

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 27 of the "30/Thirty" Health Walks



This walk does not offer amenities. Bring water.

POINTS OF INTEREST:

- 1 Town Fork Creek Park
- 2 Town Fork Creek
- 3 Satchel Paige Baseball Stadium

Health Walk

TOUR OF

Town Fork Creek

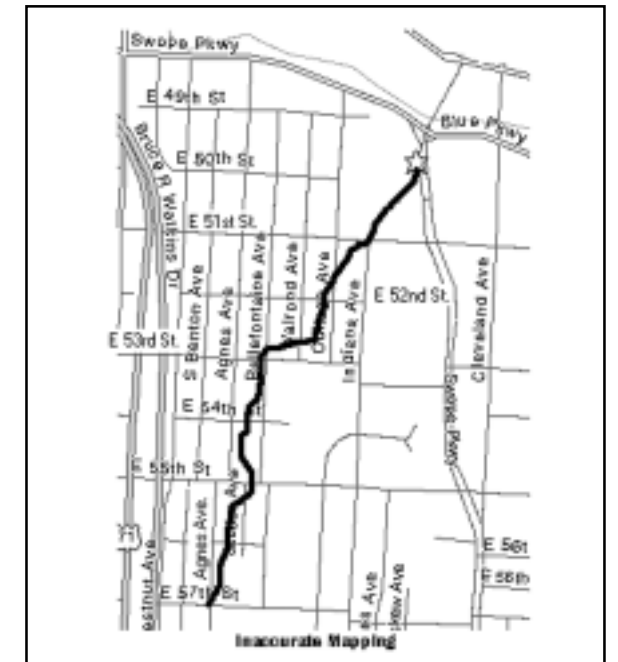
KANSAS CITY, MO

Length of this Health Walk: 1.9 miles

Estimated time to complete: 55 minutes

Walk Difficulty: Level 3

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





GETTING TO THE Town Fork Creek Area

WALKSTART:

**Town Fork Creek Park, 4926 Swope Parkway
near the Satchel Paige Baseball Stadium**

NOTE: This is a north/south route along Town Fork Creek from 51st to 58th Streets. Because the route goes from one end of the trail to the other, then back, either the north or the south end can be the Walk Start.

BYCAR:

Access to the Town Fork Creek Walk:

From the south: From Bruce Watkins Drive (71 Highway) at 59th Street: turn east onto 59th and immediately left onto the outer road (Chestnut Street, the trafficway's east side). Drive one block to 58th, turn right, go two blocks and follow the road as it curves left and turns into Agnes. The Town Fork Creek Park is now on your right. Park on the roadside near the baseball diamond.

From the north: From Swope Parkway between 50th and 51st Streets: enter the parking lot south of the Birchtree Annex of Swope Parkway Health Center (north of the Stadium). Enter the trail along the Creek, beyond the northern fence, behind the Stadium.

BYBUS:

#71 Prospect stops at 59th and Prospect. Walk east to Chestnut, north to 57th, then east until you see the baseball diamond and the WALK START. For connections, call KCATA, The Metro, 221-0660.

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

DO NOT ATTEMPT THIS WALK UNDER FLOODING CONDITIONS

Your Town Fork Creek Area Health Walk

Walking along the actual trail, it's easy to forget that you are in the middle of the city. The Town Fork Creek Park Trail (#1) was developed years ago as one of the city's W.P.A. projects (federal government programs of work creation during and after the 1930's Depression). You may notice at least one remaining marker that reads "WPA, 1939".

Under normal conditions, the little creek pathway is safe and picturesque. However, during times of heavy rain, the creek can become a dangerous place, which continues to flood residential properties nearby. Members of the Town Fork Creek Neighborhood Association are working to find solutions and resources to correct the flooding problems along the creek and its approaches. The creek and walking trail is an important local asset to the neighborhood and the larger community (#2).

Your TOWN FORK CREEK Health Walk (Starting from the north):

Walk along the northern fence of the Satchel Paige Stadium, behind the western perimeter of the stadium grounds (#3). *In 1982, this stadium was named to recognize Leroy "Satchel" Paige, Negro Leagues pitching sensation. It is the home of The Boys and Girls Club "RBI" (Reviving Baseball in the Inner City) league play.*

At the rear of the stadium itself, on the other side of 51st Street, see the asphalt creek path. **Walk to the side of the creek** and follow the path **to the south**, behind the stadium.

Your entire walk will be on the asphalt path. Look for the metal pylons that block cars from entering. They signal the route as you cross 51st, 53rd, 55th and 57th. **Cross over 55th Street** and stay **on the asphalt trail, to the right**, over the wooden bridge (your only departure from the path), past the tennis courts and to the intersection of 57th and Agnes and the formal sign for Town Fork Creek Park. Walk along Agnes to the baseball diamond (the southern *Health Walk* Start).

Reverse your route and travel back north along the trail to 51rd and Indiana.

At 51st Street **follow the path behind the Stadium** and back **to the Walk Start**.

If you choose to begin from the south, reverse the route directions.

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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