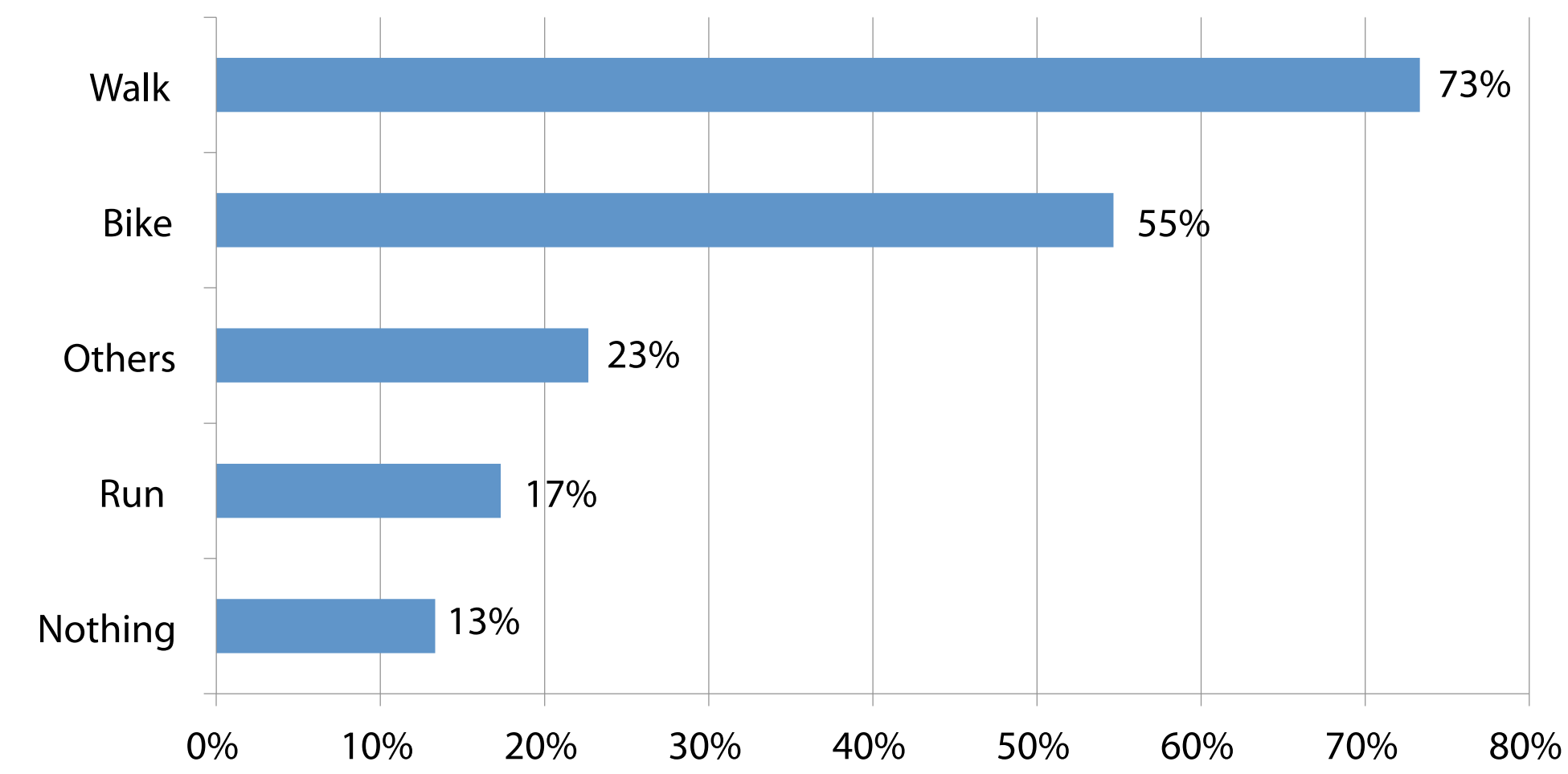


Figure 2. Respondents' preferred types of exercise (75 responses)



Walking is the most common form of exercise for participants, followed by biking (55%) other forms of exercise (23%), which include playing team sports, using home fitness equipment, gardening, hiking, hunting, and fishing. Thirteen percent of the participants do not exercise. The percentages for each activity are shown in figure 2. Please note that some respondents indicated that they engage in more than one form of exercise; therefore, the percentages do not equal 100.

Preferred Walking Routes

Fifty-five respondents provided information about the walking routes they use. The High Trestle Trail through town and just beyond city limits is a popular route. City streets that are frequented include East 2nd Street, County Line Road, and East 1st Street to Kennedy Avenue (Highway 17); East 22nd Street, Newton Road, and Fairview Drive; West 1st and West 2nd Streets in the downtown area, and South Main Street. Several people walk in their own neighborhoods. A few people walk through Edgewood Park.



High Trestle Bridge. Source: Mary Swalla Holmes



Main Street Bridge. Source: Nate Schlorholtz



High Trestle Trail. Source: Mary Swalla Holmes

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