

INDEPENDENCE TRAIL GUIDE





Welcome to the Independence Trail Guide. This valuable guide has been developed to serve as a resource to introduce new or reacquaint regular trail users to the ever growing trail system in Independence.

The Healthy Independence Coalition was formed in 2004 as a grass roots effort to promote health. One of the goals of the Coalition is to encourage individuals and families find new places or ways to enjoy fitness. Harry Truman loved to walk in his Independence neighborhood and connect with friends and neighbors.

We hope this guide helps you to explore our beautiful trails and connect with the wonderful community of Independence.

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Healthy Independence Coalition



INDEPENDENCE
HEALTH
DEPARTMENT



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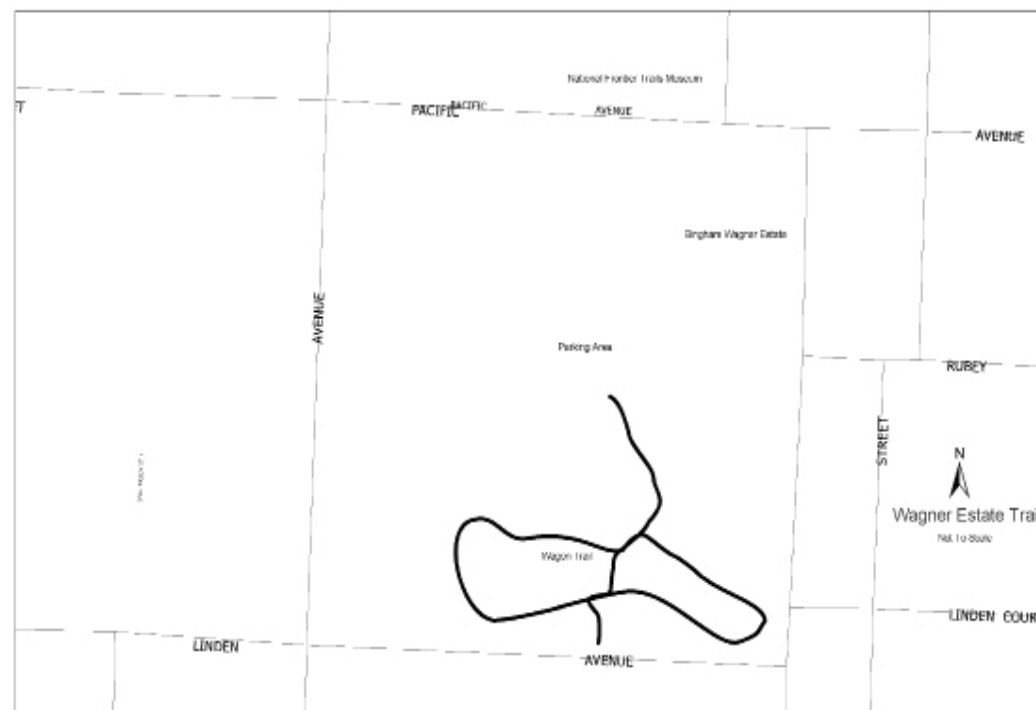


BINGHAM-WAGGONER ESTATE

313 W. Pacific Ave.

Trail = 1/4 mile

The walking trail is adjacent to the famous Bingham-Waggoner home. The home was built for John Lewis and in 1899, William H. Waggoner remodeled the house extensively. In 1864, the property was bought by George Caleb Bingham, a famous painter from Missouri. One of Mr. Bingham’s infamous paintings was called “Order No. 11.” The Santa Fe Trail originally ran along the east side of the property, later switching to the west side of the property. The walking trail is located behind the stately house. To access the trail, walk across the footbridge. The trail is a hard-surface trail with some mild inclines and is surrounded by the swales that were created by the wagon trains passing though the property in the 1830s. (Foerster, 1978, p. 99)

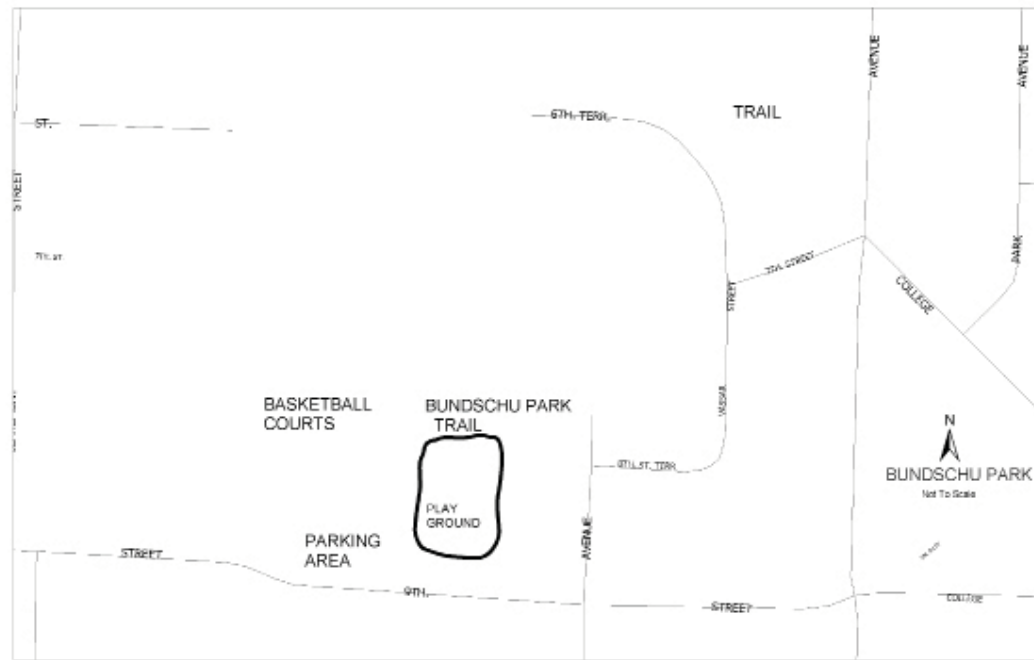


BUNDSCHU PARK

11400 E. 9th Street South

Trail = 1/5 mile

This park was named after the Bundschu Family, who owned a store on the east side of the Independence Square. Mr. Bundschu once said, "It is pretty hard for you to visualize the difference between Independence and Kansas City after the Civil War. We looked down upon Kansas City as just a tough river town." The welfare office relied on Mr. Bundschu when funds were low. When asked "What would he like most to see accomplished for Independence?" He replied, "The building of the bridge at Courtney and completion of the roads and viaducts to make it effective." (Wilcox, 1979, p.71)



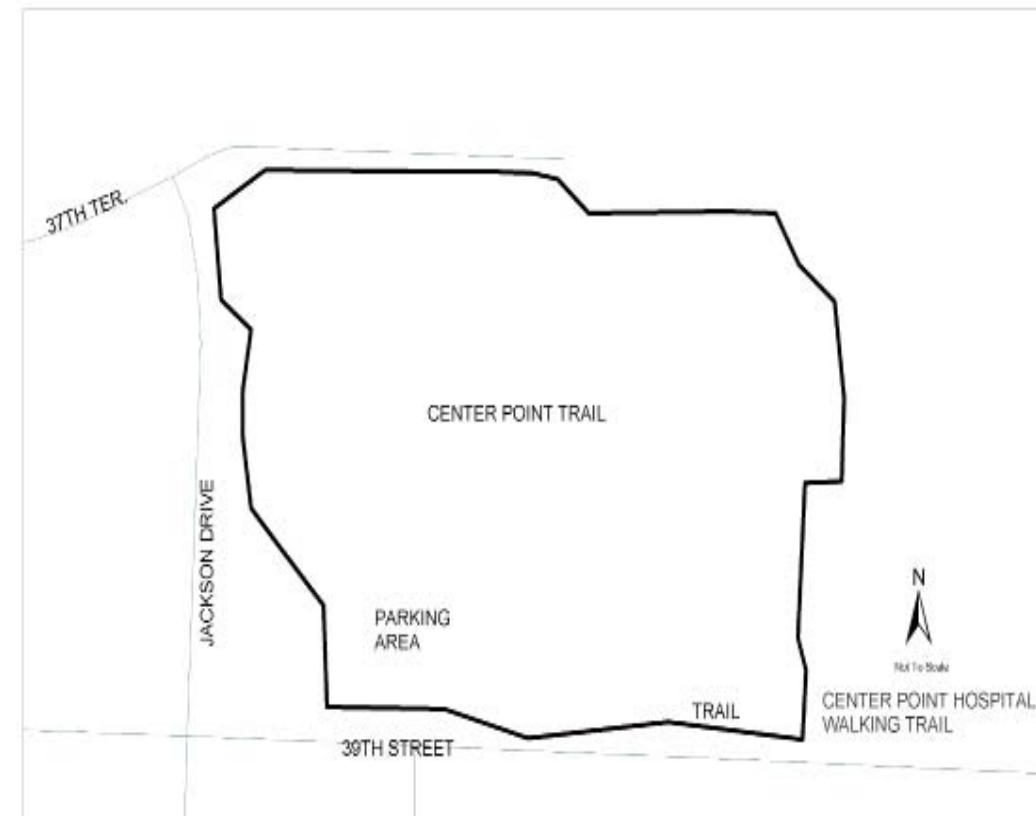
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CENTERPOINT MEDICAL CENTER

19600 East 39th St.

Trail = 1/5 mile



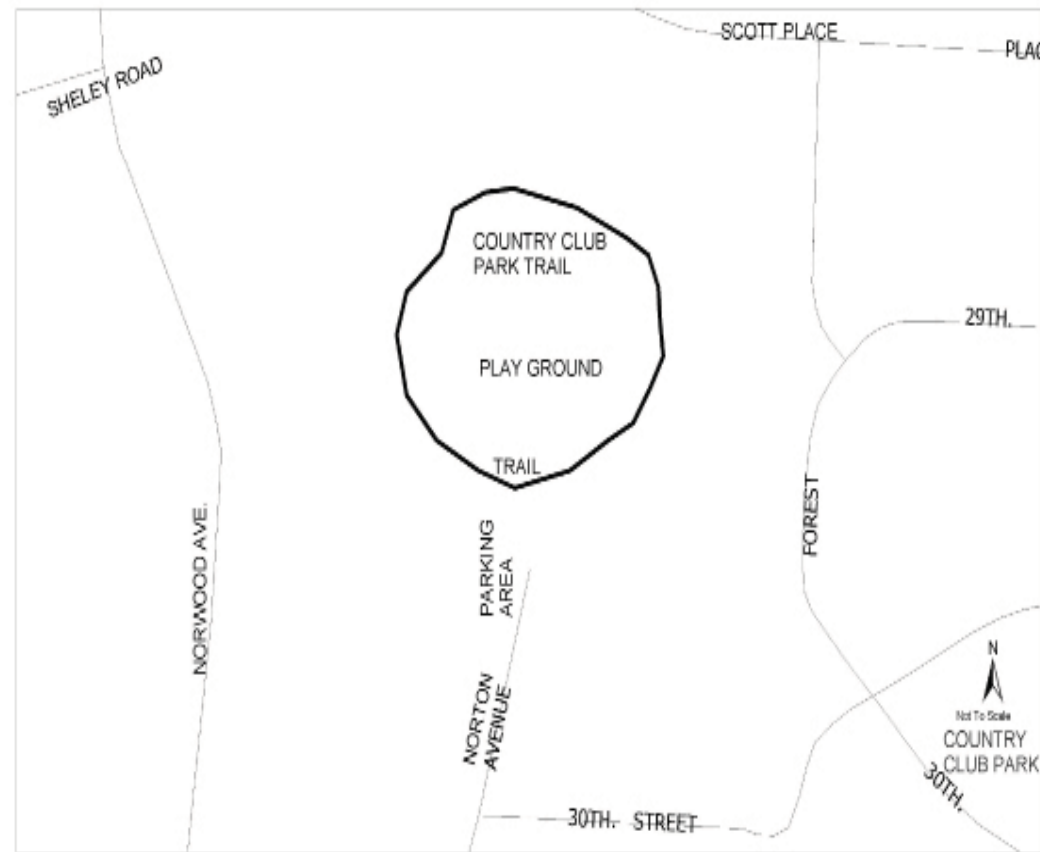
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COUNTRY CLUB PARK

2930 S. Norton Ave.

Trail = 1/4 mile

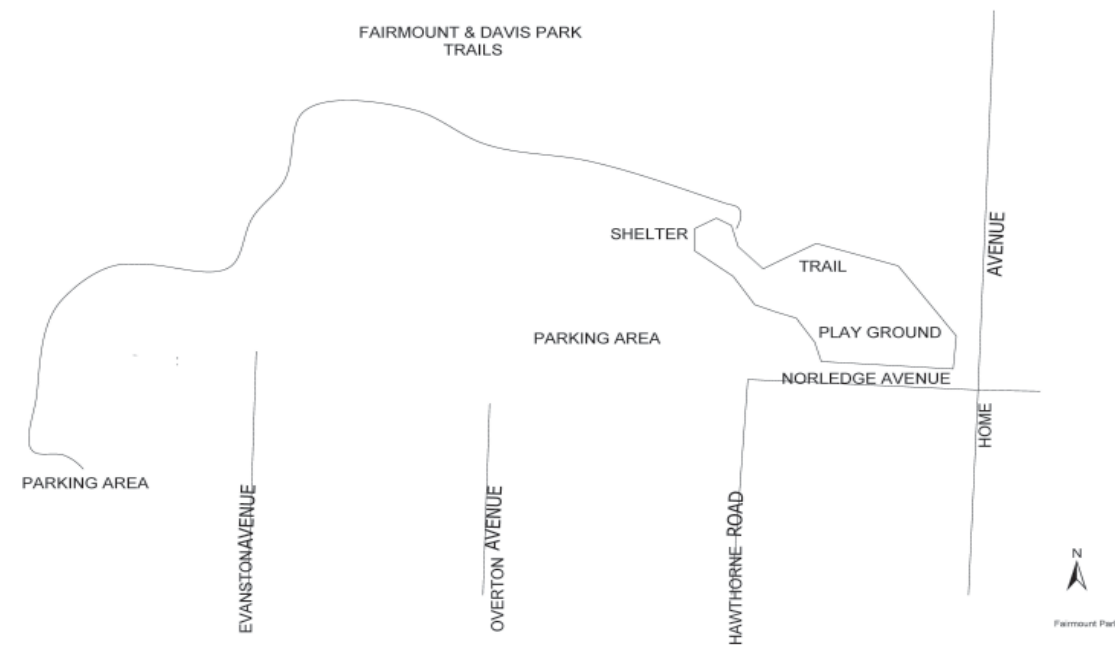


FAIRMOUNT PARK

300 N. Home Ave.

Trail = 1/4 mile

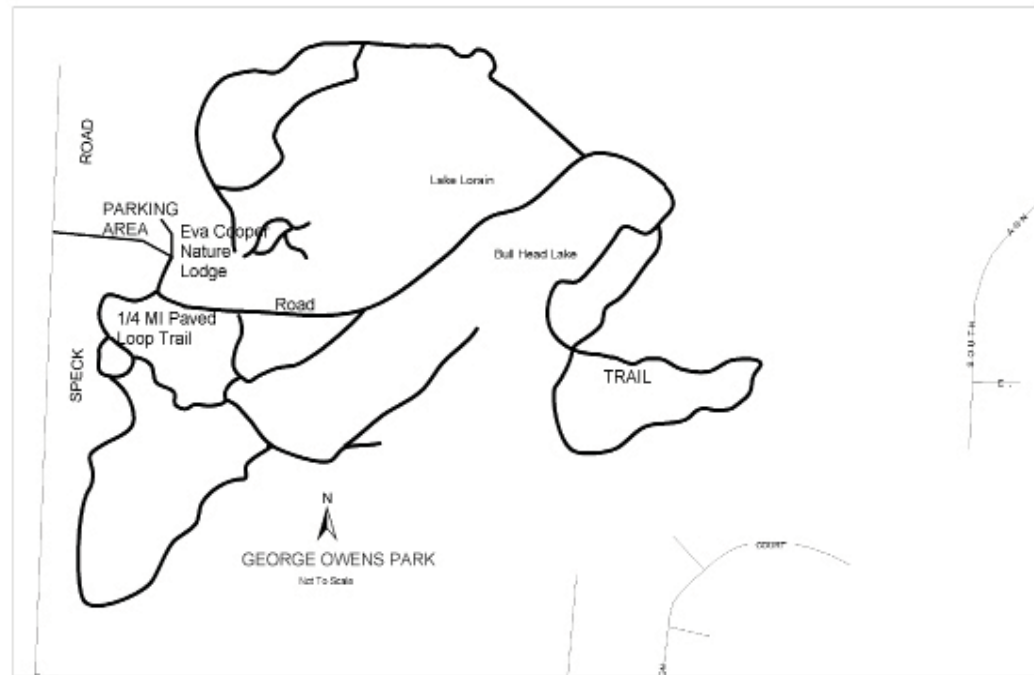
For 36 years, Fairmount Park was a place for summer fun and water sports. ("Many Parks," 1973) Canoes and boats were available for rental and a beach was available for sunbathers and swimmers. There was a two-story bathhouse and amusement park for the community to enjoy as well. Originally an eight-acre lake was located at the park; now Highway 24 is located there. According to the Kansas City Star, "The park was Arthur Stillwell's creation and was planned primarily to furnish trade for his air-line interurban line, which ran from 2nd and Grand to Independence. Records show that as many as \$15,000 in fares were collected in a single day. Between 1897 and 1901, a nine-hole golf course was maintained by the private Evanston Golf Club. In 1933, the park suffered a major fire. Between the fire, the problem with water pollution, and the great depression, the park closed. Fairmount Park is located east of this older park and has been named after it."



GEORGE OWENS PARK

1601 S. Speck Rd.
Trail = 4 miles

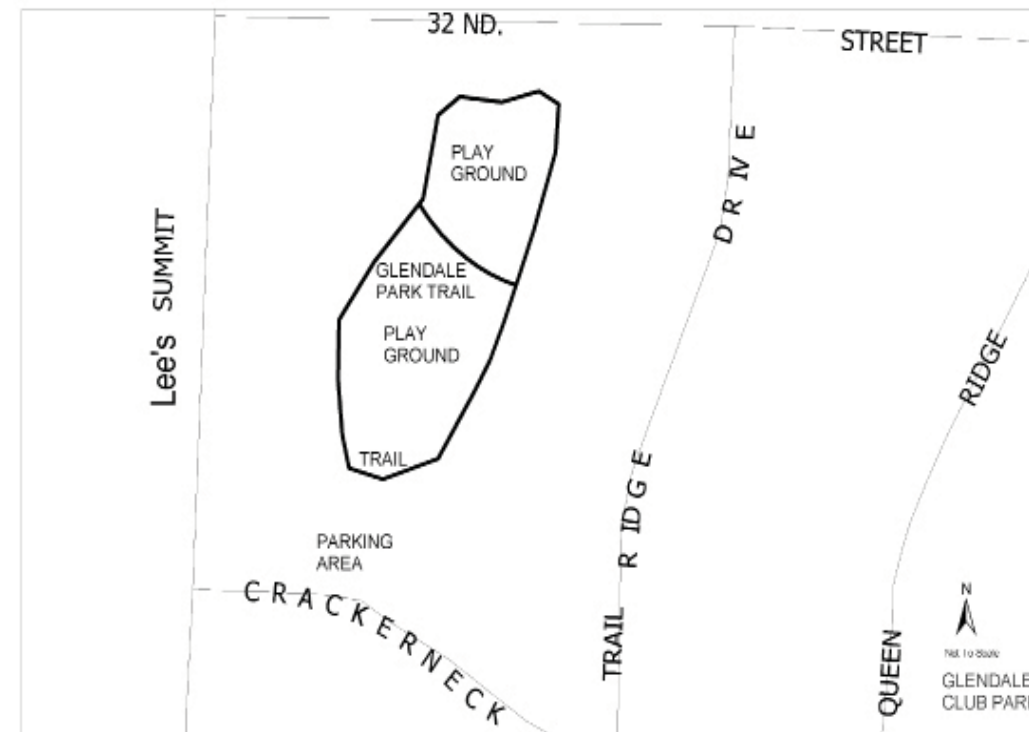
This section of Jackson County was settled in the 1820s. The property, which later became George Owens Nature Park, was acquired from the government by Thomas Stayton, a prominent pioneer in Jackson County. The majority of the park was at one time cleared and used for farming. During the past 100 years, various fields were abandoned, which allowed the natural process of ecological succession to occur. Today, most of the park is covered with trees, resembling the foliage-covered land the pioneers first discovered. (Independence Parks & Recreation Department, 2005)



GLENDALE PARK

Crackerneck and Lee's Summit Road
(Intersection of Lee's Summit Rd. and Crackerneck Rd.)
Trail = 1/3 mile

Parents and neighbors around Glendale Park, Neighborhood No. 29, began their own grassroots efforts in the early 1990s to build and revitalize this midtown park with funds they raised through aluminum and metals recycling programs. Before their project began, rusted play equipment sat in a weedy, trash-filled area. New playground equipment and a walking trail were added through the hard work of the neighborhood. Their efforts were not wasted, as Glendale Park is now one of the most popular, well-used parks in the City. (W. Ashmore, personal communication, May 2006)



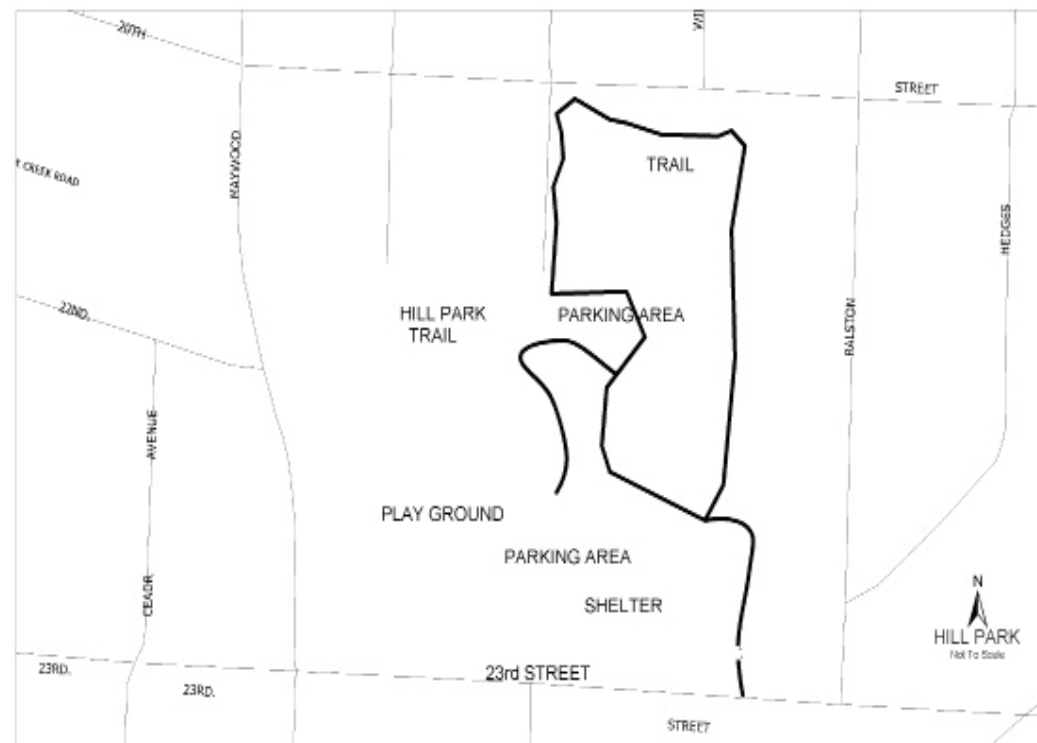
HILL PARK

2201 S. Maywood Ave.

(Southeast corner of East 23rd Street and Maywood Avenue)

Trail = 1/2 mile

In 1927, the Jackson County Court accepted a 12-acre gift as a memorial to William M. Hill, son of Adam Hill, an 1833 Jackson County Pioneer. The Hill Family Cemetery is located within the park and includes Rock Creek and limestone outcroppings. The once rundown park is now in a state of regeneration and has recently sprung back to life. In 2005, a skateboard facility was built for the youth and the young-at-heart. A hard surface walking trail, a playground, and a shelter have been added. (Wilcox, 1979, p. 154)



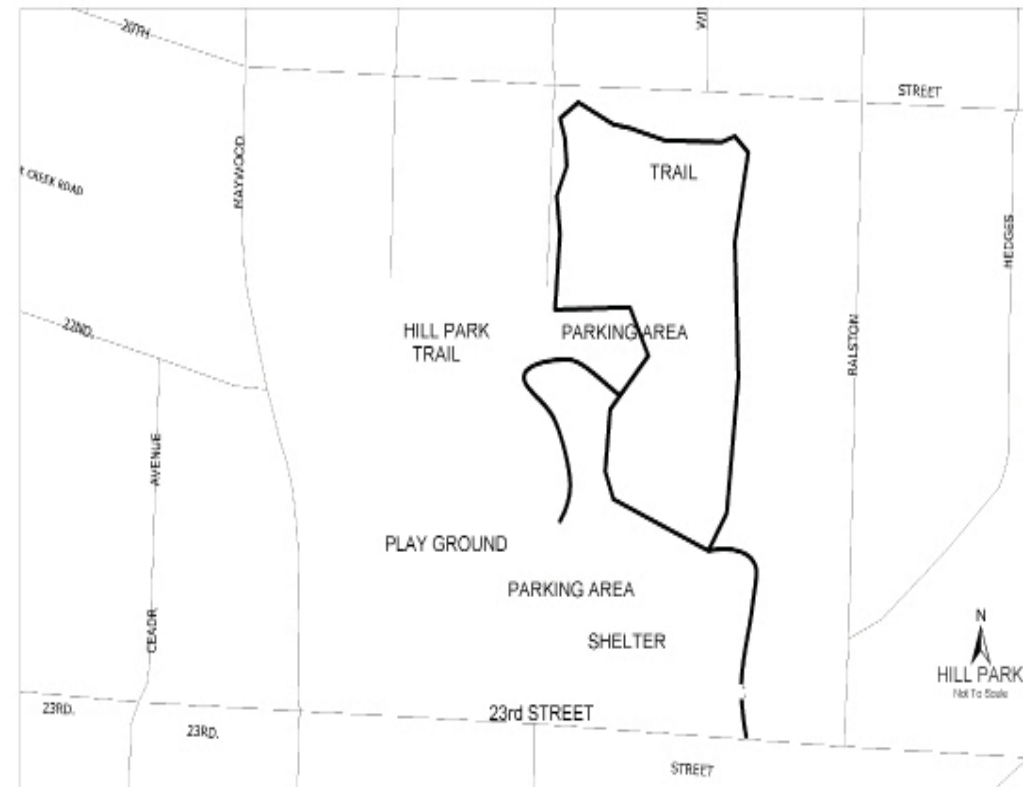
THE INDEPENDENCE ATHLETIC

COMPLEX

17800 E Salisbury Rd.

Trail = 1.5 miles

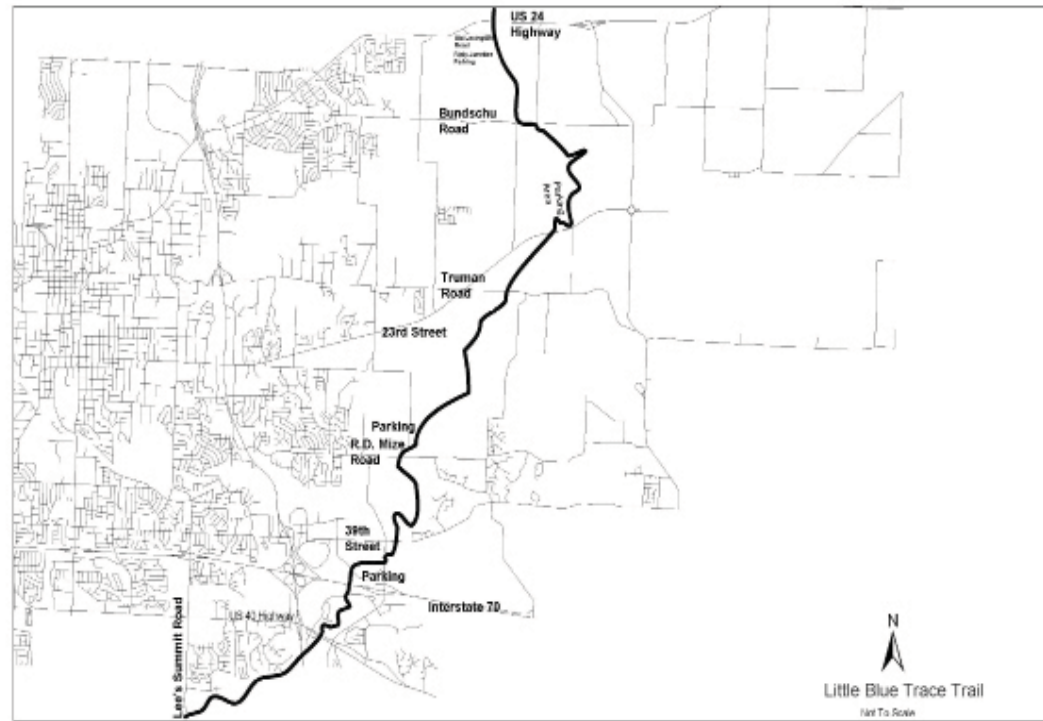
This 165-acre complex is one of the most unique in the country in that it sits atop the Geo Space Center warehouse, a 4.4 million square-foot subsurface complex of office, warehouse and light manufacturing space. The new neighborhood park space is open daily from 6 a.m. - 11 p.m. with restrooms available from 8 a.m. - 8 p.m. The complex amenities include, athletic fields, a playground, picnic tables, picnic shelter, running water, and parking.



LITTLE BLUE TRACE

Entrances are located at Blue Mills Road, Ripely Junction, Bundschu Road., M-78 shelter just west of Highway 7, and Necessary Road at R.D.Mize Road
Trail = 13 Miles

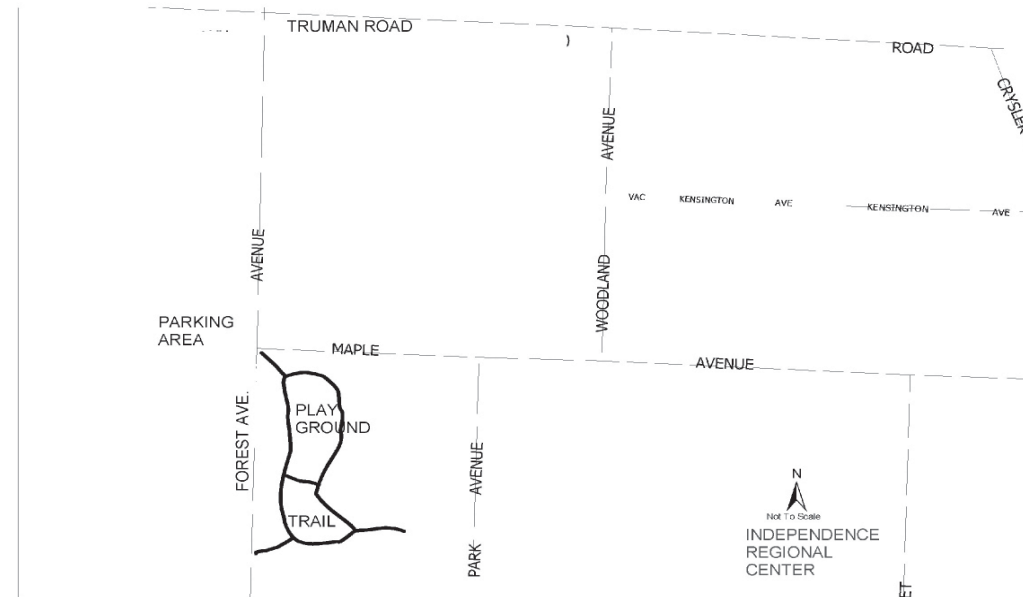
This trail follows the Little Blue River and winds through forest and farmland. When heading north on the trail, mile markers on the ground to the left of the trail help to guide the way. Composed of rock with paved portions, the trail's surrounding area is also scenic and fairly flat with a few hills. Historic markers along the trail include the Indian Trace Trail, Trail of Tears, and the Battle of Westport. This trail is a wonderful place to view wildlife. (Jackson County Parks & Recreation Department, 2005)



MAPLE FOREST COMMUNITY PARK

Lexington Street and Maple Avenue
Trail = 1/2 mile

This park was created in memory of Suzanne McGrath. Suzanne was a nurse at the former Independence Regional Health Center who while running was struck and killed by a car. Her dedication to exercise and fitness encouraged her friends to establish the park in her honor. The purpose of the park is to enrich people's bodies and minds in a safe environment. The park provides a place to spend quiet moments and a place to pursue a life of fitness and preventive health. An integral part of the park is a memory garden where supporters have purchased stones of varying sizes to be engraved with remembrances or the name of a lost loved one. The park has a playground, benches, a water foundation, and lights. (Independence Regional Health Center, 2000)



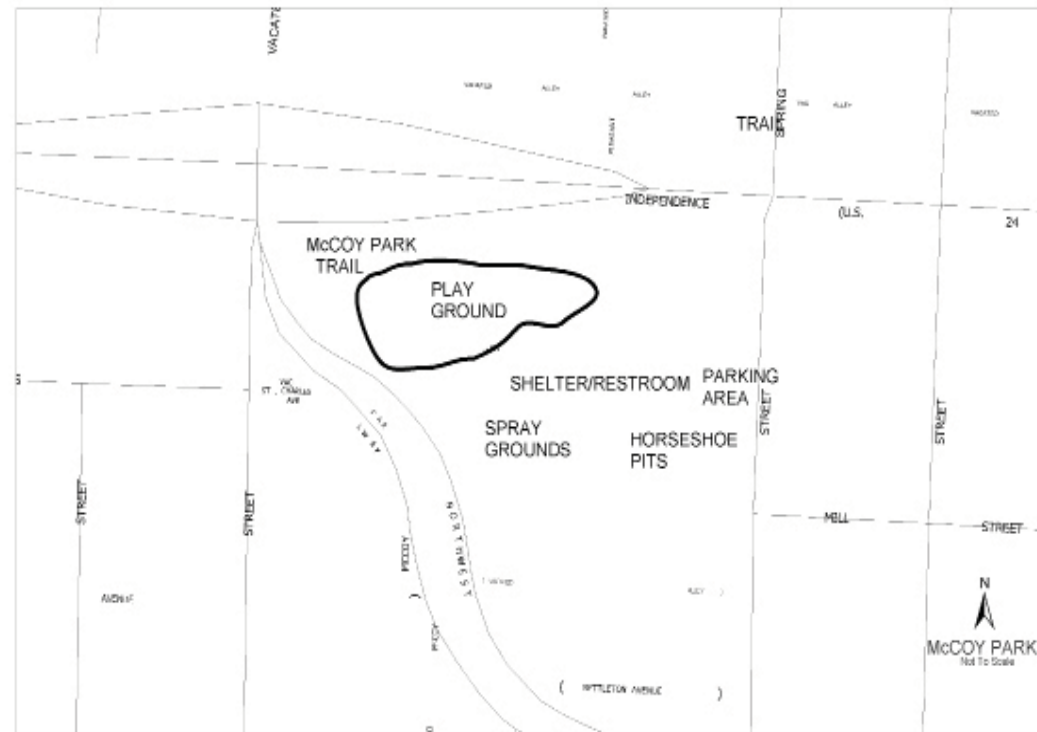
MCCOY PARK

800 N. Bess Truman Pkwy.

(Southeast corner of North Delaware Street and U.S. Highway 24)

Trail = 1/4 mile

This park is named after William McCoy, who originally came from Ohio and later became the first mayor of Independence in 1849. "He was a banker and Indian trader and lived there until his death in 1900." (Foerster, 1978, p. 43) The McCoy home is located on Farmer Street, not too far from McCoy Park. William McCoy and his brother John flipped a coin to see if they would stay in Independence or settle in St. Joseph. Needless to say, Independence won. (Henley, 1986, p. 46)



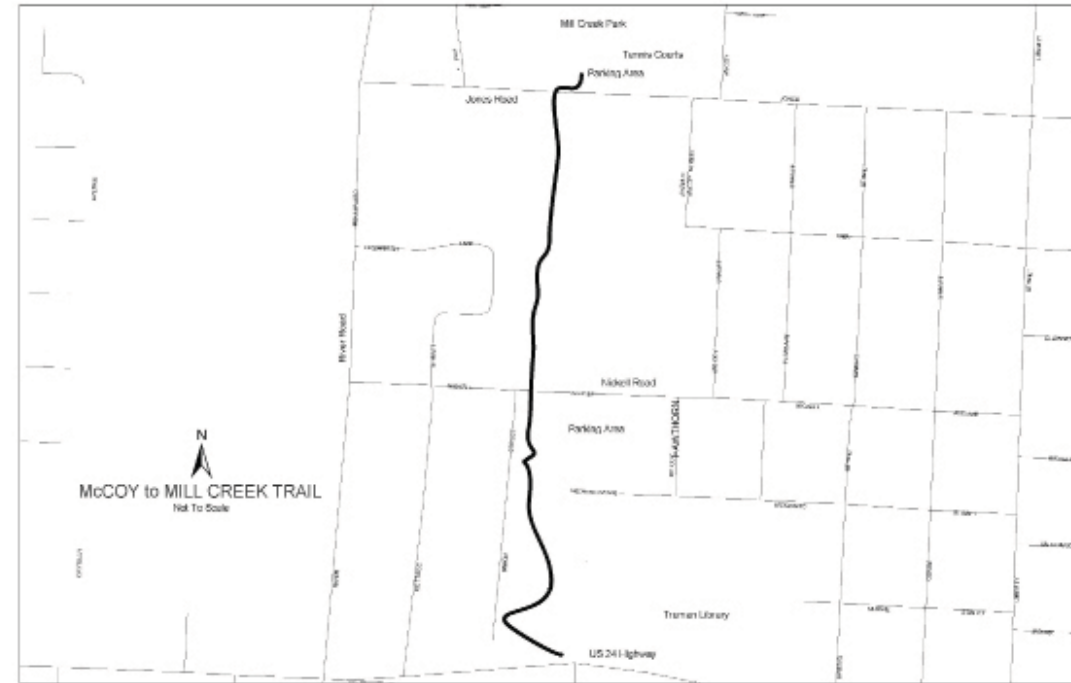
MCCOY PARK TO MILL CREEK

Connecting Trail

Tennis Courts on Jones Street to

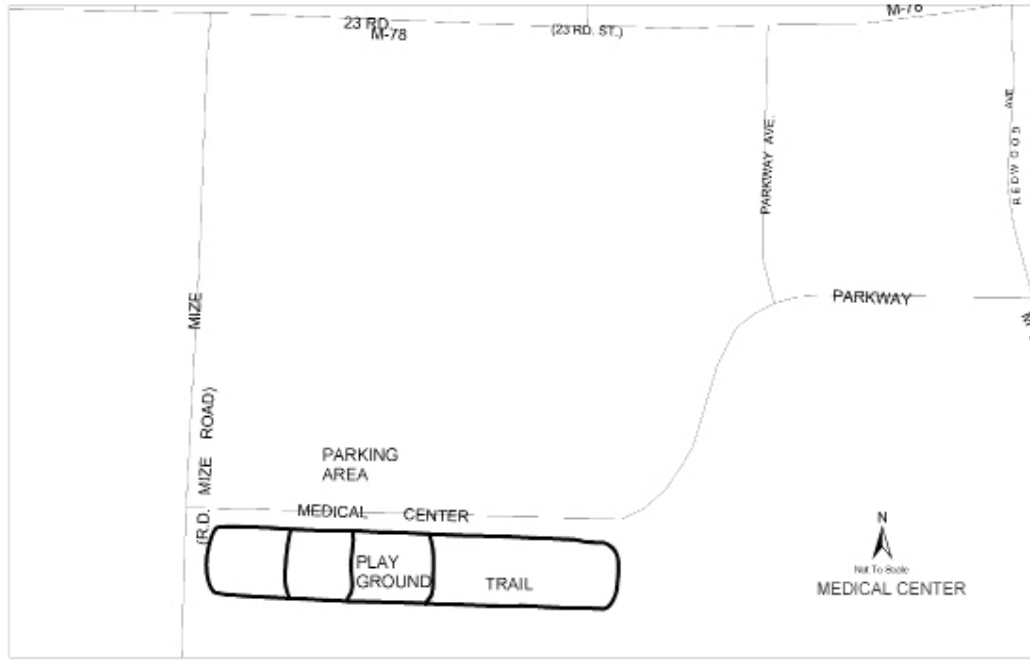
U.S. 24 Highway and Bess Truman Parkway

Trail = 1/2 mile



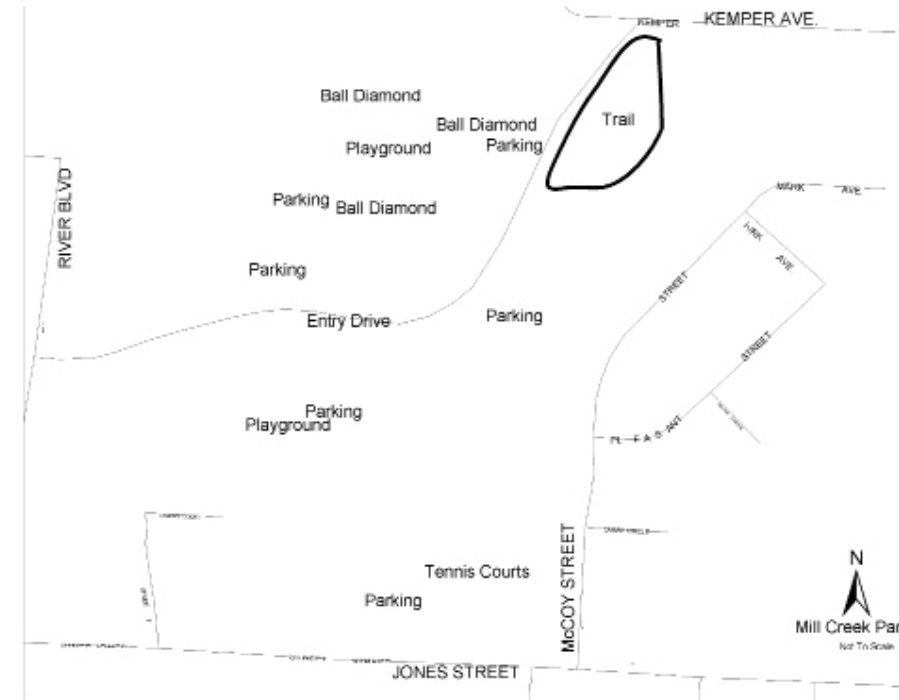
MEDICAL CENTER PARKWAY

Walking Trail
17203 E. 23rd St.
Trail: 3 1/2 laps = 1 mile



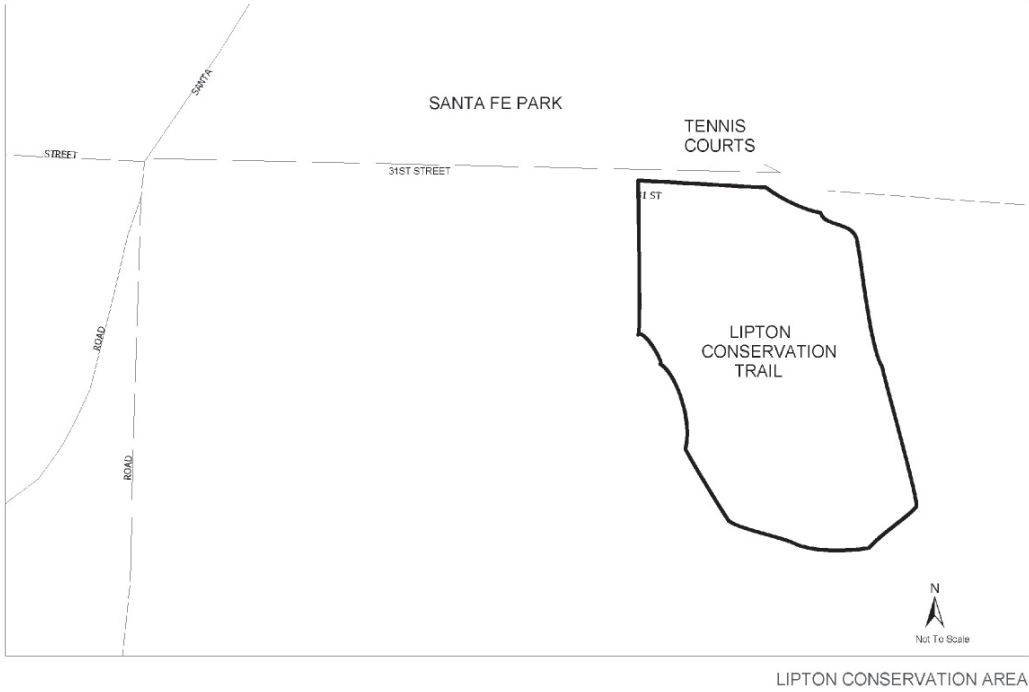
MILL CREEK PARK

1717 N. River Blvd.
Trail = 1/4 mile



MISSOURI DEPARTMENT OF CONSERVATION

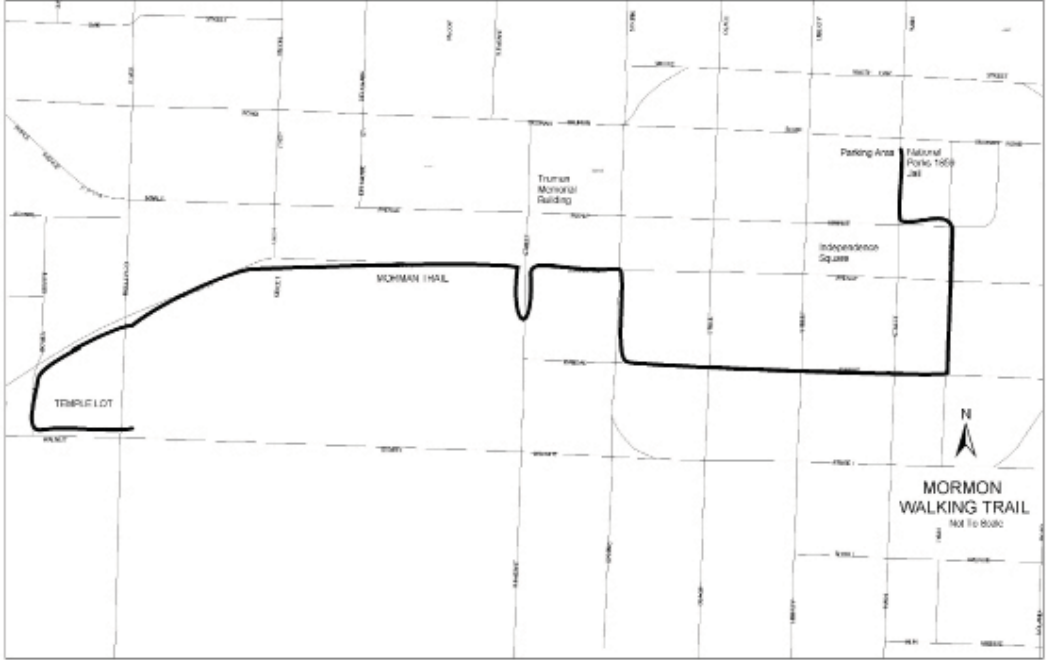
Santa Fe Park (East Side)
2900 S. Santa Fe Rd.
Trail = 1/2 mile



MISSOURI MORMON WALKING TRAIL

West of River Boulevard on Walnut Street
Trail = 1 mile

The Mormon Walking Trail is a joint project of the City of Independence and the Missouri Mormon Frontier Foundation (MMFF). MMFF is a non-sectarian, not-for-profit group dedicated to the promotion and understanding of local history. There are 14 plaques along the trail that depict key early Mormon Sites. (Independence Parks & Recreation Department, 2005)

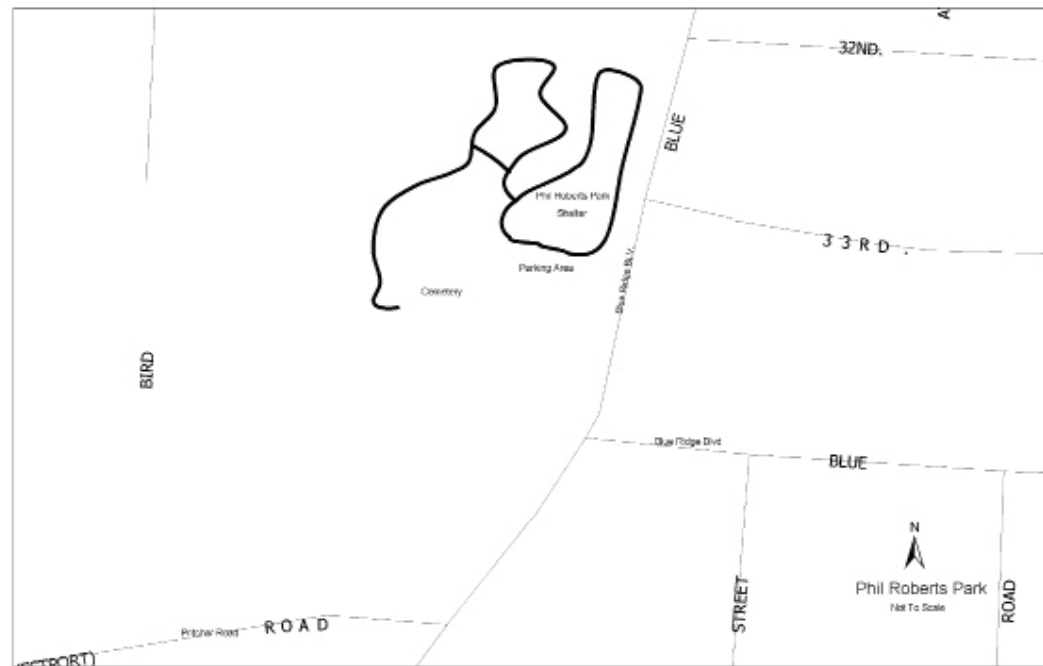


PHIL ROBERTS PARK

3250 S. Blue Ridge Blvd
(Blue Ridge Cutoff and 40 Highway)
Asphalt Walking Trail = 1/3 mile
Nature Trail = 1/4 mile

Next to the parking lot of Phil Roberts Park is the old Pitcher Cemetery. The cemetery dates back to the early 1830's. Ledstone Noland, who served in the Revolutionary War, is buried at this cemetery along with Civil War soldiers and the Pitcher Family. The last known burial at this cemetery is believed to have been in 1812.

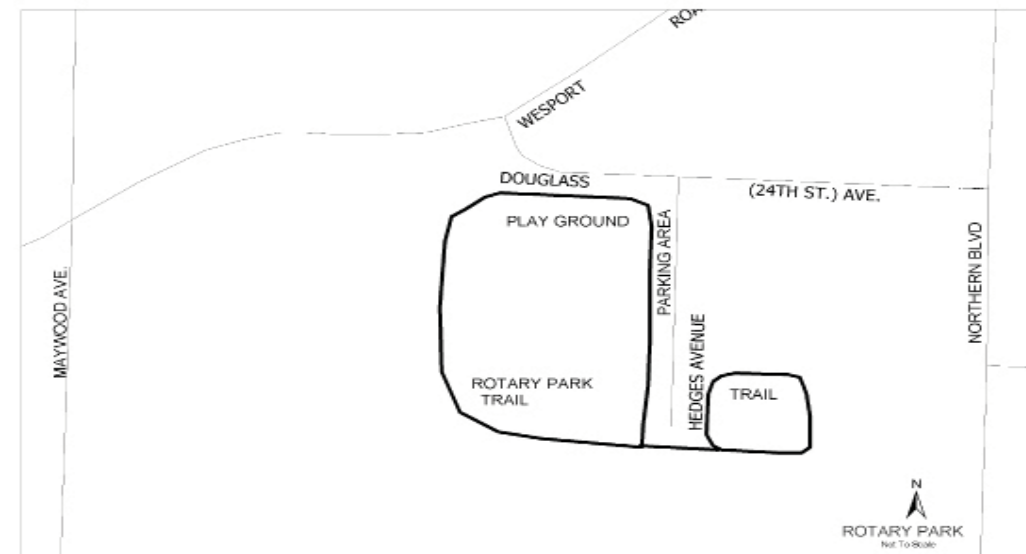
The park was recently renovated and offers a place of solitude amidst the city traffic. The asphalt trail is level except for the slight incline at the northwest corner. The Chinook oak tree (with bluebird houses mounted on it) provides shade for the walker. Adjacent to the trail is a 1/4-mile nature trail through a wooded area for a more adventurous walk.



ROTARY PARK

10615 E. 24th Street South
(South of East 23rd Street and just off South Westport Road)
Trail = 1/4 mile

Rotary Park is located in one of the most interesting and historical areas in Independence. Many historians interested in the James Gang (Frank and Jesse James) are aware that this was a popular hangout spot for Frank James, a Santa Fe merchant. He fell in love with Annie Ralston, the daughter of Samuel Ralston, and lived in the large 1850s mansion at 21st Street and Sterling Avenue. Ralston was a teacher at Rock Creek School, a one-room school at the top of the hill, just west of the park. Ralston's father was opposed to this marriage and the school board refused to void her contract to allow them to get married. That night the schoolhouse burned to the ground, thereby leaving James and Ralston free to marry. The two are buried side by side in the small family cemetery on the north side of Hill Park. James is buried under the alias F. Alexander James to avoid his marker from being vandalized like Jesse James' marker in Kearney. A Civil War Battle was fought on the hill to the west of the park and the Independence Fair was also located at this spot. (B. Curtis, personal communication, March 2006)

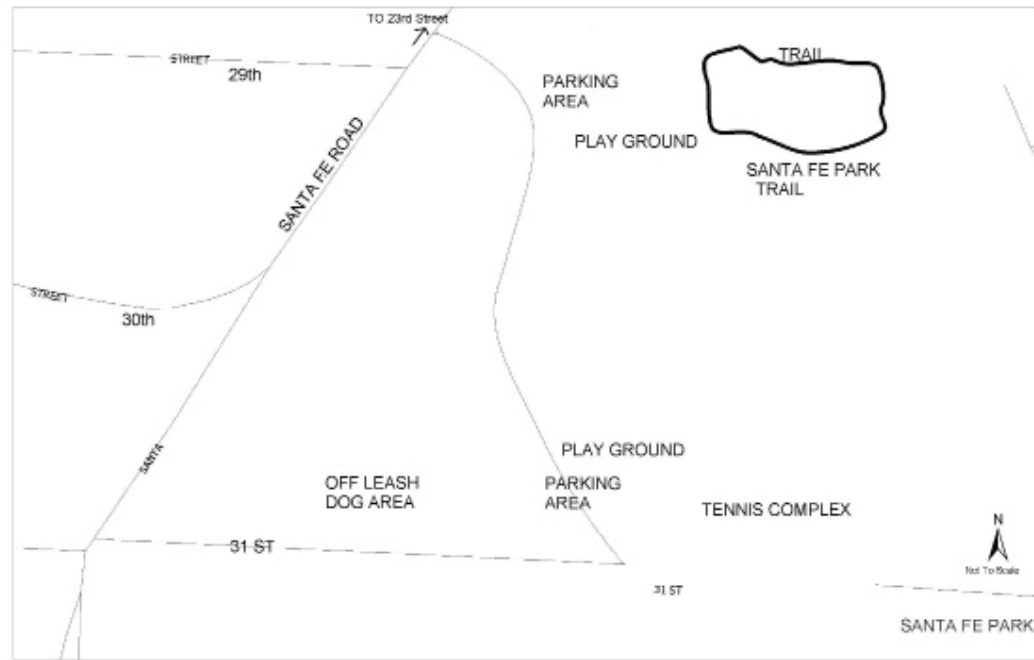


SANTA FE TRAIL PARK

2731 S. Santa Fe Rd.

Trail = 1/2 mile

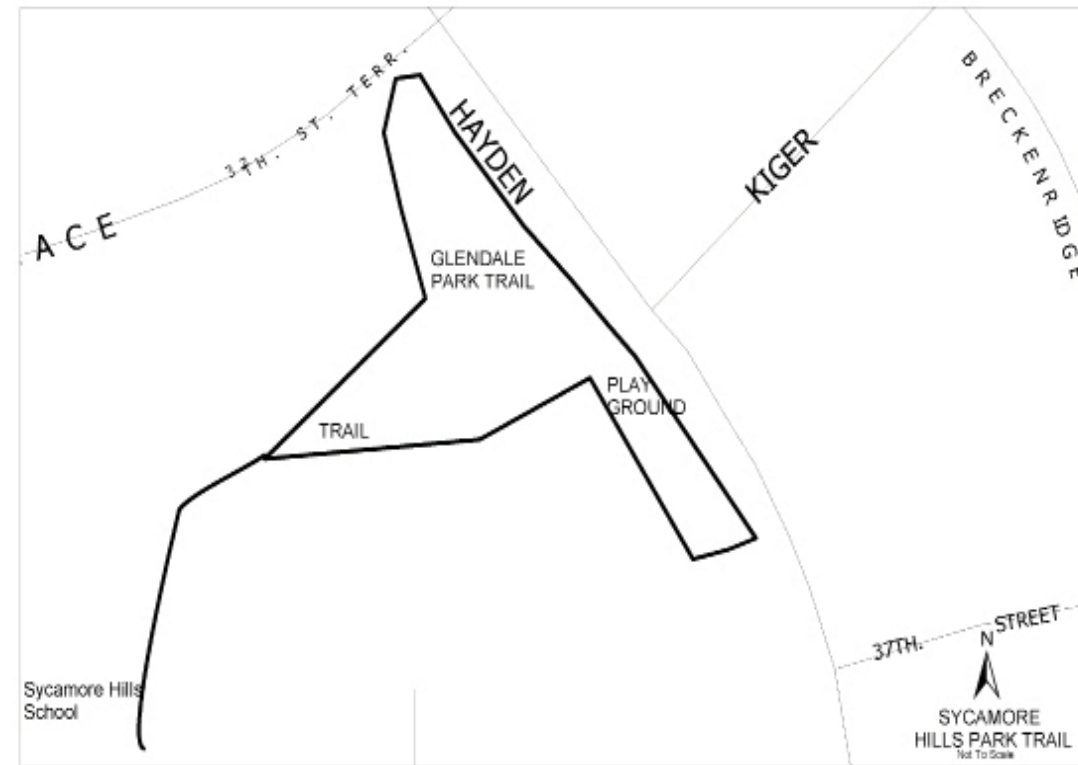
There are immigrant pioneer wagon wheel ruts running the length of the property.



SYCAMORE HILLS PARK

15208 E. 39th Street South

Trail = 1/5 mile



THE HOOF-N-HOUND

875 Vista Ave.
Trail = 3/4 mile

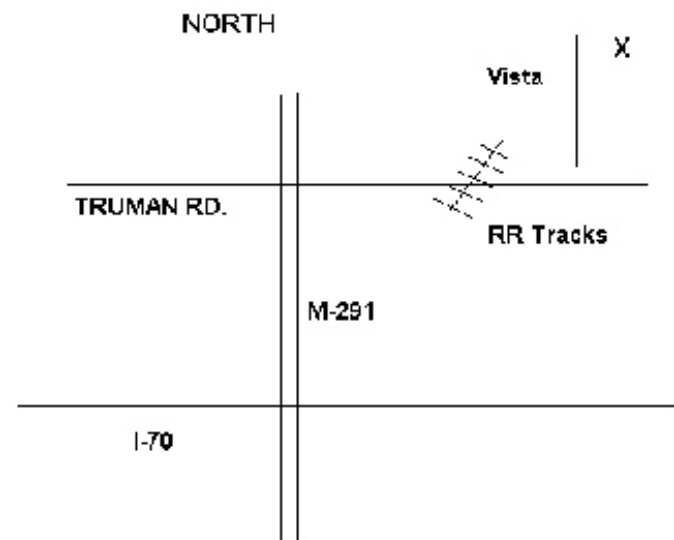
The Hoof-N-Hound is a walking program sponsored by the Independence Animal Shelter. Gym membership can cost more than \$50 a month, but this weight-loss program is free-n-furry. Why not consider providing yourself some daily exercise by walking or jogging with a shelter dog? You will receive a membership card and a certificate after completing 10 miles of hoof-n-exercise. All participants must check in with their club membership photo I.D. prior to the walk. This is for the protection of the animals as well as yourself.

Independence Animal Shelter Hours:

Sunday Closed

Monday - Friday 11:30 a.m.- 5:30 p.m.

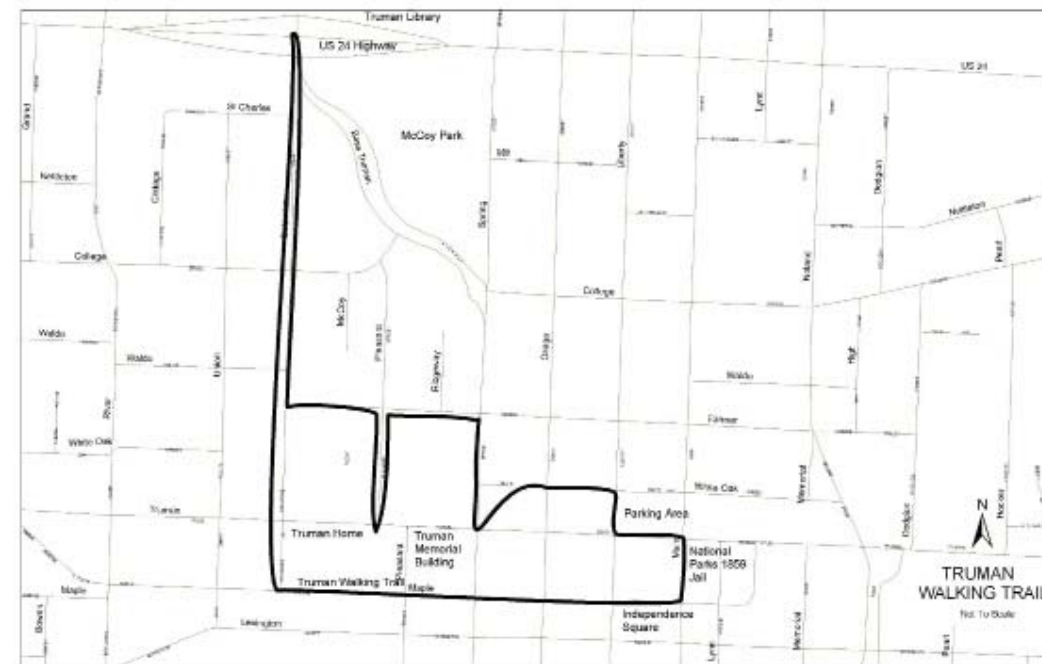
Saturday Noon - 2 p.m.



TRUMAN HISTORIC WALKING TRAIL

223 North Main St.
Trail = 2 7/10 miles

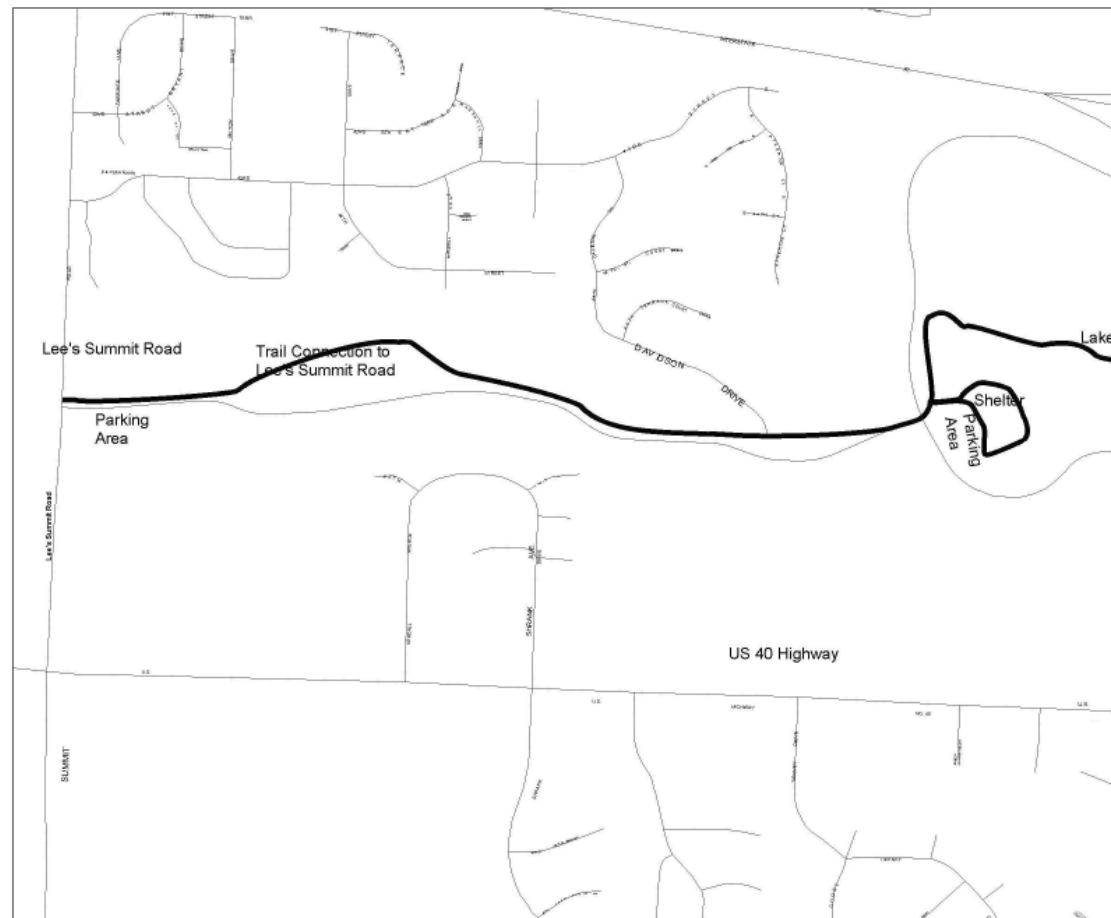
The City of Independence started developing plans for this historic walk in the early 1990s. President Harry Truman, America's 33rd president, enjoyed walking and history. To honor his love of walking, the City organized the Truman Historic Walking Trail. There are 43 memorable sites along the way that are marked by descriptive plaques. It is said that "No one liked a good walk better than Independence's own Harry Truman." Take time to enjoy the sights. (Independence Parks & Recreation Department, 2005)



WATERFALL PARK TRAIL

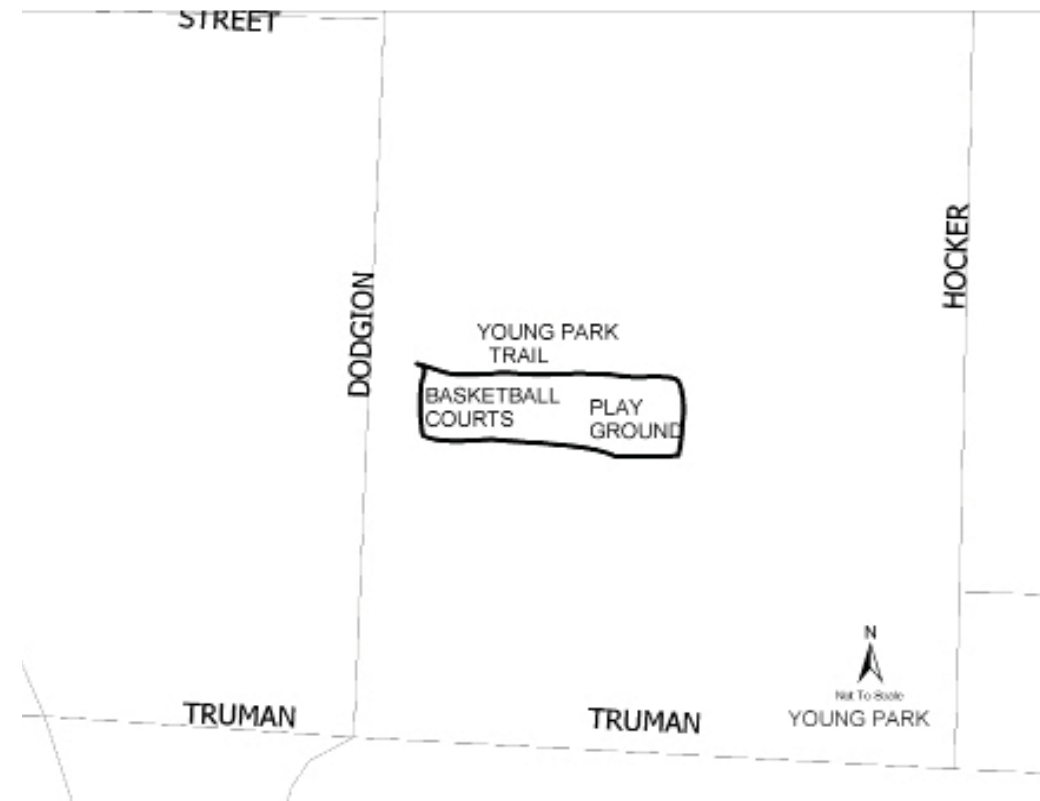
4501 S. Bass Pro Dr.
I-70 and Hwy. 291
Hiking trail = 1.25 miles
Asphalt paved trail = 1.25 miles

This beautiful park sits on the lake across from Bass Pro Shops on a 18-acre fishing lake and two waterfalls. Amenities include barbecue grills, a playground, picnic tables, a picnic pavillion, restrooms, running walter, and parking.



YOUNG PARK TRAIL

300 N. Hocker
Trail = 1/8 mile



SCHOOL TRAILS

Benton Bingham	429 S. Leslie 1716 Speck	Track: 4 laps = 1 mile Bingham to Bridger = 1/4 mile paved sidewalk
Blackburn	17302 R.D. Mize Rd.	Sidewalk around park: 5 laps = 1 mile
Blue Hills Bridger	1911 N. Blue Mills Rd. 18200 E. Hwy 78	4 laps around playground = 1 mile Bridger to Bingham = 1/4 mile paved sidewalk
Bryant Christian Ott Cler-Mont Fairmount	827 College 1525 N. Noland 19009 Susquehanna 120 N. Cedar	Track: 9 laps = 1 mile Track: 6 laps = 1 mile Trail: 4 laps = 1 mile 9.4 laps = 1 mile
Fort Osage High Glendale Hanthorn	2101 N. Tywman Rd. 2611 Lee's Summit Rd. 1511 Kingshighway	Track around football field Track: 7 laps = 1 mile Children's bike trail
Luff Elementary Mill Creek Proctor Randall Santa Fe	3700 S. Delaware 2601 N. Liberty 1403 W. Linden 509 Jennings 1301 S. Windsor	Track: 4 laps = 1 mile Track: 14 laps = 1 mile Track: 7 1/2 laps = 1 mile Track: 4 laps = 1 mile Track: 10 laps = 1 mile
Spring Branch Sunny Vale Sugar Creek Sycamore Hills Three Trails Truman High Van Horn High	20404 E. Truman 3830 S. R.D. Mize Rd. 11424 Gill 15208 E. 39th 11801 E. 32nd St. 3301 S. Noland 1109 Arlington	Track: 7 1/2 laps = 1 mile 4 laps = 1 mile 4.9 laps = 1 mile Track: 9 laps = 1 mile 6.1 laps = 1 mile Track: 7.8 laps = 1 mile Track 4 laps = 1 mile
William Chrisman William Southern William Yates	1223 N. Noland 4300 Phelps Rd. 3600 S. Davidson	Track: 4.6 laps = 1 mile Playground: 8.5 laps = 1 mile Disc golf course trail

WALKING FUN FACTS

- Walk up and down the aisle of a discount store and around the outside aisle for 550 steps
- Walk from one end of Independence Commons to the other for about 825 steps
- Walk around a grocery store for approximately 800 steps
- The top level of Independence Center is approximately 1,050 steps and the bottom is about 994 steps 2,000 steps = 1 mile
- Going for a walk is a great way to reduce stress and promote an overall sense of wellness. Regular walking can reduce feelings of depression and anxiety
- Walking burns approximately the same amount of calories per mile as does running
- Walking is the only exercise in which the rate of participation does not decline in the middle and later years. In a national survey, the highest percentage of regular walkers for any group (39.4%) was found among men 65 years of age and older
- Walking leads to lean, toned muscles, and keeps bones and joints in shape, minimizing the effects of osteoporosis and arthritis



SAFETY TIPS

- Keep safety in mind when you plan your route and the time of your walk
- If you walk at dawn, dusk, or night, wear a reflective vest or brightly colored clothing
- Walk in a group when possible
- Notify your local police station of your group's walking time and route
- Do not wear jewelry
- Do not wear headphones

TAKING THE FIRST STEP

- Walking correctly is very important
- Walk with your chin up and your shoulders held slightly back
- Walk so that the heel of your foot touches the ground first. Roll your weight forward
- Walk with your toes pointed forward
- Swing your arms as you walk
- If you walk less than three times per week, give yourself more than a week before increasing your pace and frequency



CHOOSING A PEDOMETER

A pedometer can give you a more accurate picture of how active you are each day.



The pedometer step counter is a small battery operated device that tracks vertical movement of the hip. The pedometer is worn at your waist directly above the knee and records a step each time your hip moves up and down.

Wearing a pedometer can help you manage your activity and serve as a constant reminder to get up and move.

Your pedometer will measure all activities involving hip movement. To work, the pedometer has to stay upright and not tilt too much. When positioned on a body with a protruding stomach, the pedometer should be worn on the waistband directly below the armpit.

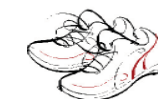
Choose a pedometer that is best for you. Basic models count only steps while other models can convert steps to miles and track calories burned.

Inexpensive models tend to be noisy, harder to use, not as accurate, and will not last long. Be sure to buy a safety leash or strap to keep the pedometer from falling off.

Follow these steps:

- Wear your pedometer for at least three days from morning until night to determine how many steps you normally take in a day.
- Take the total number of steps walked during three days and divide by three for your baseline number of steps per day.
- The target goal is 10,000 steps per day.
- Simply wearing a pedometer is not enough. You will also need to record your readings.

Once you have reached your goal, maintain that number for at least eight weeks. After that, you may then choose to increase your daily goal or add intensity to your program by walking further or by including more hills and stairs.



CHOOSING WALKING SHOES

- The most important factor in choosing good walking shoes is to select a good fit
- Select shoes designed specifically for walking, thereby providing comfort and appropriate support
- A walking shoe should have a low, rounded heel to allow a good rolling motion from the heel to the toe
- The shoe should bend where your foot naturally does and not at the arch
- The shoe should also have slight flexibility when you grab the heel and toe and give the shoe a twist
- Walking shoes should be replaced about every 500 miles



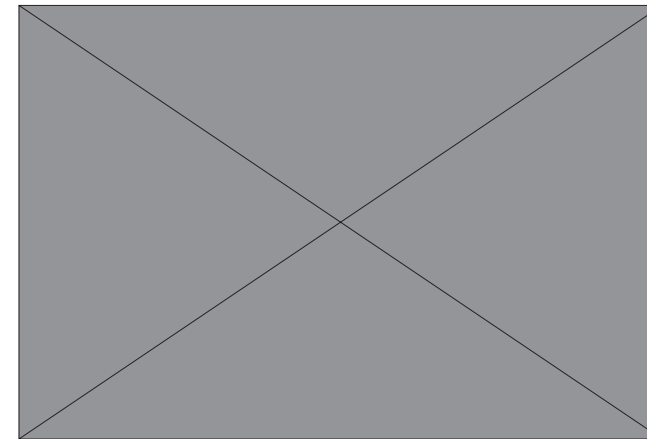
HEAT SURVIVAL TIPS



- Drink two- four glasses of water each hour
- Drink plenty of non-alcoholic fluids. Do not wait until you are thirsty to drink. Thirst is your body's way of telling you that you're dehydrated
- Avoid very cold drinks, caffeine, and high sugar drinks
- Sports beverages can replace the salt and minerals you lose in sweat
- Eat lightly. High protein foods will increase heat production and water loss, while fatty foods are harder to digest
- Eat salads, fruit, jello, and vegetables
- Try to rest often in the shade
- Protect yourself from sunburn, it reduces the body's ability to cool itself
- Listen to your body, slow down and rest as needed
- Wear light colored, light-textured, and loose-fitting clothes

HIKING SAFETY

- Hike with a friend or family member
- Take plenty of drinking water with you
- Let someone know where you are going
- Stay on the trail. Do not walk off the trail
- Know your limitations
- Wear appropriate footwear (no sandals)
- Plan ahead
- Be alert to current weather conditions
- Take a map of the trail with you
- Keep a compass with you
- Remember insect repellent
- Report suspicious activity
- Pack a small backpack with sunscreen, insect, sunglasses, a hat, snacks, and a cell phone
- Look before you step
- Do not approach any animal
- Walk with identification
- Take out what you carry in



DOWNTOWN INDEPENDENCE FACTS

Several Independence residents from the Palmer Center's Pavement Pounders walking program shared the following highlights about the city:

- 1020 Truman Road: Polly's Pop gave new residents of the City a six-pack of pop to welcome them to the community
- The Jones Store was located between Lexington and Maple Avenue on Liberty Street
- The Sears store was at 111 N. Main St
- The J.C. Penney store was located on Lexington between Main and Liberty streets
- Emery Bird Thayer department store was located at 103 N. Main St
- The building at 203 N. Lynn is a former meat locker
- Katz Drugstore was at 201 N. Main St
- There was a leather shop at Lexington Street and Lynn. It is now a bail bonds business
- The local grocery store was located at 324 W. Farmer St
- President Harry Truman was an honorary member of Old Eagle's Lodge, located at Main and Kansas streets
- There was a flour mill at Pacific Avenue and Santa Fe Road, which was destroyed by a large fire.



TRAIL ETIQUETTE

- Stay on designated trails
- Bike riders yield to hikers
- Downhill yield to uphill
- Use common sense and courtesy
- Do not litter
- Please do not destroy or remove plants
- Keep your pets restrained.
- Walk on the right
- Show courtesy to other trail users at all times
- Use the right side of the always pass on the left
- Respect the rights of property owners
- Watch for other trail users
- Be especially alert when running
- Listen for audible signals and allow faster trail users (runners and bicyclists) to pass safely
- Group users allow ample room for others to pass
- Always look ahead and behind before passing
- Yield when entering and crossing trail. Obey all traffic signals and stop signs



REFERENCES

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