Reorganized Church of Latter Day Saints, now the Community of Christ.*

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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