



5 Mile Run/Walk/Bike

**MONTANA
STATE UNIVERSITY**

Extension



Follow signs through Crane Acres



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.

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

Times based on average walking speed of 3.1 mph.

Crane Acres 5-Mile Map

