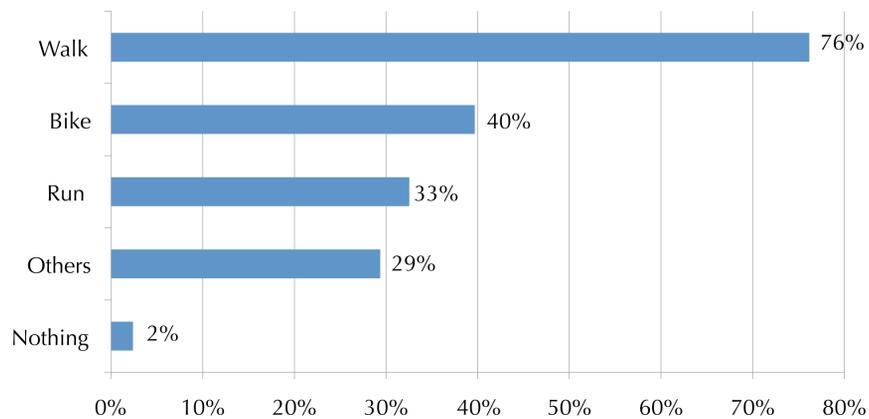


Figure 2. Respondents' preferred types of exercise (126 responses)



Walking is the most common form of exercise for participants (76%), followed by biking (40%) and running (33%). Only 2% of respondents do not exercise. Twenty-nine percent engage in other activities, such as team sports, golf, cross-country skiing, yoga, and juggling. 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

Seventy-two survey participants provided information about the walking routes they use. The most heavily walked streets in town are Palisades Road, 7th Street, 1st Street, 5th Avenue, and College Boulevard. Palisades Road and 7th Street are part of the old Lincoln Highway. Many people walk the old highway east into Lisbon. Some walkers make a loop from the old Lincoln Highway to 15th Avenue and follow the streets along the west side of town to Scoby Road. From Scoby Road they go south on 8th Avenue to 8th Street, and then following the streets along the east side of town back to Lincoln Highway. Some people walk at the intramural fields near the high school and middle school and some walk on the school track. Some people also walk in their neighborhoods. Some cross US Highway 30 to the country club and walk south on Country Club Drive.



1st St W across from Cornell College. Source: Nicholas Gulick



Old Lincoln Highway Bridge. Source: Nicholas Gulick



1st Street in Downtown Mount Vernon. Source: Nicholas Gulick

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