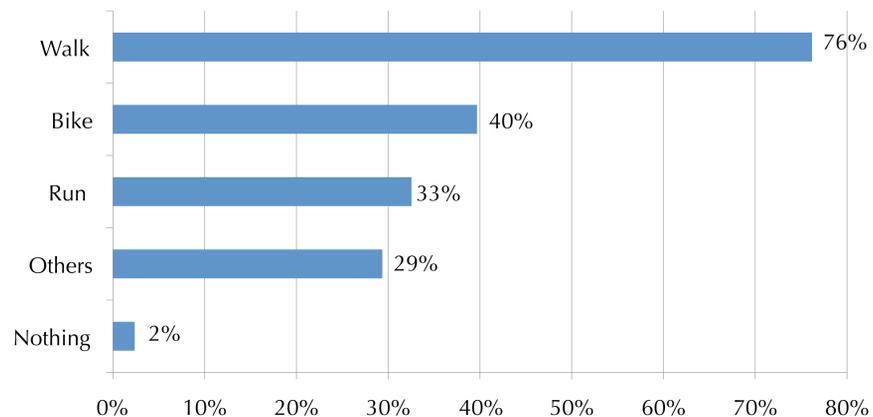


Figure 2. Respondents' preferred types of exercise (65 responses)



Thirty-three 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

Thirty-six respondents provided information about the running routes they use. The routes identified are quite similar to those of the walkers and cyclists. Like walkers and cyclists, runners go back and forth between Mount Vernon and Lisbon via the Old Lincoln Highway. Lisbon Road, 7th Street, and Palisades Road are popular among runners, as well as 1st Street, 10 Avenue, Scobey Road, 8th Avenue, and 8th Street. Some runners go outside city limits on West Mount Vernon Road, Springville Road, and Highway 1. A few people also run south of US Highway 30 to the country club and run south on Country Club Drive, as do some walkers and cyclists.



College Blvd. Source: Robin Hamadani



Intersection of Palisades Rd and 15th Ave S. Source: Robin Hamadani



Traveling west on 8th St NW. Source: Robin Hamadani

Mount Vernon

Transportation Behavior and Needs | 7. Preferred Running Routes

