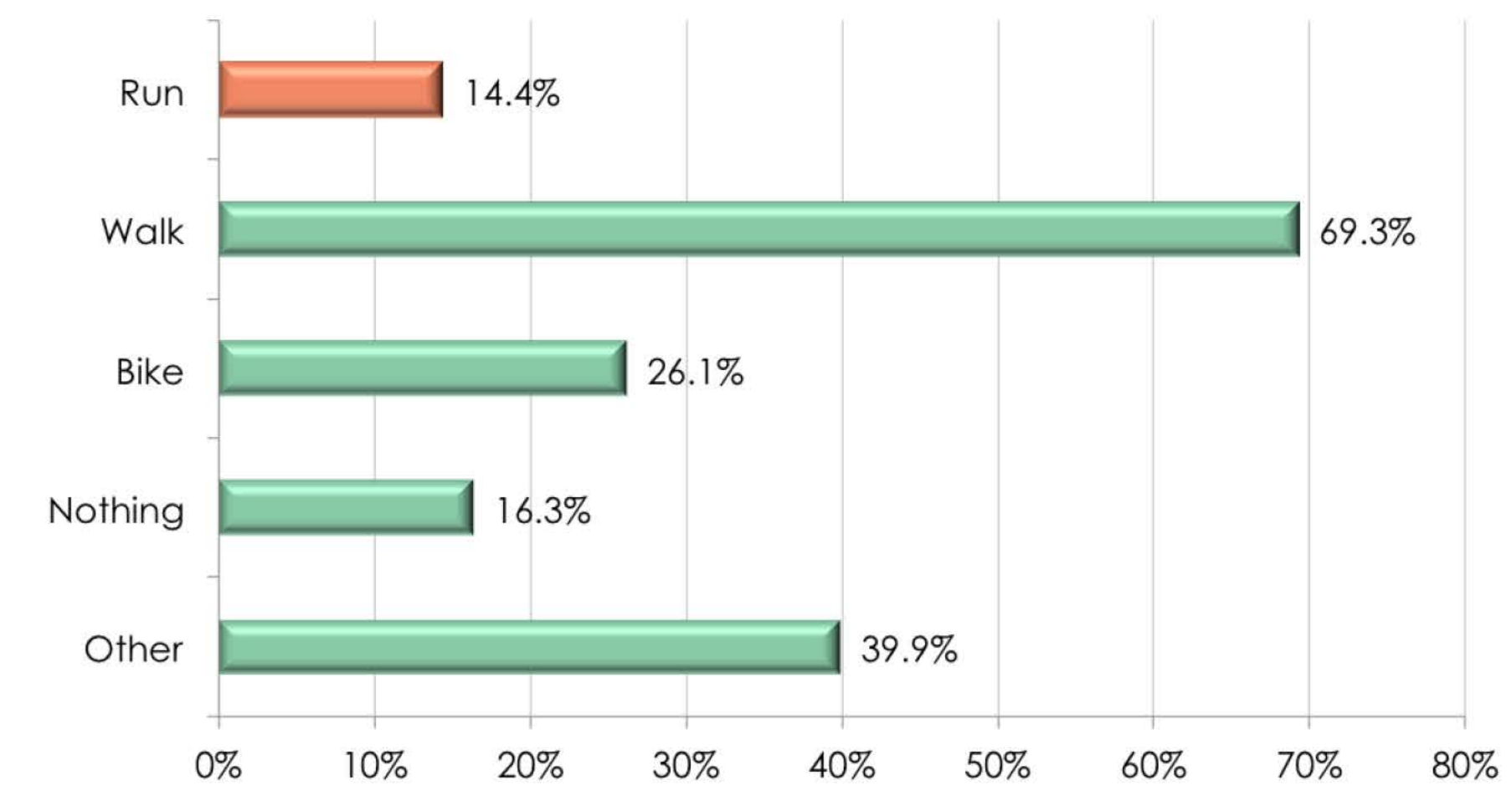


Map Source: Iowa Department of Natural Resources, "Natural Resources Geographic Information Systems Library," accessed May 2015, <http://www.igsb.uiowa.edu/nrgislib/>. Route data derived from the 2015 Designing Livable Communities survey conducted by Iowa State University.

Preferred types of exercise (153 responses)



Just more than 14% of participants who answered this question indicated that they run for exercise. The percentages for each activity are shown in the graph. Please note that some respondents indicated that they engage in more than one form of exercise; therefore the percentages do not equal 100.

Preferred Running Routes

Thirty-four survey participants provided information about the running routes they use, which are identified on the map. The frequency that the routes are used is depicted by their thickness, with the most frequently used routes being thickest. As with biking and walking routes, the running routes identified by participants follow many of the city streets in Nashua. As with cyclists, a popular route segment among runners is Lakeshore Dr to Chickasaw St, Chickasaw to Highway 346, then west on Highway 346, northwest on Charles City Road, and around Cedar View Park. Survey participants who run also favor Greeley St and Main St as routes.

Nashua

Transportation Behavior and Needs | 4. Preferred Running Routes