

“Your Towpath to Healthy Living” Survey

First, we would like to find out a little about your knowledge and use of the C&O Canal National Historical Park.

1. Were you aware that the C&O Canal National Historical Park has a towpath available for recreation nearby? *(please check one box)*
 - Yes
 - No (skip to...# 9)

2. How did you first find out about the towpath in the C&O Canal NHP? *(please check one box)*
 - Word of mouth
 - Local newspaper article
 - Saw towpath
 - Brochure
 - Driving past
 - Workplace flyer
 - Internet web site
 - Workplace email
 - Park ranger
 - Workplace poster
 - Roadside signage
 - Other (please specify) _____

3. When was the first time you used the towpath in the C&O Canal NHP? *(please check one box)*
 - Never, have not used the towpath
 - Less than 1 month ago
 - 7-11 months ago
 - 1-3 months ago
 - 1-3 years ago
 - 4-6 months ago
 - More than 3 years ago

4. When you use the towpath in the C&O Canal NHP, do you usually use it for: *(please check one box)*
 - Recreation (sport, exercise, leisure, or other types of relaxation)
 - Transportation (commuting to and from work, stores, or other places you need or want to visit)
 - Both recreation and transportation
 - Other (please specify) _____

- 5a. In general, when you visit the towpath in the C&O Canal NHP, what are the main reasons for using the trail? *(Please check all that apply)*
 - exercise
 - experience nature
 - lose weight
 - to be outdoors
 - reduce stress
 - get away from other people
 - relax
 - experience peace and quiet
 - get away from usual demands of life
 - spend time with family
 - reflect on my spiritual values
 - be with members of my group
 - other (please specify) _____

- 5b. Of the reasons you selected above, in general, what is your primary reason for using the towpath? *(please write in your response)*

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6. When you are on the towpath for recreational purposes, what activity do you usually do? *(please check one box)*
- walk jog or run bicycle
 walk the dog
 other (please specify) _____
7. How do you usually get to the towpath in the C&O Canal NHP? *(please check one box)*
- walk jog or run
 bicycle bus
 automobile
 other (please specify) _____
8. Who are you usually with when you use this towpath? *(please check one box)*
- By myself Family
 Friends Co-workers
 Family & friends Other organized group
 Pet
 Other (please specify) _____

Now, we'd like to know about your level of physical activity.

9. At this time, would you say that your overall health is: *(please check one box)*
- Excellent
 Very Good
 Good
 Fair
 Poor
 Don't know/not sure
10. Experts say that getting regular physical activity means doing moderate activities, such as walking briskly, for at least 30 minutes on 5 or more days of the week. At this time, are you regularly physically active according to the definition above? *(please check one box)*
- yes, I have been for more than 6 months
 yes, I have been for less than 6 months
 no, but I intend to in the next 30 days
 no, but I intend to in the next 6 months
 no, and I do not intend to in the next 6 months
11. Think about the time you spent **walking** in the **last 7 days**. This includes at work and at home, walking to travel from place to place, and any other walking that you might do solely for recreation, sport, exercise, or leisure. _____ days per week
 No walking (skip to... #15)

During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time? *(please write in the number of days)*

12. How much time did you usually spend **walking** on one _____ **hours per day**
of those days? _____ **minutes per day**
 Don't know/Not sure
13. How many days did you **walk** on the **C&O Canal NHP towpath** for _____ days per week
at least 10 minutes at a time at a moderate pace? (*please write in the* No walking on C&O
number of days) Canal NHP towpath (skip
to...#15)
14. How much time did you usually spend walking on the _____ **hours per day**
C&O Canal NHP towpath on one of those days? _____ **minutes per day**
 Don't know/Not sure

Next, we would like to hear about your overall experiences on the C&O NHP towpath

15. What do you like the most about the place to exercise
C&O NHP towpath? free to use
(*please check one box*) distances are marked
 convenient location
 scenic beauty
 good surface
 lighting
 other walkers/bicyclist present on trail, etc.
 safety
 other (please specify) _____
16. What would you most like to see lighting cleanliness
improved? (*please check one box*) bathrooms drinking fountains
 smoother surface wider surface
 safety from traffic trail markers
 other (please specify):

17. Overall, how would you rate the very poor
quality of your experience on the poor
C&O NHP towpath? (*please check* okay
one box) good
 very good

We would now like to ask you a few questions about your opinions regarding walking for exercise.

18. Please indicate your level of agreement or disagreement in regards to the following statements:

	<i>(Please place a check in one box for each statement.)</i>	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
a.	Walking is a good way to spend time with people who are important to me.					
b.	Walking is a good time for me to catch up with my friends/family.					
c.	People who are important to me encourage me to walk regularly.					
d.	It is important to me that my family and friends know I walk for exercise.					
e.	Walking is a good way to ensure I have good health.					
f.	Walking is a good way to control my weight.					
g.	In order to get the benefits of walking, it has to be hard work.					
h.	Walking helps me deal with stress.					
i.	Walking is a good way to enjoy the outdoors.					
j.	I can find time to walk.					
k.	Walking can be fun.					
l.	I am too tired to walk.					
m.	I get plenty of exercise at my job.					
n.	I don't have the motivation to walk.					
o.	I have an injury or health condition that limits my ability to walk.					
p.	National Parks provide opportunities for me to improve my health by walking.					
q.	In the next two months, I intend to walk for exercise—at least 30 minutes a day, and 5 days a week.					
r.	In the next two months, it is likely that I will be able to walk for exercise—at least 30 minutes a day, and 5 days a week.					

Finally, we'd like to know a little about you.

19. Where are you currently employed? _____
(please write in the name of your employer)
20. Do you intend to participate in the "Your Towpath to Healthy Living Challenge" as: (please check one box)
 A member of a team
 An individual
21. Are you Hispanic or Latino? (please check one box) yes no
22. Please select one or more of the following categories to best describe your race.
 American Indian or Alaska native
 Asian
 Black or African American
 Native Hawaiian or Pacific Islander
 White
23. What is the highest grade in school you have completed? (please check one box)
 Some high school or less
 high school graduate or GED
 some college
 college graduate
 some graduate school
 graduate degree
 doctoral or professional degree
24. What is your age? (please write in your answer) _____
25. Are you: (please check one) female male
26. What is the postal zip code where you live? (please write in your answer) _____

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PRIVACY ACT and PAPERWORK REDUCTION ACT statement:

16 U.S.C. 1a-7 authorizes collection of this information. This information will be used by park managers to better serve the public. Response to this request is voluntary. No action may be taken against you for refusing to supply the information requested. Your name is requested for follow-up mailing purposes only. When analysis of the questionnaire is completed, all name and address files will be destroyed. Thus the permanent data will be anonymous. Please do not put your name or that of any member of your group on the questionnaire. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number.

Person collecting and analyzing information: Dave Smaldone, Ph.D., Recreation, Parks & Tourism Program, PO Box 6125, West Virginia University, Morgantown, WV 26506-6125; (304) 293-2941

Burden estimate statement: Public reporting burden for this form is estimated to average 15 minutes per response. Direct comments regarding the burden estimate or any other aspect of this form to: Kevin Brandt, Superintendent, C&O Canal National Historical Park, 1850 Dual Highway, Suite 100; Hagerstown, MD 21740-6620.