

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

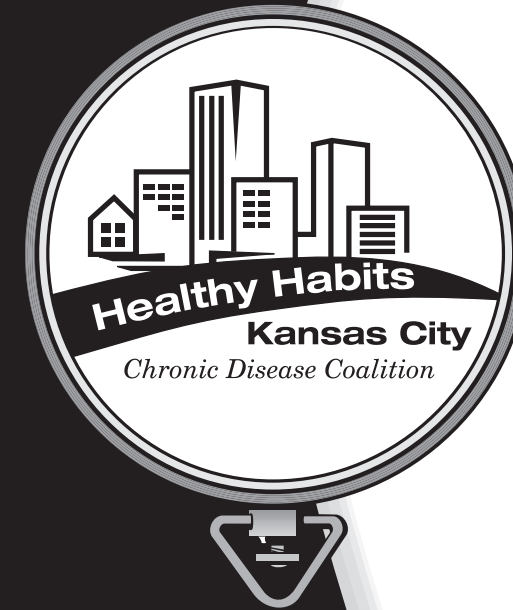
IN PARTNERSHIP WITH:

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 30 of the "30/Thirty" Health Walks



THIS WALK OFFERS:
 Food \$, Drink \$, Water,
 Public Restrooms, Phones

POINTS OF INTEREST:

- 1 Swope Park
- 2 EIB Garden
- 3 Jacob A. Loose Flagpole
- 4 American Legion Memorial II
- 5 Mall Drive
- 6 Starlight Theater
- 7 Kansas City Zoo
- 8 Alfred Benjamin Memorial
- 9 Swope Pavilion

Health Walk

AT

Starlight Theater, Swope Parkway and the Kansas City Zoo

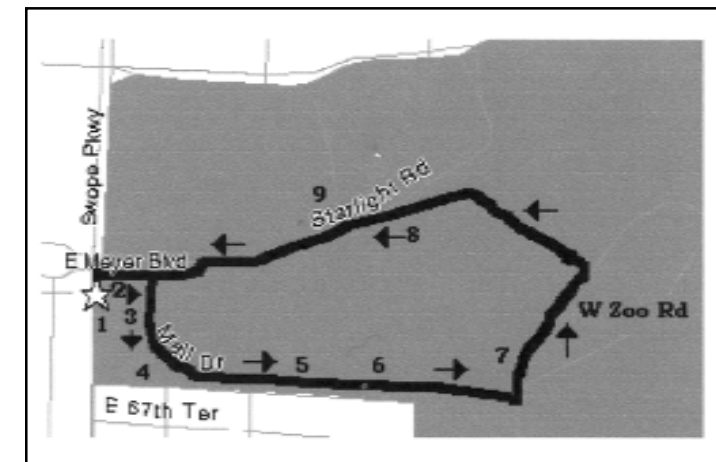
KANSAS CITY, MO

Length of this Health Walk: 1.7 miles

Estimated time to complete: 40 minutes

Walk Difficulty: Level 2

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





GETTING TO THE Starlight, Swope Park & Zoo Area

WALKSTART:

**Starlight Ticket Office, 6601 Swope Parkway
Just east of the Swope/Meyer Boulevard Intersection**

BYCAR:

Drive south on Swope Parkway from 63rd. When it intersects Meyer Boulevard, turn left into the Swope Park Grand Entrance Gates. At the first building turn right into the Walk Start parking lot.

BYBUS:

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

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

Your Health Walk at Starlight Theater, Swope Park and the Zoo

This tour in Swope Park (#1) showcases this late 19th-Century "Country Park", the largest jewel of the city's park system. Millionaire Thomas A. Swope initially bought the undeveloped tract of land to create a farm, but wound up donating the 1,354 acres as a park in 1893. Residents of the city were thrilled and a general holiday was declared, with 20,000 in attendance the day it was dedicated. Thirteen subsequent acquisitions have expanded it to the present 1,763 acres. It is the second largest city park in the country.

From the Walk Start lot, **step to the north edge of the Starlight Ticket building** (which began as the Swope Interpretive Center), pausing on the back veranda to look out over Swope Park. Use the 178 foot-high Loose Flag Pole as a site and look way across the valley to the white Swope Memorial nestled in the trees. Much nearer, you see the stylized turrets of Starlight Theater, which is your next destination.

Walk down the ramp and into the Eib Garden (#2). *This site was the first public golf course in the city. The expenses that first year, 1906, totaled \$347.84. Play was free.* There is a bubbling limestone fountain near the informational marker. On the garden's far side is the American Legion Memorial II (#4), *one of two monuments given by the people of Kansas City to honor the American Legion and mark the year of their convention in the city. Its bronze panel depicts American soldiers entering a war-ravaged French village.* **Circle the garden**, then **return** to the road **and walk on Mall Drive** (#5) **east** to Starlight (#6).

Step onto the sidewalk as you enter the Starlight grounds. **Follow it across the parking lot, then around the building** to the **east, then south**. *The recently re-designed and enlarged Starlight Theater complex includes a 7,800 seat outdoor theater, a state-of-the-art covered stage and two parking areas. Fountains, gardens and the restaurant exteriors are visible through the fence.*

When the sidewalk ends, **cross the street** (east) and pick it up again. **Follow the trail to the southern lot of the Zoo**, walking toward the Zoo entrance (#5). *Growing from one building to over 200 acres in the last 80 years, the Zoo has evolved beyond the wildest dreams of its founders. It now serves as a hub for thousands to come together to learn about and work toward a better environment for animals and humans. With 20,000 member homes, the Friends of the Zoo is one of the largest member organizations in the metroplex.*

Cross over **the** wooden **bridge** to the north lot. The Zoo educational pavilion is to your right. **Walk** through the "Welcome" arch **into the middle of the parking lot**, then **turn left** (toward Starlight) and follow the main interior lane **to the stop sign**. **Turn right** and walk **through the Hippo Gates**. **Turn left** and **walk west, angle** toward the **right at the** heroic-size **statue** of a strong man offering a drink to a weakened man. *This is the 1927 memorial to Alfred Benjamin, "whose noble deeds enshrined him in the hearts of his fellows". The granite seats offer shady rest.*

Walk on to the largest shelter in the park, **the Swope Pavillion**, a neo-classical structure build in 1917. **Finish walking the semi-circle** until you **re-connect with the main road**, then walk toward the Swope Grand Entrance Gates **and return 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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