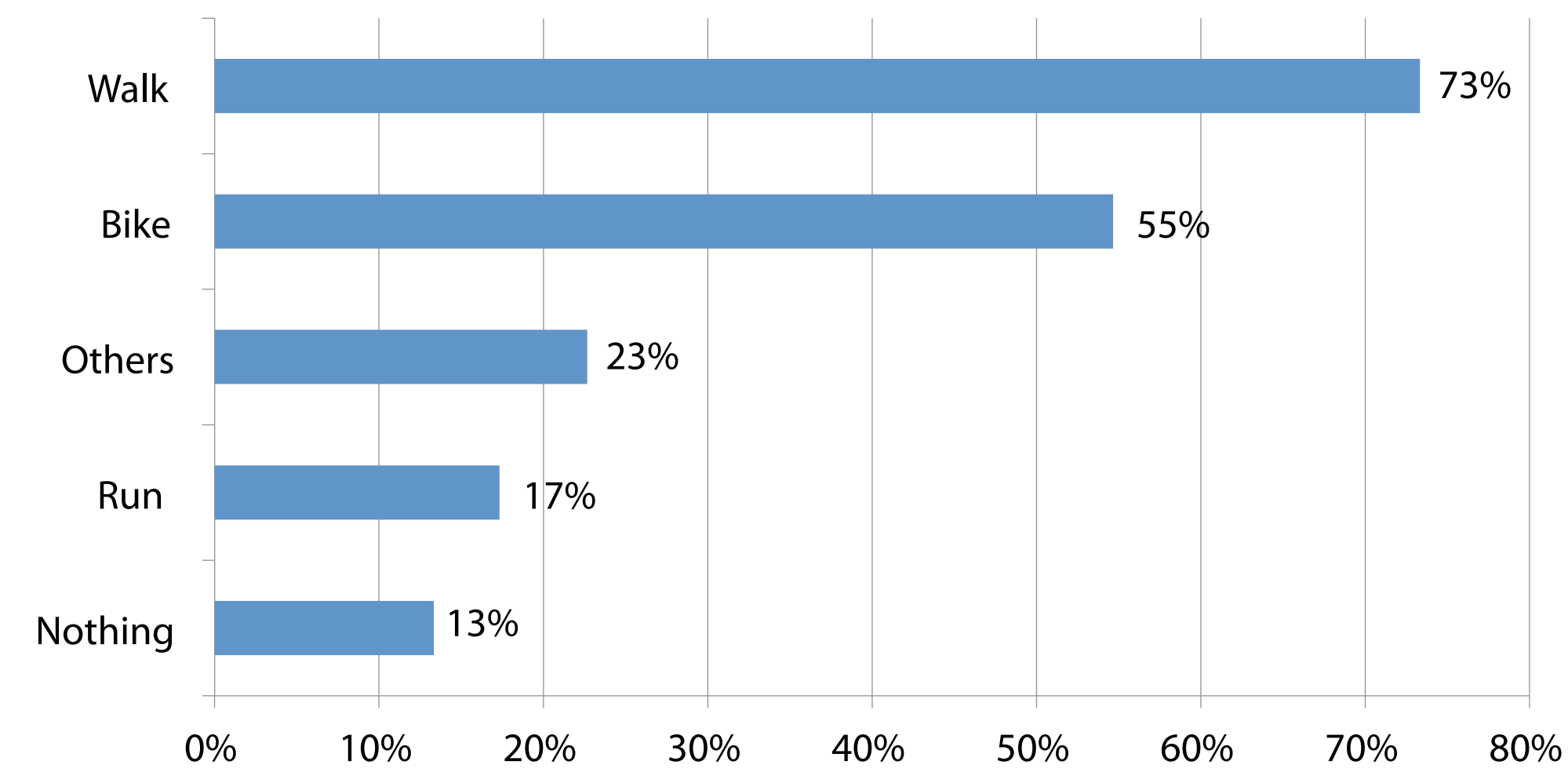


Figure 2. Respondents' preferred types of exercise (75 responses)



Seventeen percent of respondents who answered this question indicated that they run for exercise. Please note that some respondents indicated more than one type of exercise; therefore, the percentages do not equal 100.

### Preferred Running Routes

Eight respondents provided information about the running routes they use. The High Trestle Trail is a favorite running route. A few runners make a loop around town from East 8<sup>th</sup> to East 6<sup>th</sup> to West 7<sup>th</sup>, through Edgewood Park and then north, passing through the downtown area and eventually reaching West 1<sup>st</sup> Street, and then east to Kennedy Avenue (Highway 17).



High Trestle Trail. Source: Mary Swalla Holmes



High Trestle Trail. Source: Nate Schlorholtz



Residential Sidewalk. Source: Nate Schlorholtz

# Madrid

## Transportation Behavior and Needs | 7. Preferred Running Routes