

**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:

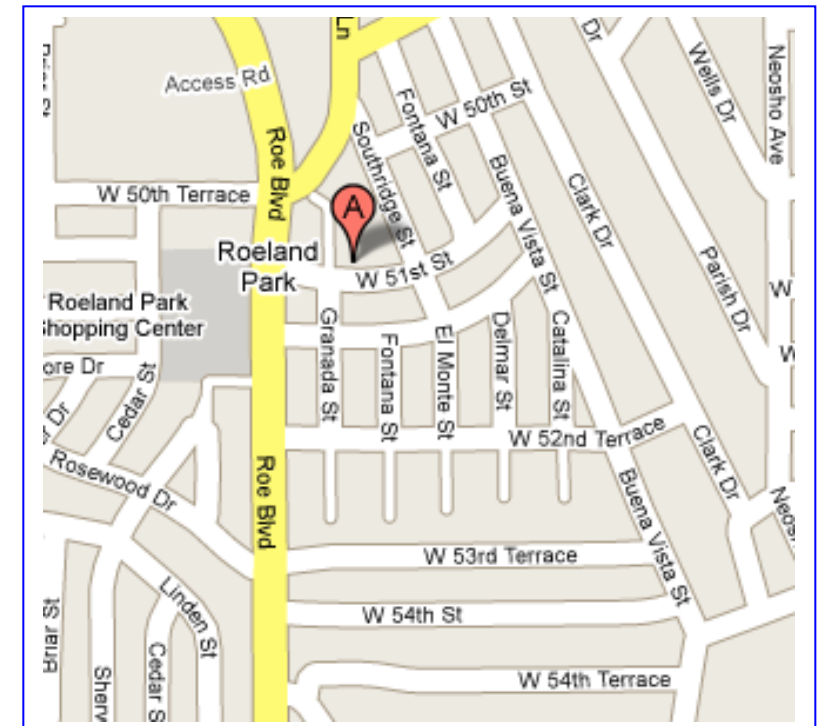
1. Roeland Park City Hall
2. Art in R Parks
3. Skateboard Park
4. Jack M. Carpenter Park
5. Cedar Roe Branch of the Johnson County Public Library
6. Roeland Park United Methodist Church
7. Burke Park
8. Roeland Park Community Center
9. Roeland Park Aquatic Center

Roeland Park

Roeland Park, Kansas

Length of this Health Walk 1.3 miles
Estimated time to complete: 35 minutes
Walk difficulty:... Level 3

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



GETTING TO THE
Roeland Park
Health Walk

WALK START: This Health Walk starts from the Roeland Park City Hall (4600 W. 51st St.) parking lot, located behind the building.

BY CAR: Proceed on Roe Blvd. to W. 51st St. Turn east and proceed to Granada. The address is 4600 W. 51st St. (behind the Quik Trip)

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

Your Roeland Park Health Walk

The city of Roeland Park with its population of around 6,800 persons is nestled in this 1.6 square mile suburban community; and it may seem a bit small next to some of its nearby Johnson County fellow cities. However, it makes up for this with a real sense of pizzazz, from its collection of rotating and permanent works of art, to its green spaces, fountains and shopping opportunities. It proud of its role as a Tree City, USA, with the rank of Number One in the state of Kansas in the amount of tree foliage coverage within the city limits. As a gateway to Johnson County, this small community is filled with opportunities for recreation, education, and commerce.

The city's "Art in R Parks" program temporarily displays artwork from students attending the Kansas City Art Institute. Sculptures (usually eight at a time) are put on display for six months at a time, with new sculptures being installed on 6 month rotations. This endeavor is a vision of the City to offer Art to the residents as well as promote Art in society. The Roeland Park City Council approved this project in early 2007.

Your Walk Start is from the Roeland Park City Hall (4600 W. 51st St.) parking lot, located behind the building. It is located W. 51st St. and Granada (behind the Quik Trip). **From the front doors of the City Hall building head south on Granada to 52nd Terr.** Note the Skateboard Park on your right. **Turn right on 52nd Terr. Proceed to Roe Blvd and turn left. Proceed south on Roe Blvd. to Rosebud. Turn right on Rosewood Drive and walk two blocks to Cedar. Turn Right on Cedar.** You will be passing Jack M. Carpenter Park and the Cedar Roe Branch of the Johnson County Public Library. Next you will be passing by the Roeland Park United Methodist Church and their Burke Park, located on their grounds.

Turn left at 51st St. and proceed two blocks back to Rosewood Dr. Turn right on Rosewood Drive and proceed two and one-half blocks (past W. 49th St.) onto the grounds of the Roeland Park Community Center. Circle in a counterclockwise fashion around the community center. At the rear of the center, you will find the city's Aquatic Center and Dome (which is removed for outdoor seasons use). The Roeland Park Aquatic Center (RPAC) officially opened in 1997. Collaborative discussions between the City and the Johnson County Park District began nearly four years earlier and were triggered by the closure in 1993 of an obsolete city pool. An intergovernmental agreement allowed the City to sell the District the approximately four acres the complex sits on. The city in turn agreed to lease-purchase the facility back from the park district over 20 years. To construct the facility, the District issued \$3.3 million in revenue bonds, which freed the city from adding to its bond indebtedness.

The RPAC features a 50-meter inverted "C"-shaped pool with a 25-yard by-25-meter competitive area, a diving well for one- and three-meter boards and an inflatable slide; four 50-meter lap swimming lanes, and a "zero-depth" entry area including sprayers and fountains. Other amenities available throughout the year include a bath house complete with locker rooms and a concession area. With the dome's removal, the facility becomes an aquatic theme park featuring not only the main pool, but a number of other facilities located outside the dome which are only operated during the summer months. These include: a 120-foot water slide, an eight-foot wide group slide, a Vortex Pool for inner tubes complete with a concrete volcano fountain, and a separate youth pool with whale slide and "lemon drop" sprayer. The dome is reinstalled each year after Labor Day.

Return to Rosewood Dr. and proceed back to W. 50th Terr. Turn left on W. 50th Terr. Walk two and one-half blocks back to Roe Blvd. Turn right on Roe Blvd. and walk to W. 51st St. Turn left on 51st St. and back to your Walk Start at the Roeland Park City Hall.