

APPENDIX B: Online Survey Results

Question #1		
How would you rate your health? (check one)		
Answer Options	Response Percent	Response Count
Very Good	41.6%	92
Good	49.3%	109
Fair	8.1%	18
Poor	0.5%	1
Very Poor	0.5%	1
Don't Know	0.0%	0
<i>answered question</i>		221
<i>skipped question</i>		0

90% of those surveyed said their health was good or very good.

Question #2		
As a child growing up, were you physically active outdoors?		
Answer Options	Response Percent	Response Count
Yes	99.1%	213
No	0.9%	2
<i>answered question</i>		215
<i>skipped question</i>		6

99% responded that they were physically active outdoors as a child.

Question #3		
If you have children now, are they physically active outdoors?		
Answer Options	Response Percent	Response Count
Yes	83.0%	127
No	17.0%	26
<i>answered question</i>		153
<i>skipped question</i>		68

Only 83% responded that their children are physically active outdoors.

APPENDIX B: Online Survey Results

Question #4		
How much time do you spend each day participating in outside activities (leisure, recreation, exercise)?		
Answer Options	Response Percent	Response Count
Less than 10 minutes	5.5%	12
10-20 minutes	16.5%	36
20-30 minutes	26.6%	58
Greater than 30 minutes	51.4%	112
<i>answered question</i>		218
<i>skipped question</i>		3

Over 50% of the respondents said that they were physically active outdoors 30 minutes per day every day.

Question #5		
How often are you physically active outdoors for more than 30 minutes?		
Answer Options	Response Percent	Response Count
Never	0.0%	0
Rarely	11.0%	24
Somewhat often	26.5%	58
Often	30.6%	67
Very often	32.0%	70
<i>answered question</i>		219
<i>skipped question</i>		2

63% were physically active outdoors for more than 30 minutes.

APPENDIX B: Online Survey Results

Question #6		
What items below discourage or prevent you from being more physically active? Check all that apply.		
Answer Options	Response Percent	Response Count
Stress	8.5%	18
Time constraints, shift work, multiple-jobs	76.5%	163
Family responsibilities, schedules	51.6%	110
Health problems	5.2%	11
Not in the habit, not a priority	17.4%	37
No companionship, no one to go with	16.4%	35
Lack of access or walkability (steep grades, no path or sidewalk, etc)	22.1%	47
No trails or walks nearby	29.1%	62
Areas are unattractive, dirty, dilapidated	7.0%	15
Cost	3.8%	8
Crime in area	7.0%	15
No lighting or poor lighting	8.0%	17
Too crowded, too much traffic	7.0%	15
Lack of variety or choice of activities	13.1%	28
Lack of scenery, landscaping	4.2%	9
Area is uncomfortable, lacks amenities (no seating, poor or no restrooms)	10.3%	22
Easy to get lost, no wayfinding or other signs	3.3%	7
Animal control	5.6%	12
	Other (please specify)	18
	<i>answered question</i>	213
	<i>skipped question</i>	8

Question #7	
What do you value about the out-of-doors in your community?	
Answer Options	Response Count
	183
<i>answered question</i>	183
<i>skipped question</i>	38

The #1 answer was its scenic beauty. Other answers included the peace and quiet, fresh air, and easy accessibility. For all responses to this question, see: www.trailsrus.com/nchatrails or www.CoolHeritage.org.

APPENDIX B: Online Survey Results

Question #8	
What kinds of activities do you do in the outdoors?	
Answer Options	Response Count
	196
<i>answered question</i>	196
<i>skipped question</i>	25

The top 10 responses were walking (40%), biking (37%), hiking (33%), gardening and/or yard work (24%), hunting (18%), running (15%), canoeing/kayaking/rafting (13%), swimming (12%), and camping (10%).

For a complete list of all responses, visit www.trailsrus.com/nchatrails or www.CoalHeritage.org.

Question #9			
Please check all the ways you would use a trail if it was in your neighborhood, community, or region.			
Answer Options	You	Household Members	Response Count
Walking/Hiking for fun, exercise	203	139	214
Walking for transportation to school, store, church, etc	95	62	101
Bicycle for fun, exercise	157	101	172
Bicycle for transportation to school, store, church, etc	91	51	97
Running, jogging	80	50	95
Horse	19	15	21
ATV	34	32	44
Dirt Bike	12	16	21
4WD (jeep, hummer)	21	16	27
Cross-Country Skiing	45	25	48
Roller-blading	16	19	30
Pushing a baby stroller	28	28	40
Wheelchair / Walker	3	6	9
Events (walks/runs/triathlons)	88	44	93
Birdwatching/Nature study	93	50	95
Paddling a canoe/kayak	98	59	105
Fishing	81	60	97
Hunting	36	41	57
<i>answered questions</i>			219
<i>skipped questions</i>			2

Walking/hiking for fun and exercise was the Number One answer with bicycling as a close Second.

APPENDIX B: Online Survey Results

Question #10					
How often do you use trails? Place a check in the appropriate column.					
Answer Options	Daily/weekly	Monthly/seasonally	Rarely	Never	Response Count
Walking/Hiking for fun, exercise	88	65	49	7	209
Walking for transportation to school, store, church, etc	32	13	47	71	162
Bicycle for fun, exercise	59	47	42	34	182
Bicycle for transportation to school, store, church, etc	23	13	32	85	153
Running, jogging	43	21	24	72	160
Horse	2	7	15	118	142
ATV	10	16	17	105	147
Dirt Bike	4	7	9	116	136
4WD (jeep, hummer)	7	9	13	113	142
Cross-Country Skiing	1	19	25	95	140
Roller-blading	1	1	16	117	135
Pushing a baby stroller	7	5	15	112	138
Wheelchair / Walker	2	1	6	123	132
Events (walks/runs/triathlons)	7	33	45	66	151
Birdwatching/Nature study	18	50	37	50	155
Paddling a canoe/kayak	11	45	34	64	153
Fishing	13	46	37	62	157
Hunting	5	29	16	95	144
answered question					219
skipped question					2

Over one-third respondents (88 out of 209) said they walked either daily or weekly.

Question #11		
How many miles do you live from the closest trail or pathway?		
Answer Options	Response Percent	Response Count
0-10 miles	69.7%	152
10-20 miles	14.7%	32
20-30 miles	6.0%	13
>30 miles	4.1%	9
Don't know	5.5%	12
answered question		218
skipped question		3

Responses to this questions are available online at www.trailsrus.com/nchatrails or www.CoalHeritage.org.

APPENDIX B: Online Survey Results

Question #12		
Please write the name of the closest trail / pathway to your home? How long is this trail?		
Answer Options	Response Percent	Response Count
Name of Trail	99.0%	200
Length of Trail	79.7%	161
<i>answered question</i>		202
<i>skipped question</i>		19

This question showed that the majority of the respondents were aware of a trail close to their home and had an idea of the length of that particular trail. For a complete list of all responses, visit

www.trailsrus.com/nchatrails or www.CoalHeritage.org.

Question #13		
I use this trail: (check the closest estimate)		
Answer Options	Response Percent	Response Count
Once a day	15.7%	32
Once a week	27.0%	55
Once a month	25.5%	52
Once a year	16.7%	34
Never	15.2%	31
<i>answered question</i>		204
<i>skipped question</i>		17

Nearly 42% of those who responded to this question used the trail closest to their home at least once a week.

APPENDIX B: Online Survey Results

Question #14	
Please tell me more about this trail. What do you want me to know about it and/or your use of it?	
Answer Options	Response Count
	147
<i>answered question</i>	147
<i>skipped question</i>	74

Nearly 70% had detailed knowledge of the trail closest to them, providing information about trail maintenance needs, accessibility issues as well as a description. They provided both insight and suggestions. Recommend visit to www.trailsrus.com/nchatrails or www.CoalHeritage.org for detailed responses to this question.

Question #15	
Please list the trails that you are familiar with.	
name -- location -- length	
Answer Options	Response Count
	145
<i>answered question</i>	145
<i>skipped question</i>	76

Responses to this question showed very clearly the respondents to this survey were very knowledgeable of trails. Over 65% were familiar with at least one trail with many of them listing four or more trails. See website: www.trailsrus.com/nchatrails or www.CoalHeritage.org for a list of responses.

Question #16	
What parks/trails are within 15 miles?	
Answer Options	Response Count
	178
<i>answered question</i>	178
<i>skipped question</i>	43

Of the 178 respondents to this question, only fifteen responded that no trails within 15-mile radius of their home and five responded that they were not sure if there were any or not. For a complete list of trails noted, visit the websites: www.trailsrus.com/nchatrails or www.CoalHeritage.org

APPENDIX B: Online Survey Results

Question #17	
What trail maintenance, safety, or design needs do you want to tell us about?	
Answer Options	Response Count
	96
<i>answered question</i>	96
<i>skipped question</i>	125

There were 96 responses to Question #17 in regards to trail maintenance, safety or design which included:

- No plan exists to sustain trails (maintain what we have).
- Some trails are poorly designed because of lack of standards or volunteer construction with no oversight.
- More maintenance for slides and ditches. Water causes much trail damage.
- Improved signage or trail maps.
- Some trails need to be as natural as possible while others need to be more manicured for use by the elderly, children and those less fit.
- Correctly designed water-runoff barriers to prevent erosion, particularly on steep trails and frequently used trails.
- Southern West Virginia roadways need to be more bicycle-friendly. Bike lanes would be an easy addition to many existing roads.
- Horses should have their own dedicated trails
- Better access to good maps.
- Policing of the trails for both safety and to inventory maintenance needs
- Possibly add a place to post notes about conditions on a trail such as a downed tree so that the obstacle can be removed or the issue addressed.

Specific requests included:

- Lincoln County needs a trail in the northeastern part for a combination of walking, bicycling, roller-blade, skating, jogging, nature, etc.
- Better trail maintenance at Beech Fork
- Extend both the Hatfield-McCoy Trail through Anawalt and extend the Coal Heritage Trail to Jenkin Jones.

For a complete list of all 67 responses, visit our website at www.trailsrus.com/nchatrails or www.CoalHeritage.org

APPENDIX B: Online Survey Results

Question #18		
Transportation – how do you get around?		
Answer Options	Response Percent	Response Count
Car	99.1%	217
Bike	32.9%	72
Walk	43.8%	96
Catch rides	5.9%	13
Cab	0.0%	0
Bus	3.2%	7
Train	2.3%	5
ATV	6.8%	15
<i>answered question</i>		219
<i>skipped question</i>		2

The primary mode of transportation was by motor vehicle. 96 out of the 217 respondents (44%) said they walked and 72 responded that they rode bikes (33%).

Question #19	
What organizations do you belong to?	
Answer Options	Response Count
	159
<i>answered question</i>	159
<i>skipped question</i>	62

A complete list of the organizations is provided on the website www.trailsrus.com/nchatrails or www.CoalHeritage.org

Question #20	
How many hours a month do you do volunteer work?	
Answer Options	Response Count
	172
<i>answered question</i>	172
<i>skipped question</i>	49

Answers ranged anywhere from 0-5 hours a month to as much as 160 hours. Typical responses seemed to fall somewhere between 5-20 hours a month.

APPENDIX B: Online Survey Results

Question #21	
What current trail-related projects are you (or people you know) working on?	
Answer Options	Response Count
	141
<i>answered question</i>	141
<i>skipped question</i>	80

There were 141 responses to Question #21 in regard to current trail-related projects. A few of the responses included:

- Mary Ingles Trail from Pax (Fayette County) to Holly Grove/Pratt area in Kanawha County. Over 40 mile distance.
- Development of a trail at Twin Falls State Park and trail maintenance at Chief Logan
- Removing trees at Beech Fork State Park
- A new mountain bike trail around from the dam side of Lake Stephens. It is a 4 mile loop that crosses several existing trails. Should be completed this Fall.
- Continually working on trails at Little Beaver State Park mainly for maintenance and safety.
- Just finished part of a kayak portage trail in Meadowood Park in Tornado, Kanawha County.

For a complete list of all 141 responses, visit the websites:
www.trailsrus.com/nchatrails or www.CoalHeritage.org

APPENDIX B: Online Survey Results

Question #22	
What trail-related projects are being thought about?	
Answer Options	Response Count
	107
<i>answered question</i>	107
<i>skipped question</i>	114

There were 107 responses to this question. Below are just a few of the responses.

- Potential section of rail-trail along Paint Creek.
- Sandy Creek Expedition Driving Tour in McDowell County and Kanawha Valley
- 18th Century History Driving Tour in Kanawha County
- The Great Eastern Trail through West Virginia, Virginia and Kentucky.
- Interconnecting rail-trails in Raleigh and Fayette counties,
- Linking Pineville, Oceana, and Mullens to Twin Falls State Park

For a complete list of all 107 responses, visit the website:
www.trailsrus.com/nchatrails or www.CoalHeritage.org

Question #23	
Who else should we talk to about trails?	
Answer Options	Response Count
	88
<i>answered question</i>	88
<i>skipped question</i>	133

Please visit www.trailsrus.com/nchatrails or www.CoalHeritage.org for a list of others that may have an interest in trails.

APPENDIX B: Online Survey Results

Question #24	
What does West Virginia mean to you, in 20 words or less?	
Answer Options	Response Count
	162
<i>answered question</i>	162
<i>skipped question</i>	59

Want to know what West Virginia means to those who completed the survey?
Go to www.trailsrus.com/nchatrails or www.CoalHeritage.org to find out.

Question #25	
What is your county or town's brand phrase (for example -- Fayetteville: Coolest Small Town. WV: Wild & Wonderful)	
Answer Options	Response Count
	127
<i>answered question</i>	127
<i>skipped question</i>	94

There were some interesting responses to this question. To view all 127 of the responses, visit www.trailsrus.com/nchatrails or www.CoalHeritage.org

APPENDIX B: Online Survey Results

Question #26	
What else do you want to tell us about trails in your region?	
Answer Options	Response Count
	91
<i>answered question</i>	91
<i>skipped question</i>	130

There were 91 responses to this question. Here are just a few of them.

- Need longer trails
- It would be terrific to form a network of off road hiking/biking trail (no motorized vehicles) between communities in West Virginia to actually be able to get around from point to point.
- Bike trails will bring additional people to the area on short-term outdoor adventures
- We have lots but they are overused and under maintained
- Need to be better informed about the trails that are out there.
- It is amazing how few people know about the many trails that already exist...an how few are aware that volunteers commonly do trail maintenance in many other parts of the country.
- More involvement with kids to foster stewardship of nature.

Depending on where you live, one person responded that there were not very many trails while the next person responded by saying that it was wonderful to have so many trails around.

Go to www.trailsrus.com/nchatrails or www.CoalHeritage.org to view all 91 responses

APPENDIX B: Online Survey Results

Question #27	
What year were you born? (for example, if you were born in 1960, write: 1960)	
Answer Options	Response Count
	200
<i>answered question</i>	200
<i>skipped question</i>	21

Ages varied from 22 to 76 years of age.

Question #28	
What is the 5-digit ZIP Code for your neighborhood?	
Answer Options	Response Count
	202
<i>answered question</i>	202
<i>skipped question</i>	19

Over 90% of the respondents resided in West Virginia although there were a few who completed surveys and lived in Kentucky or Virginia but expressed interest in West Virginia trails. A list of all zip codes are available upon request.

Question #29		
Do you have a 2nd home / house?		
Answer Options	Response Percent	Response Count
Yes	22.5%	47
No	77.5%	162
<i>answered question</i>		209
<i>skipped question</i>		12

Question #30	
If yes, what town is your second home located in?	
Answer Options	Response Count
	49
<i>answered question</i>	49
<i>skipped question</i>	172

Responses to this question are available upon request.

APPENDIX B: Online Survey Results

Question #31		
What is your gender?		
Answer Options	Response Percent	Response Count
Male	50.5%	105
Female	49.5%	103
<i>answered question</i>		208
<i>skipped question</i>		13

Almost the same percentage of women responded to this survey as did men.

Question #32		
Please select your household income range.		
Answer Options	Response Percent	Response Count
below \$10,000	4.4%	9
\$10,000 to \$20,000	4.4%	9
\$20,000 to \$40,000	16.1%	33
\$40,000 to \$70,000	32.2%	66
higher than \$70,000	42.9%	88
<i>answered question</i>		205
<i>skipped question</i>		16

32% of those surveyed had incomes of between \$40,000 to \$70,000, while 43% had incomes of over \$70,000.

Question #33		
Please select the highest level of education completed.		
Answer Options	Response Percent	Response Count
Less than high school	0.9%	2
High School Diploma/GED	3.8%	8
Some College; other technical training	15.0%	32
College graduate	40.8%	87
Graduate degree or higher	39.4%	84
<i>answered question</i>		213
<i>skipped question</i>		8

Over 80% of those surveyed had obtained at least a college degree.

