

**This Health Walk was created for you by:
The Kansas City Quality Improvement Consortium—KCQIC...**

Our initials have inspired our healthy lifestyles motto “KC Kick it Up a Notch!” Its invitation to active wellness defines the Health Walk Project.

The project is only one part of the multi-year Healthy Lifestyles initiative to promote and support fine health through healthy choices, including: moderate exercise, proper nutrition and freedom from tobacco use.

When you participate in the Health Walk program, you encourage:

**BETTER HEALTH for
YOURSELF, YOUR LOVED ONES and YOUR COMMUNITY.
CONGRATULATIONS!**

The KCQIC Health Walk Project is funded by:

The Health Care Foundation of Greater Kansas City
as part of its Healthy Lifestyles initiative



Use this and other Health Walks to support your active lifestyle and maximize your personal physical fitness. “Kick it Up a Notch!” We can all practice better health and health care, together.

For more Health Walks in the Greater Kansas City, bi-state area, go to www.kcqic.org



This KC Kick it Up a Notch Health Walk Offers:

No facilities within the Health Walk area.

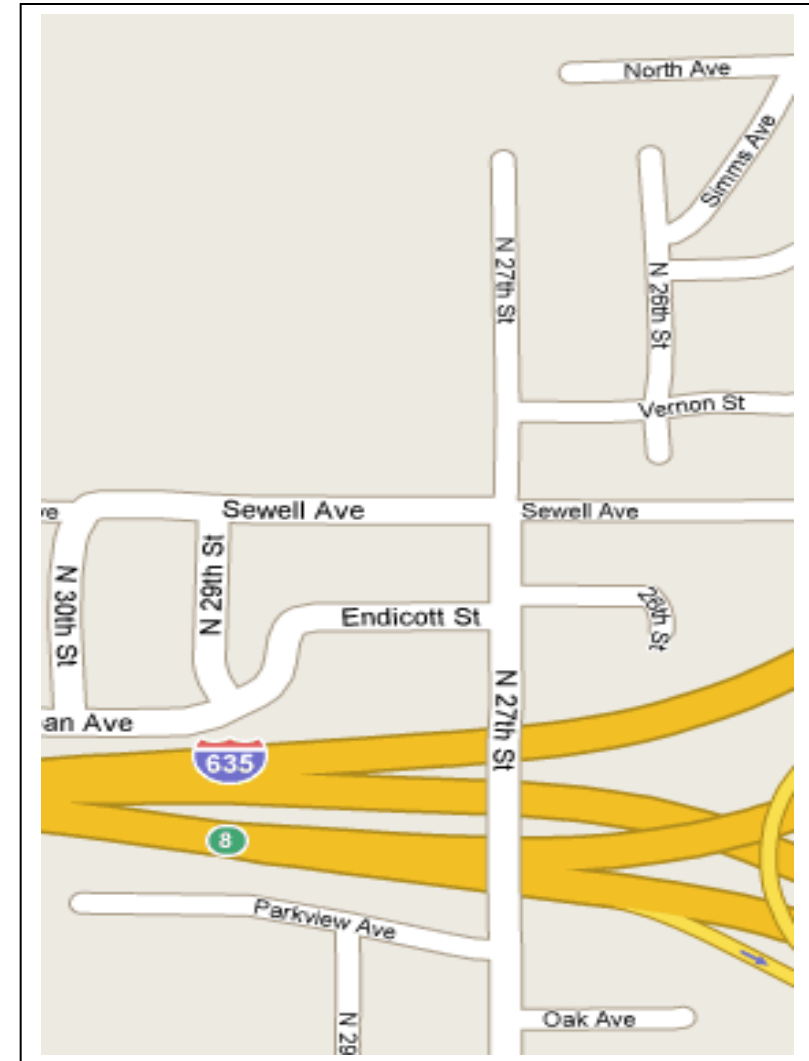
Bring water, cell phone, a walking companion (if possible) and sunscreen (even when cloudy).

Think safety!

POINTS OF INTEREST:

1. Quindaro Elementary School
2. Quindaro-Western University Historical District
3. John Brown Statue
4. Overlook of the Missouri River
5. Original Town of Quindaro Site and Ruins
5. Quindaro Community Center
6. Swope Clinic

Quindaro Health Walk Kansas City, Kansas



GETTING TO THE
**Quindaro Health
Walk**

WALK START: Quindaro School parking lot

Length Health Walk 1.2 miles
Estimated complete: 30 mins
Walk difficulty: Level 2

(Walking Difficulty Range: "1" = smooth, simple to "5" = hilly, irregular, poor/no sidewalks, complex, etc.)

BY CAR:

Drive to N. 27th Street and Farrow, parking in the school parking lot. Farrow is approximately three blocks north of Quindaro Blvd. and over a mile north of Parallel.

BY BUS:

10th and Main transit plaza SE lane, take the 106/Quindaro. Exit on Brown at 27th Westbound. Walk north on 27th to Farrow Ave.

**Your Quindaro
Health Walk**

Prefer SHORT
DIRECTIONS?
Follow the **BOLD TYPE** and
UNDERLINING

Start your Health Walk from the Quindaro School parking lot, by **turning left on N. 27th St, and proceed four blocks (over the U. S. Hwy 635 overpass bridge) to Sewell** to the Quindaro-Western University Historical District. Quindaro is now a part of city of Kansas City, Kansas; however it was founded much earlier than the other parts of the city. The original town of Quindaro began as a boom town right after Kansas became a United States territory in 1854. The planning of the town began at least by 1856. By January of 1857 the construction of buildings had begun at the town site. The town was named for an Wyandot Indian wife of one of the town founders. The town site was significant for two of the reasons: 1.) it was a good location for steamboats to dock and 2.) the abolitionists living in the area were already assisting slaves to escape on the underground railroad, a secret network of routes to help escaped slaves reach freedom. Quindaro Blvd. which runs east to west across the northeastern part of the city is named to commemorate the town of Quindaro its settlers, and the area of Kansas City, Kansas now known as Quindaro.

Proceed on N. 27th beyond Sewell to the Quindaro marker that overlooks the Missouri River. The original site of the Town of Quindaro is located there. When the original town site near the river began to deteriorate, some of the original inhabitants of the area remained as farmers and new residents, mostly of African descent, claimed the farms and buildings which had been abandoned. The area's population grew again, but on nearby land that was at a higher elevation than the base of the river bed. *The walk to the original town site is not included as part of this Health Walk and should only be attempted while wearing protective clothing, insect spray with measures taken for persons allergic to poison ivy and other allergen plants.*

The John Brown Statue and the Memorial Plaza, located at 27th and Sewell Avenue, are the focal points as you enter the Quindaro-Western University Historical District. The purpose of the Plaza is to honor the people and remember the events related to this site that contributed to the history of African-Americans in Kansas. The white Carrara marble statue is a life size likeness of John Brown and stands atop a 7 foot granite pedestal. The John Brown Monument was dedicated on the Western University campus in June, 1911. The sculptors used a photograph of a portrait of John Brown that was hanging in the Kansas state Capitol building at the time as their model. John Brown was an important part of the underground railroad in Kansas.

Western University had its beginning in the Quindaro Freedman's School founded in the 1860s by a Presbyterian Minister to provide an education for the children of escaped slaves and other nearby black families. The school became inactive in 1877 but was revived and reopened in 1882 under the sponsorship of the African Methodist Episcopal Church. In 1891, the school was renamed Western University and was moved from the valley to a new location, near 27th and Sewell. William T. Vernon was named its Registrar by President Theodore Roosevelt was placed in charge of the school in 1896. Upon his retirement in 1910, he left behind a flourishing campus. Western University continued to prosper, later adding a Junior College and a School of Religion. As with many small schools, Western University was severely affected by the Great Depression, and was finally forced to close in 1948.

Return back to your Walk Start by crossing back over the U.S. Interstate 635 bridge and walk one block past Sewell to Brown Ave. Turn left on Brown Avenue. This will place you in front of the Quindaro Community Center and the Swope Health Services Clinic located inside the center. **Return to N. 27th Street and turn left one block to Sewell** and your Walk Start.