

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

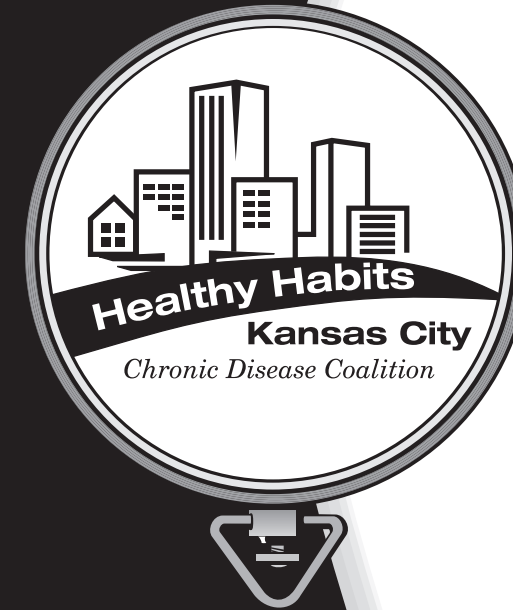
IN PARTNERSHIP WITH:

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 12 of the "30/Thirty" Health Walks



THIS WALK OFFERS:

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

POINTS OF INTEREST:

- 1 Westside Library
Irene H. Ruiz
Bibliotheca De Las Americas
- 2 West Pennway Roadway
- 3 Jarboe Park
- 4 Primotiva Garcia School
- 5 Alta Vista Charter School
- 6 Villa del Sol
Residential Development
- 7 Tony Aguirre
Community Center
- 8 Guadalupe Shrine and School
- 9 Southwest Boulevard
- 10 Fire Station Number 9
- 11 The Westside Fountain

Health Walk
 TOUR ON THE
Westside

KANSAS CITY, MO

Length of this Health Walk: 1.5 miles

Estimated time to complete: 35 minutes

Walk Difficulty: Level 3

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





GETTING TO THE Westside Area

WALKSTART:

Irene H. Ruiz Bibliotheca De Las Americas
2017 West Pennway, Kansas City Public Library
Parking Lot

BYCAR:

From 20th and Broadway: drive west on 20th three blocks, almost to West Pennway. Just before that intersection, the library is on the left.

BYBUS:

The #51 Ward Parkway serves this area, stopping on Southwest Boulevard. For connections call KCATA The Metro, 221-0660.

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

Your Westside Health Walk

The Hispanic character of the Westside has been a long time in the making. Mexican nationals were, of course, part of the Jackson County scene since the days of the Santa Fe Trail, but real settlement of the Kansas City area came in immigration waves. The first group to come had been displaced by the Mexican Revolution of 1910. The next wave, spurred by the need for workers to help in the World War I effort, was the first large group who come for the long term.

“La Colonia” of the Westside began to form in 1910 around 23rd and Madison. In that decade many came to find jobs on the railroad and in packinghouses. The largest settlement was here, in the neighborhood of Southwest Boulevard. When the Lutherans moved to Westport, the Swedish Evangelical Lutheran Emmanuel Church came up for sale and a church home was found. Once the location of Our Lady of Guadalupe was fixed in 1914, Spanish speaking families began to relocate to the Westside from all over the city.

Leave the Ruiz Bibliotheca (#1) parking lot. *Irene H. Ruiz, now-retired teacher and librarian, started the bilingual program in the library and, in the 1970's, taped oral histories with members of the city's Hispanic community, documenting their experiences for the first time.* **Turn right** (north) **on West Pennway Roadway** (#2), **Walk** two blocks **to the fork in the Roadway**, then **bear right up the one-way street to 17th Street**. Jarboe Park (#3) is ahead on your left.

Primitivo Garcia Elementary School (#4) is on your right. **Turn left and walk to Holly**.

Turn left and walk **to 18th Street**, passing the Alta Vista Charter School (#5) on the right.

Turn left and walk through the Villa Del Sol (House of the Sun) (#6) residential development.

Bear right along West Pennway Terrace, then follow the terraced roadway to the left until it connects **to West Pennway Roadway**. **Turn right** and walk past the Tony Aguirre Community Center (#7). Mr. Aguirre who was formerly with the Guadalupe Center, lived a lifetime of giving, coaching Hispanic youth in many sports, including baseball and football.

With the Community Center behind you and to your right, **turn right on West Pennway**, walk to **Summit Avenue**. **Turn right** and **walk to Avenida Cesar Chavez** (Cesar Chavez Avenue), **turn right** and **walk** one block **to Madison** and the Guadalupe Shrine and School (#8).

Turn left on Madison Avenue. Go **to Southwest Boulevard, turn right** and **walk to Fire Station No. 9** (#9).

At the Fire Station, turn around and **walk** in the opposite direction (northeast) on Southwest Boulevard (#10) **to the Westside Fountain** (#11) on the right (south) side, a crowning grace note in the Westside Business Park.

Walk to Summit, turn left and go three blocks **to West Pennway Roadway**. **Turn left, walking back to the library** and 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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