

**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!

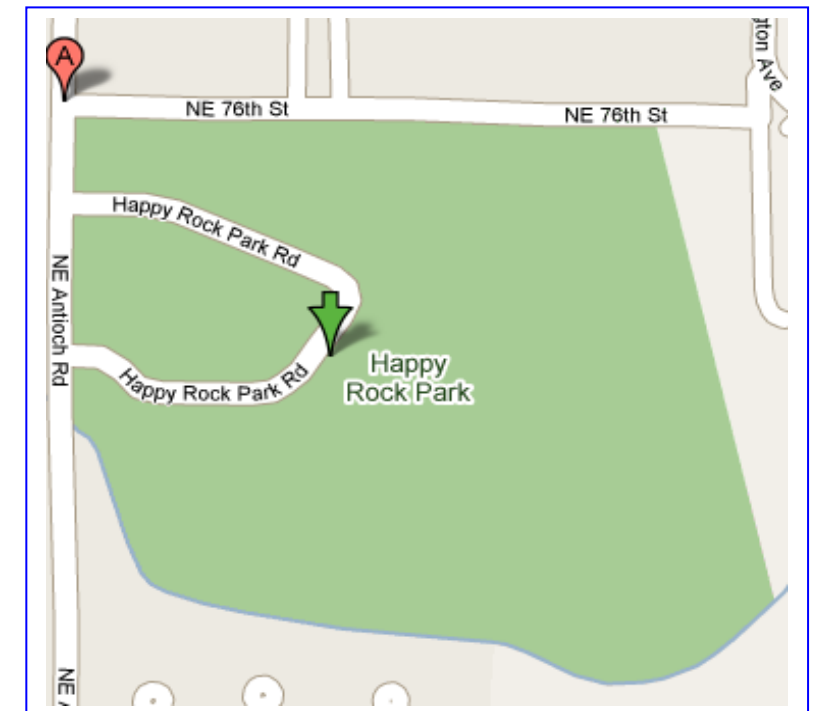
POINTS OF INTEREST:

Happy Rock Park

Gladstone, Missouri

Length of this Health Walk 1.2 miles
Estimated time to complete: 25 minutes
Walk difficulty:... Level 1

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



GETTING TO THE Happy Rock Park Health Walk

WALK START: Start your walk at the entrance to Happy Rock Park, located at NE 76th Street and N. Antioch.

BY BUS: Head east on E 10th St toward Walnut St. Depart On Walnut at 10th Northbound. **Bus** - 38 - Meadowbrook - Direction: 38 - Meadowbrook/Viv & Jack/No Ant Loop. Arrive On Antioch at NE 51ST Terrace Northbound. Depart On Antioch at NE 51ST Terrace Northbound. **Bus** - 137 - Metro North/Antioch Connector - Direction: 137 - Metro North-Antioch/Metro North. Arrive On N Prospect at 72ND NB. **Walk** to NE 76th St & N Antioch Rd. (Head north on M1/Missouri Route 1/MO-1/N Prospect Rd toward NE 72nd St. Turn right at NE 72nd St. Turn left at NE Antioch Rd.)

BY CAR: From NE 72nd St. drive north on NE Antioch Rd. The park address is 7600 NE Antioch Rd

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

Your Happy Rock Park Health Walk

The current city of Gladstone is a community of nine square miles that is surrounded by the city of Kansas City, Missouri. The initial inhabitants of the Gladstone/Gashland area were Indians of the Missouri Osage, Blackhawk, Fox and Sac Tribes. The first settlers came from Kentucky, Tennessee, Virginia and South Carolina. Dan Carpenter was an early settler who owned all the land comprising the Gashland area. His wife's maiden name was Gash and when the town needed a site of land for a depot, the land was donated by the former Miss Gash. The town was established about 1878 and initially consisted of four houses and a blacksmith shop.

In the 1880's, W.E. Winner brought three 80 acre farms. On part of the land the town of Linden was founded. This area was bounded by streets now known as North Troost, North Oak, 68th Terrace and 72nd Street. The Kansas City and Atlantic Railroad was built to Linden and north to connect with a line to Quincy, Illinois.

By 1895 the population of Linden had grown to 400 and the boundaries were extended. Five years later a school was erected and the first high school was founded in 1913. In the early 1900's the shipping of fruit from the Gashland area was a major business. From a packing shed off 152 and Old 159, strawberries, blackberries, raspberries, cherries and peaches were shipped up north.

In 1952, the City of Gladstone was incorporated. The boundary lines included wooded areas and small streams to the west that became the Hamilton Heights subdivision. To the east a cornfield eventually was developed as Bolling Heights. The construction of a comprehensive water and sewer system in the mid-1960s led to a housing boom. By the 1970s the population had reached 23,400 people living in approximately 7,100 housing units. The 2000 census shows the city with 26,365 residents and over 8,000 housing units.

The creation of the current 103 acre Happy Rock Park, located on both sides of NE Antioch Rd. began in 1972, when the city of Gladstone purchased the original land from Mrs. Opal Elliot in November, 1972 for \$230,000. A Missouri Land and Water Conservation Grant in the amount of \$86,283 helped fund the purchase of the land. The name of the park was chosen by the City Council from a suggestion submitted by W. I. Carter, a City Planning Commissioner. The city has used this park as its principle active recreational facility since its purchase. A \$ 1.5 million renovation of the parks was completed in 1982 on the original park site. This resulted in expanded facilities use, including five lighted, fenced and irrigated softball fields, four soccer fields, four lighted tennis courts and a multi-purpose court. These facilities are surrounded by a one mile walking trail connecting existing trails, several picnic areas meandering through the woods and nearby Shoal Creek. The area has 349 parking spaces, including 37 to serve the tennis courts and multi-purpose court. A concessions and restroom facility was built to serve the needs of softball participants and spectators and a handicap accessible playground structure was installed within the softball complex.

Scheduling had become an issue with a large number of teams utilizing all the fields and facilities that were available. To serve the growing needs of the park patrons, the city had been buying additional land on the other side of NE Antioch Rd. directly across from Happy Rock Park. In October, 2005, the city dedicated the Happy Rock Park 30 acre expansion, providing a total of over 103 acres of park facilities. This offered new soccer fields, play structures restroom facilities and additional parking.

This Health Walk follows the one mile walking trail that is located on the east side of the original park land. Walkers are encouraged to park near the walking trail to complete this Health Walk. It is also suggested for you to walk the remainder of this comprehensive city park facility.