

**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. McAfee Library
2. Thomas Student Center
3. Herr House
4. Commercial Undergroud Storage
5. McCoy Meetin' House
6. President's House
7. Graham Tyler Memorial Chapel.
8. Alumni Hall
9. Copley Quad Residence Hall
10. Findley-Wakefield Science Hall
11. Norrington Hall
12. Mackay Hall

Park University

Parkville, Missouri

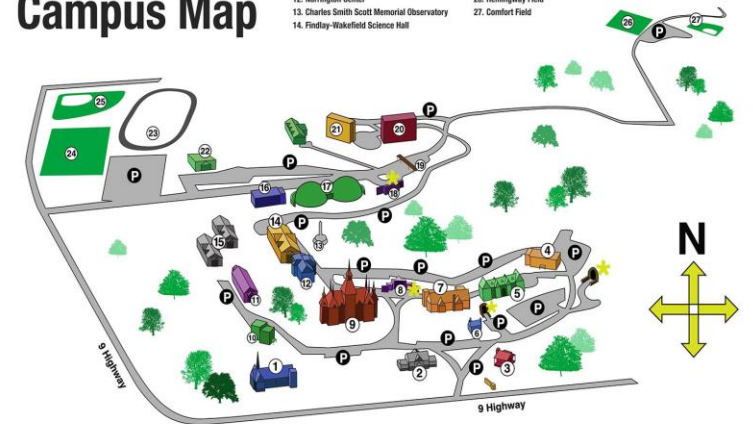
Length of this Health Walk 1.1 miles
Estimated time to complete: 25 minutes
Walk difficulty:... Level 2

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



Campus Map

- | | | |
|--|--|---|
| 1. Graham Tyler Memorial Chapel | 15. Copley Quad Residence Hall | P General Parking ★ Underground Entrance |
| 2. White House | 16. Intramural & Recreational Fieldhouse | |
| 3. Park House | 17. Brecklen Sports Center | |
| 4. Howley Hall | 18. Mabree Learning Center | |
| 5. Herr House | 19. Walk Bridge | |
| 6. McCoy Meetin' House | 20. Chesnut Residence Hall | |
| 7. Thompson Student Center | 21. Dearing Residence Hall | |
| 8. McAfee Library Entrance | 22. Synergy House | |
| 9. Mackay Hall | 23. Track | |
| 10. Alumni Hall | 24. Julian Field | |
| 11. Copley Hall | 25. Softball Field | |
| 12. Norrington Center | 26. Hemingway Field | |
| 13. Charles Smith Scott Memorial Observatory | 27. Comfort Field | |
| 14. Findley-Wakefield Science Hall | | |



(816) 741-2000 • 8700 N.W. River Park Drive • Parkville, Mo. • www.park.edu

GETTING TO THE Park University Health Walk

WALK START: Start your walk outside the McAfee Library on the Park University campus

BY CAR: Turn right off 9 Hwy at Park College Drive and proceed left on Park College Drive to Park College Circle. Take Park College Circle for 1 block then turn right onto Lamar circle. Park in one of the parking spaces adjacent to the Library

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

Your Park University Health Walk

The "main" flagship campus of Park University is located on its historic site in Parkville, Missouri high on the bluff above the scenic Missouri River. Park University was founded in 1875 in Parkville, MO. It is a private school that started as a church-related college and is now known for its online classes and military associations. The main undergraduate campus is in Parkville, where approximately 1,250 students are enrolled.

Proceed to **McAfee Library** for your walk start. The library is unique to the area because it is built completely underground taking advantage of the campus' underground cave developments.

With your back to the entrance to McAfee Library turn left and follow the sidewalk path towards the Thomas Student Center. Follow the sidewalk to your right around the Student Center continuing right to the Herr House and walk around this building to its main entrance. Take a moment to admiring the natural setting from the bluff overlooking the Missouri River and Parkville to your right. Proceed down the set of stairs located across from the main entrance of Herr House. Once at the bottom of the stairs, proceed right from the parking lot.

Once across the parking lot take time to note the main entrance to Parkville Commercial Underground Storage, which opened in 1996. The facilities lie within native Argentine Limestone that was mined using the "room and pillar" method, which created large, usable underground spaces. Tenants include light manufacturers and companies that provide medical records storage and data warehousing. Proceed past the entrance and head on your left toward the McCoy Meetin' House. Walk around this building and toward the stairs. Proceed left and down the stairs, then cross the parking lot heading towards the nearby residence (the President's House). Walk to your left around home; note the 40th Anniversary Rose garden adjacent to the home.

Once around the home, proceed to the foot path toward the Graham Tyler Memorial Chapel. The chapel was built in 1931. The new and imposing Gothic style stone chapel was gutted by a fire on Christmas night, 1937; when only some of the walls were left standing. Within one year, the chapel was rebuilt and stands now an almost exact copy of the original. It is the university's largest assembly hall and can hold 650 people. The chapel has also been home for the music department and offices. The chapel is currently used for formal assemblies, commencements, lectures, rehearsals, concerts, and for weddings and funerals. From the front of the chapel, you can see the nearby fountain located at the bottom of the hill. Proceed to your right to the Armstrong Terrace and garden area, then up the stairs. Take a left at the top of the stairs and walk past Alumni Hall on your left. Crossing the street, veer right going in front of Copley Quad Residence Hall taking in the 1918 architecture of the building. Circle around the building until you face a set of stone stairs. Walk up the 75 stone steps which will put you in front of Norrington Hall. Follow the path to the right passing the Findley-Wakefield Science Hall and then veer right between Norrington Hall and Mackay Hall. Mackay Hall is the main focal point building of the campus and dominates the hillside, overlooking the town of Parkville. It is named after Carroll County, Illinois banker Duncan Mackay who donated \$25,000 in materials for the structure shortly before his death. The building was constructed using limestone mined on the campus grounds and built with the labor of students. Construction began in 1883 and was finished by 1893. Carillon Chimes are housed inside the building's tower and can be heard all over Parkville. Once you have circled Mackay Hall you will be back near McAfee Library and your Walk Start