

**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](http://www.kcqic.org)



This KC Kick it Up a Notch Health Walk Offers:

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

Think safety!

**POINTS OF INTEREST:**

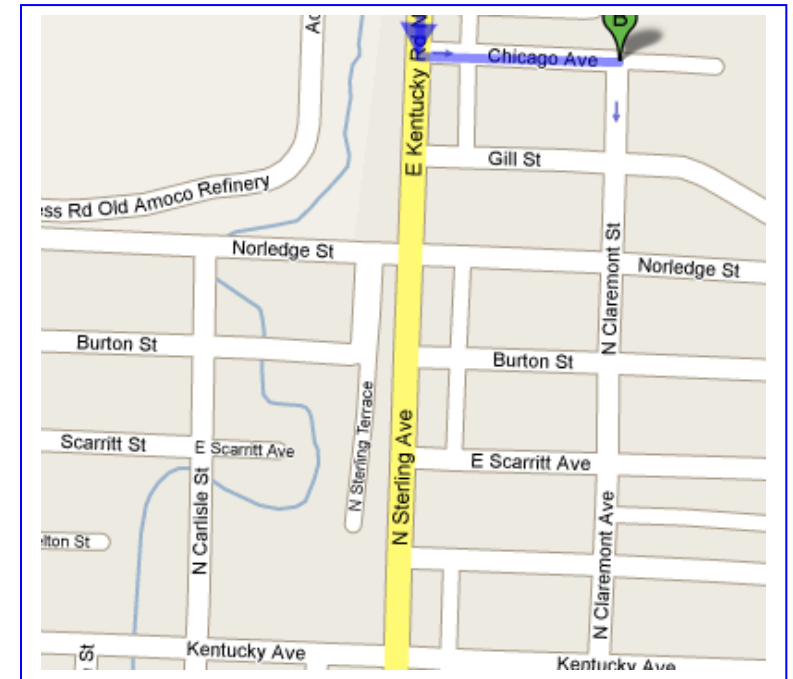
1. Sugar Creek Historical Center
2. Sugar Creek Gymnasium
3. St. Cyrl’s Catholic Church
4. St. Luke’s Catholic Church (Byzantine Rite)
5. Sugar Creek Elementary School
6. Sugar Creek Police and Fire Departments
7. Sugar Creek Moose Lodge
8. Sugar Creek Memorial Park
9. Sugar Creek City Hall
10. “old” Sugar Creek Elementary School façade
11. Sugar Creek Public Library

# Sugar Creek

## Kansas City, Missouri

Length of this Health Walk 1.3 miles  
Estimated time to complete: 30 minutes  
Walk difficulty:... Level 3

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



GETTING TO THE  
**Sugar Creek**  
Health Walk

**WALK START:** From Highway 24 at Sterling Ave, go north on Sterling and proceed approximately 1.2 miles to the Sugar Creek Historical Center, located on your left at 606 Sterling. Park nearby along the street.

**BY CAR:** From Highway 24 at Sterling Ave, go north on Sterling and proceed approximately 1.2 miles to the Sugar Creek Historical Center, located on your left at 606 Sterling. Park nearby along the street.

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

## Your Sugar Creek Health Walk

Sugar Creek, Missouri lies on the south bank of the Missouri River - eight miles east of downtown Kansas City. History attributes the name "Sugar Creek" to Indian folklore and a creek lined with sugar maples that ran through the city. In the early 1800s, the area served as an important link in America's westward expansion. Known at the time as Wayne City Landing, the territory along the Missouri River served as a port to receive supplies for early pioneers. Wayne City, which is now on the national historic register, also received travelers who were headed west along the trails heading west. In 1850, the first railroad west of the Mississippi River was constructed to join Wayne City and nearby Independence.

From the early 1890s to the 1930s, the Sugar Creek area was home to a first-class pleasure resort, Fairmount Park. Among the park's attractions were a hotel, theater, lake, and carnival rides, including a roller coaster that at one time was the world's largest. A streetcar line brought visitors to the park from nearby Kansas City. In 1903, Standard Oil of Indiana purchased land at the northern edge of the city. A new oil refinery was opened a year later and quickly spurred growth in the Sugar Creek town site.

A number of immigrants from Eastern Europe came to work in the plant, and by 1918, the town had grown to 800 residents.

Sugar Creek's growth evolved around the refinery. Many of the citizens had originally emigrated from the Slavic nations of Eastern Europe. They blended with other townspeople who shared a love of family, faith, community and education. Homes and businesses were built, and churches and schools were opened. The Sugar Creek Tamburitzans were formed in 1969 - playing instruments brought to Sugar Creek by Slavic emigrants. In 1976, the Tamburitzans performed in Washington DC, with support from the Inter-City Optimist Club of Sugar Creek. The group performed at the International Optimist Convention. In November of 1970, the city celebrated its 50th anniversary with special ceremonies, programs and the publication of 'Golden Memories'. The city's had grown to more than 4,800 residents and more than 5,000 acres. In 1980, the old Sugar Creek Elementary School was destroyed by fire. The building was used for storage, and entertainment - including practice rooms for the Sugar Creek Tamburitzans.. In 1982, the Amoco Oil Company discontinued its production due to declining demand for petroleum products in the United States.

**From the Sugar Creek Historical Center**, facing across the street at Ernie's Steak House, **turn left, heading north on Sterling. Proceed one Block to Chicago, turning right on Chicago. Proceed one block to Claremont** On your left you will find the Sugar Creek Gymnasium (currently serving as the LINC "Camp Big Creek" community site). Facing you on the right are two Catholic Churches, St. Cyril's Catholic Church, in front and St. Luke's Catholic Church (Byzantine Rite) with its unique gold leaf steeple in the back. Take a moment to examine both churches, unique in the Kansas City for sharing adjacent properties. **Turn left on Gill St.** On your left, you will be passing the Sugar Creek Elementary School located at 11424 Gill, built in 1956 after the old Sugar Creek School was destroyed by fire. **Turn right on Vermont and proceed to Norledge Ave. then turn right.** As you pass beyond Sterling Ave. you will see the offices of the Sugar Creek Police and Fire Departments on your right and on the other side of Sterling, on your right the Sugar Creek Moose Lodge. **Proceed on Norledge Ave. to Carlisle St and turn left. Proceed to Kentucky Ave and turn left.** On your left, you will be passing the Sugar Creek Memorial Park. In 1944, ground was purchased for a Memorial Park and local residents contributed \$1,600 for a monument to honor those residents who gave their lives in war. **Upon returning to Sterling**, you will see the Sugar Creek City Hall, located across the street on your right and the remains of the old Sugar Creek Elementary School façade, salvaged from the school after the fire. **Walk to the right on Sterling and take a moment to walk along Sterling Avenue on the opposite side from City Hall to visit the nearby shops and the Sugar Creek Library. Proceed back on Sterling, heading north back to your Walk Start.**