

**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).

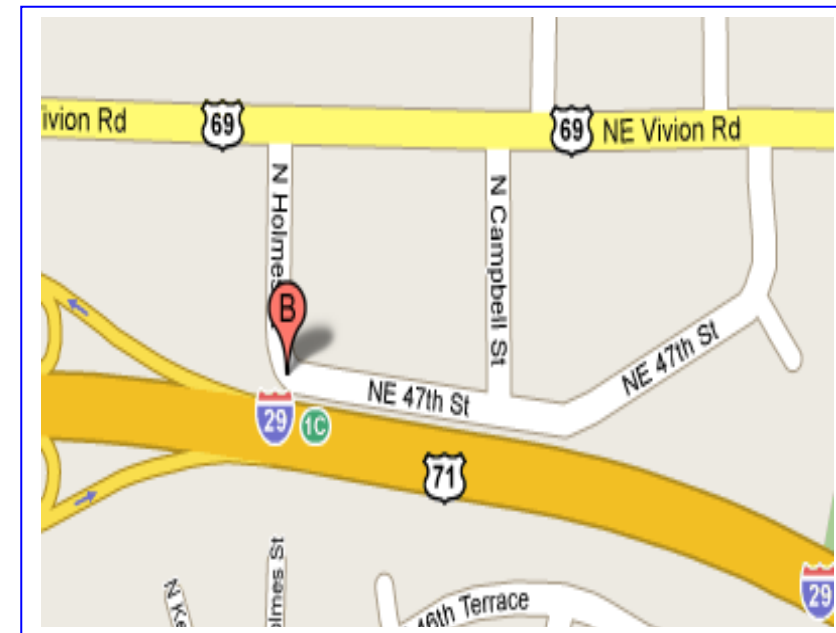
Think safety!

POINTS OF INTEREST:

1. Anita Gorman Park
2. Clay County Veterans Memorial
3. Northland Fountain
4. Vivion Road Pedestrian Path
5. Vivion Road Backyard Wildlife Demonstration Area

Northland Fountain Health Walk Kansas

Kansas City, MO



GETTING TO THE Northland Fountain Walk Health Walk

WALK START: Anita Gorman Park 4700 North Holmes Street,
Kansas City, Missouri.

BY CAR: From N. Oak Traffic way,
turn east on NE VIVION RD, and
proceed to N. Holmes St. and turn right.
Proceed one-half block into the parking
lot for Anita Gorman Park

Length of this Health Walk 1.9 miles
Estimated time to complete: 45 mins
Walk difficulty:... Level 2

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

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

Your Northland Fountain Health Walk

This Health Walk is accessed from Vivion Rd. one block east of N. Oak Traffic way. **Enter the parking area by turning south on N. Holmes and proceeding one-half block into the parking lot for the Anita Gorman Park.** This 46 acres park began with the purchase by the city in the form of 8 acres of parkland in 1980. The **park** contains open space, a veterans Memorial, a fountain and hiking and biking trails. The land was used to create the North Gate Park. The Midwestern Baptist Theological Seminary had donated part of the land, on a condition that an outdoor fountain be built there. A spot high on a hill near North Oak Traffic way and Vivion Road was identified as the fountain site. The park was named after Anita Gorman, a civic activist, as a tribute to her efforts to develop and improve the area.

Proceed on the pathway into the park heading west proceeding one block to the Clay County Veterans Memorial, honoring area veterans from the Civil War, World Wars I and

II, the Korea, Vietnam, the Gulf War and the Iraq War. In the center of this memorial is *Sovereign Wings*, the bronze eagle statue, which was transferred to this site from its original home on the Clay County Courthouse steps in Liberty. This was a joint project of Clay County Veterans Memorial Committee for construction, installation and maintenance of the memorial at Gorman Park. The Veterans Memorial Committee raised the funds for the project, which included a brick campaign to assist in raising funds for the memorial; these personalized bricks have been installed around the base of the statue.

Continue your walk to the Northland Fountain, commonly referred to as the "Spirit of Cooperation," because it illustrates the unified effort of public and private sectors working together. It was dedicated in 1983. The funds to create a fountain were not available from the city, so a grassroots community effort began. School-children, church groups and local businesses took part in the effort to raise the \$250,000 needed. The combined community effort involved in raising the money has led to the fountain being called the "Spirit of Cooperation." The donations varied wildly, from school-children's pennies to tens of thousands of dollars from area businesses. At some point in the fountain planning, it was determined that a year-round fountain would be a unique addition to Kansas City. With so many fountains already in existence, it has become a challenge in more modern times to construct a water fountain that is original. The Hydrel Company in California had created a year-round fountain in Germany, and was brought into the project. They were able to create a fountain that would be able to run throughout the year, even in Kansas City's cold winters. An 80' circular base contains a center geyser which can propel water to a height of 35' where it disperses in a fine mist. A ring of jets surround the central jet and shoot water outwards. Other jets along the exterior shoot water inwards. In winter it becomes an ice sculpture attracting people to view varied shapes created by the frozen water. It was the first fountain to be built north of the Missouri River and was the result of an enormous effort from the community and the private sector. The fountain, which was dedicated in 1983, operates all year long,

From the fountain return back east to your Walk Start, then travel beyond the parking lot and off the park grounds. Once leaving the grounds, **turn left on N. Holmes to Vivion Rd. Turn right on Vivion Rd. and walk the pathway located on this side of Vivion Rd.** Continue this pathway along the Vivion Trail extension of this Health Walk. This expanded biking and walking route extends adjacent to Vivion Rd. and currently continues to a small park area referred to as **the Vivian Road Backyard Wildlife Demonstration Area.** This is part of trail path extension along the southern side of Vivion Rd. heading further east. **From the Backyard Wildlife Demonstration Area, turn around and walk back down this pathway to return to your Walk Start.**