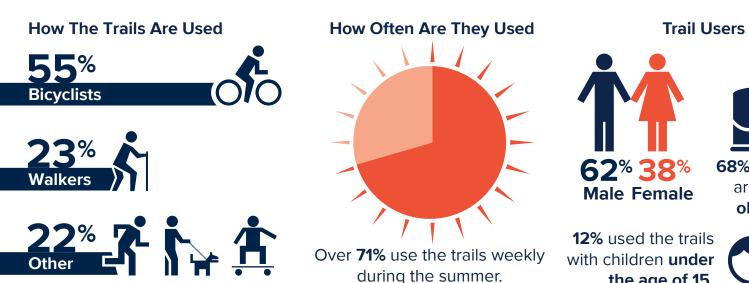
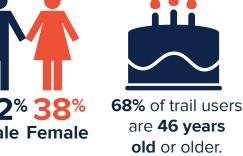


#### Who **USES** The Trails?

Good or Excellent.





of the trails.

The Miami Valley Region boasts the

Nation's Largest Paved Trail Network,

the age of 15.

of the trails.



### Health **BENEFITS** Of The Trails

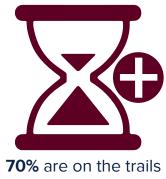
# During a 30 Minute...



WALK The average male will burn calories.

**BIKE RIDE** The average female will burn calories.

WALK The average female will burn calories.



an hour or more.

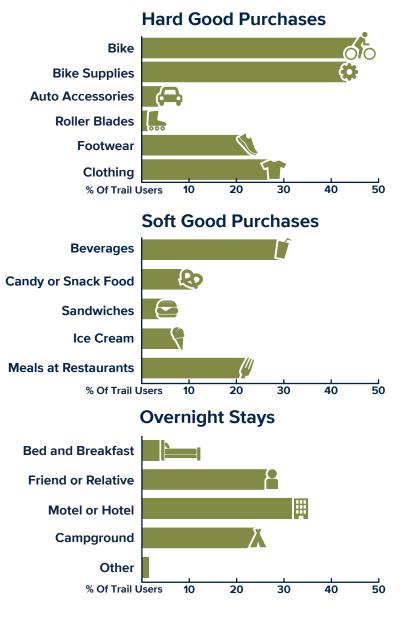


11% use the trails daily



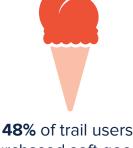
23% use them 1-2 times a week

### Economic **BENEFITS** Of The Trails





hard goods related to their trail use and spent an average of \$507.



purchased soft goods related to their trail use and spent an average of \$13.



\$13.4 million in economic

through the trails.



outside the Miami Valley and spend locally.

The Average Trail

Visitor's Stay Is **3.1 Nights...** Su M Tu W Th F Sa And Spends \$108 Per Night.



t: 937.223.6323 | TTY/TDD: 800.750.0750 10 North Ludlow St., Suite 700 Dayton, Ohio 45402-1855 mvrpc.org miamivalleytrails.org



In coordination with multiple trail-managing agencies across the Miami Valley Region, MVRPC has conducted a trail user survey every four years since 2009. With each iteration, the effort has evolved to include more communities, expanded questions, and new technologies. These changes reflect the increased reach and connectivity of the trails, as well as the growing partnership and collaboration of the many agencies that manage parts of the system.

Calorie data for bicycling and walking comes from healthstatus.com/perl/calculator.cgi

# TALE of TRAILS

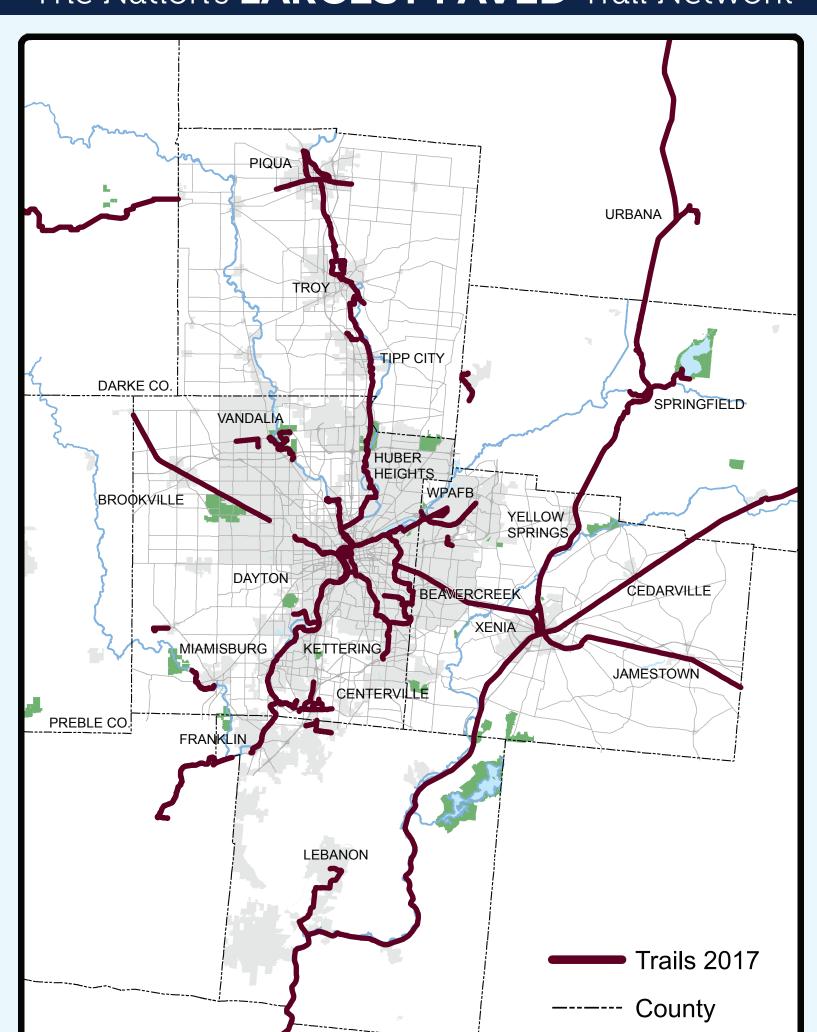
Ohio's Miami Valley Region provides over **340 miles** of paved, multi-use trails. Stretching across county lines, these trails connect schools, parks, historic landmarks, and area attractions. Path users travel through meadows, scenic countryside, forested areas, and city centers. Our great system of trails enhances both the wellness and quality of life of Miami Valley residents and visitors. All trails are free and open to the public every day of the year, from dawn till dusk.

For updates about trail conditions, visit miamivalleytrails.org.





## The Nation's **LARGEST PAVED** Trail Network



## Trail **ETIQUETTE**

- Show courtesy to all trail users the trails are public space to be shared, so all trail users should be respected.
- "Wheels Yield to Heels" bikes and 'blades must move at safe speeds when sharing the path with walkers; pedestrians have the right-of-way.
- Pass on the left; signal intent with a bell or calling out, "Passing on your left"; the user wishing to pass is responsible for the safety of the passing maneuver, ensuring their own safety and the safety of those being passed.
- High-speed training, especially in groups, should be confined to quiet stretches of the trails and/or quiet times of day; please use the roads if speed is not compatible with other trail users.
- Pets must be under control on a leash at all times; pick up pet waste and don't litter.





### Drive Your **BIKE**

- In Ohio, a bicycle is considered a vehicle and a bicyclist is deemed a driver. Obey all traffic laws.
- When riding a bicycle at night, it's required to use a good headlight, a rear red light, colorless (white) front reflector, rear red reflector, and either reflective rims or spoke reflectors.
- Ride to the right whenever practicable; take the lane when there are hazards present or to change lanes.
- Use hand signals to indicate turns, lane changes, and stops.

  Signal well ahead of your move and glance over your shoulder to let motorists know you want to move over.
- Always Ride With Traffic don't be a wrong-way driver.



