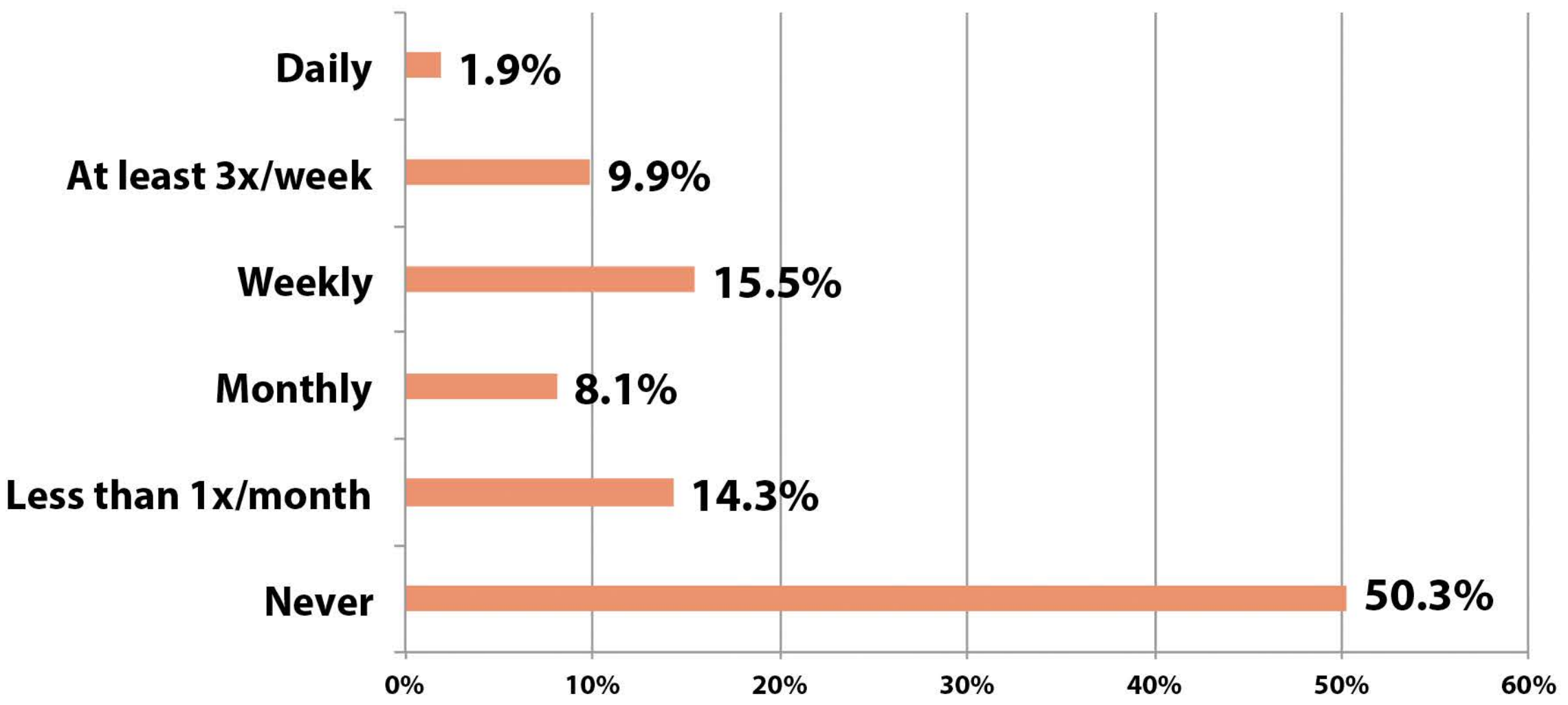


Map Source: Iowa Department of Natural Resources, "Natural Resources Geographic Information Systems Library," accessed October 2015, <http://www.igsb.uiowa.edu/nrgislib/>. Route data derived from the 2016 Designing Livable Communities survey conducted by Iowa State University.

How Often People Run

How Often Did You Run During the Past Year? (161 responses)



Survey participants were asked how often they ran during the past year. Almost 98% of respondents answered this question. Of those people, almost 50% indicated that they ran. Of those who did run, 14.3% ran less than once a month, and 15.5% ran weekly. Three respondents (1.9%) indicated that they run daily. Almost 44% of participants said they run more often during warmer-weather months.

Where They Go

This map shows the running routes identified by 63 survey respondents. The frequency that the routes are used is depicted by their thickness, with most frequently used routes being the thickest. As with walkers and cyclists, runners use many of University Heights' streets as their routes, with the exceptions of Melrose Avenue within city limits, most of Koser Avenue, and a section of Highland Drive. W Benton Street is a popular east-west route for runners, as is Melrose Avenue east of town. Runners use the trail that residents made in the wooded area on the north end of town and they also run along the railroad tracks and to and around Tower Court Park and Willow Creek Park.

University Heights Transportation Behaviors and Needs | Preferred Running Routes