



# 3 Mile Run/Walk/Bike

**MONTANA STATE UNIVERSITY**

Extension



Mt. Clivet & Valley View Cemetery

Medical Clinic

Elementary School

VFW Hall

High School

Historical Museum

Post Office

Senior Ctr/  
Food Bank

Library

Trautman  
Outbuildings

Swimming Pool

Town Hall

PR Manor &  
Community Garden

Baseball Field

Community Center

Recycling Center

Start/End Here

Arena and  
Fairgrounds

Cottonwood Park

### Walk for Health

- Increase physical strength
- Lose weight
- Reduce effects of diabetes
- Increase bone density
- Improve heart health
- Improve overall mental health
- Lessen effects of asthma
- Improve joint strength & stability
- Prevent high blood pressure

Exercise helps oxygen reach the brain to increase concentration and memory. People who live in walkable communities are twice as likely to get enough exercise than those who don't.

### Take a walk around Broadus.

- |  |   |
|--|---|
| <b>Town Square Loop</b><br>0.32 miles, 6.4 min | <b>Cemetery Loop</b><br>1.74 miles, 35 min    |
| <b>B-Hill Fit Trail</b><br>0.5 miles, 10 min   | <b>Golf Course Trail</b><br>3.3 miles, 66 min |
| <b>Powder R. Trail</b><br>1.25 miles, 25 min   | <b>City Limits Loop</b><br>3.53 miles, 71 min |
| <b>Trautman Loop</b><br>1.61 miles, 32 min     | <b>dedicated path</b>                         |
|  | <b>roadway path</b>                           |

Times based on average walking speed of 3.1 mph.



Powder River Trail ends at Broadus Bridge fishing access