

A SEARCH FOR CREATIVE CLASS  
TRAIL USER EXPERIENCES ALONG THE KATY TRAIL

by

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## ABSTRACT

### A SEARCH FOR CREATIVE CLASS TRAIL USER EXPERIENCES ALONG THE KATY TRAIL

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This research focused on preferred urban trail attributes and related these to restorative places and user experiences. Focused interviews were employed in the study. Restoration was shown in aspects of naturalness and excitement. Responses to the interviews indicated that a convergence of multiple physical features contributed significantly to a user's restorative experience on the trail, especially where tree canopy was juxtaposed with distant views and there were connections to active urban villages. Where the trail did not enhance the user experience the trail was not seen as contributing to the community in a significant way. Themes emerged from the focused interviews regarding naturalness, sociability, distinctiveness, safety, and a fitness-driven lifestyle. The Katy Trail, a four-mile urban pedestrian and bicycle trail in Dallas, Texas,

served as a laboratory for the study. This study broadens knowledge of the quality of restive experiences found on an urban trail.

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## CHAPTER 1

### INTRODUCTION

The goal of environmental design is the creation of places.

– *David Canter (Canter, 1977, 157)*

#### 1.1 Introduction

One of the challenges facing cities concerned with economic growth is finding a way to develop a “world-class people climate” able to attract and retain bright, creative young professionals (Florida, 2002). Trails are often mentioned as one of the important amenities characteristic of cities attractive to the creative class (Richards, 2005, Florida, 2002) because trails contribute to the ‘quality of place’ that defines creative cities (Florida, 2002). Trails are popular with city leadership and city park, planning, and transportation departments, because trails are civic amenities that can benefit the entire community, not just the creative class.

#### 1.2 Research Objectives

The objective of this research was to investigate the leisure experiences and preferences of creative class users on the Katy Trail in order to understand the particular features and qualities of the trail that creative class individuals prefer. It was the hypothesis of this research that both urban aspects of the trail and natural trail features would be found appealing and restorative to creative class users of trails. This research focused on individual preferences and user experiences as well as the urban trail

environment in order to identify the urban trail features that were appealing and restorative.

### 1.3 Research Questions

Initially, the thesis was concerned with how creative class preferences in leisure might relate to trail design. The initial question, ‘how does the physical form of an urban trail influence the leisure experience of a creative class user?’ was too general a question to address in this thesis. But the central questions of this examination aim to specifically address this topic. These questions are:

- What are the physical features and attributes of the trail that appeal to a creative class user?
- What are the physical features and attributes of the urban trail that are restorative to creative class users?
- What design changes could be made to the existing form of the Katy Trail to enhance the creative class user’s preferred leisure experience?

### 1.4 Definition of Terms

Attention restoration theory (ART) – ART is a theory of the restorative values of environments. The theory is made up of four measurable categories. These four components of environments account for their restorative value: being-away, fascination, extent, and compatibility (Kaplan and Kaplan, 1989.)

Creative Class – The creative class was a group of people described to be a key force for economic development (Florida, 2002). The creative class was made up of persons who were involved in the high-value-added process of converting ideas into new products. These creative professionals included landscape architects, researchers,

scientists, engineers, software developers, computer programmers, as well as lawyers and physicians. This population valued a leisure experience typified by adventure, individual challenges, fitness, and leisure activities which were continuously engaging on several levels, such as relaxing, enjoying an outdoor environment, people watching, and exercising, simultaneously (Florida, 2002).

Environment – “The physical environments is a sequence of physical stimuli available at the user’s sensing envelope over a given interval of time and at a specific point or along a sequence of points in space.” (Thiel, 131, 1997).

Experience Economy – The experience economy is an economic exchange based on the experience or event as the product purchased or consumed rather than a tangible commodity (McDonagh, 2004). Retailers employ architecture and branding to establish an image designed to evoke meaningful experiences. Examples include shopping at Whole Foods rather than Albertson’s and extend to Niketown and Disneyworld.

Experience – Experience occurs in the present as a “combination of continuous, concurrent, interrelated, and parallel sequences of actions, feelings, and thoughts whose key aspect is the individual’s sense of participation in an immediate and present ongoing dynamic process” (Thiel, 117, 1997).

Flow – Flow refers to an aspect of favored recreational experiences often mentioned in interviews with the creative class (Florida, 2002). Flow is an experience felt when a person is fully engaged in a physical or mental activity (Csikszentmihalyi, 1997).

Greenway – Greenways are linear open spaces designed for ecological or recreational purposes and may follow river corridors or link ridgelines. Some provide

recreational greenspace in the city, some protect ecological processes, and others protect lands from development (Hellmund and Smith, 2006).

Imageability – Places having qualities of imageability give a user the ability to understand a place based on the setting and its attributes. Lynch (1960) identified five basic attributes adding to the imageability of cities: edges, nodes, districts, paths, and landmarks. “Lynch argued that a successful urban landscape would have two desirable urban qualities of imageability (the value of objects in the landscape to provoke a strong emotional response in observers) and legibility (the extent to which the elements of a city can be seen as a coherent whole)” (Hall and Page, 1999).

Legibility – Legibility is a characteristic of an environment that looks as though it would be easy to explore extensively without getting lost. Distinctive elements are available to serve as landmarks for navigation of the environment (Lynch, 1960).

Neighborhood - The size and boundaries of a given neighborhood will vary “depending on who is defining it and can range from the length of a street (block or blocks) to a district several square miles in extent. Neighborhoods are fundamentally physical and place-based and have functional relevance for all the people living in a given area” (Gobster, 2004, 199)

Place - *Place* refers to the perceptual qualification of a *space* to achieve an identity as a particular location for an event (Thiel, 1997). Another definition, by geographer Yi-Fu Tuan (1974), is that a *place* comes into existence when humans give meaning to a part of the larger, undifferentiated geographic space. Defining place as space with meaning allows researchers to question what particular elements of those places inspire deep meaning in users (Zeisel, 2006).

Quality of Place – Quality of place is a term coined by Florida to sum up the location decisions of the creative class. Florida uses the term “in contrast to the more traditional concept of quality of life. It refers to the unique set of characteristics that define a place and make it attractive” (Florida, 2002, 231).

Restorative Environments – Environmental psychology refers to restorative environments as specific geographical contexts that renew diminished functional capabilities and enhance coping strategies and resources for managing stress (Hartig and Staats, 2003). Experiences are restorative especially when the “environments fit the individual's purposes and inclinations and people can do just what they want to do” (Scopelliti and Giuliani, 2005.)

Restorative Experience – Restorative experiences are the individual emotions or sensations felt in a place, or involvement in what is happening rather than thinking about what is happening in a particular place (Csikszentmihalyi, 1997).

Space – Space denotes “a more-or-less discrete and delimited volume affording human occupation and movement therein” (Thiel, 132, 1997).

Trail – Trails provide recreation and transportation routes, and are usually linear in form, not looped or circular. That is where the similarities end because trails may be paved or not, rural or urban in nature, as narrow as two-persons wide to a comfortable twelve- to twenty-feet wide, and fifteen or more miles long to a short two miles long.

Topophilia – The affective bond between people and place or environmental setting (Tuan, 1975) is described as topophilia, meaning that people form attachments to specific places. Topophilia is presumed to be a vivid and personal experience, but it is measurable through experience, the response of senses to activity; attitudes; and

intention, preferences that emerge following an activity (Ogunseitan, 2005). Tuan (1974) claims that topophilia "can be defined widely so as to include all emotional connections between physical environment and human beings."

User-Participants – The particular individuals who acted on the trail were the trail user-participants, or users. "Because the experiences and responses of those who will in fact actually use the environment are our proper ultimate concern and because significant differences may exist between these users, the sponsors, and ourselves the designers, we recognize a pressing need to contextually identify, experientially characterize, and operationally integrate them in the programming, design, and management process" (Thiel, 105, 1997).

### 1.5 Statement of Problem

The creative class prefers a certain style of leisure activities, one that includes adventure and outdoor activities (Florida, 2002) but studies have just begun to address aspects of urban environments in providing restorative outcomes (Ogunseitan, 2005). Restorative environment studies have focused on non-human landscapes, but very few urban residents have access to forest wilderness, or pristine views of water and mountains. It is important, then, to "understand the role of landscape design and public art in providing sanctuaries where a sense of balance can be restored to hectic lifestyles" (Ogunseitan, 2005, 143).

"The link between the built environment and human behavior has long been of interest to the field of urban planning, particularly to the subfields of urban design and transportation planning. The theoretical, empirical, and practical work in the fields has generally aimed at the goals of enhancements to quality of life, improvements in system



efficiency, or reductions in environmental impacts, in other words, the physical health of the community rather than the personal health of its residents” (Handy, 2002, 64).

In Texas, as in many other states, funding priority is given to trails based on corridor length and system-wide connectivity (North Central Texas Council of Governments, 2004; Gobster, 1995) because of the transportation and health benefits. Planning trails and greenways for system-wide connectivity can result in the value of shorter trails being overlooked in the system (Gobster 1995). Research has shown that local trails are located where users can access the trail multiple times per week and use the trail for commuting and recreation more often than they do regional linear trails (Gobster, 1995). Gobster (1995) surveyed nearly 3,000 users of thirteen greenway trails in metropolitan Chicago and found that people using “local trails” (those where a majority of users lived within five miles) used them more frequently to make shorter trips, and more often for commuting, than people using “regional” or “state” trails located farther from user’s homes and typically accessed by car for recreation. The consideration of factors other than transportation and health such as the trail user’s experience of the trail, trail neighborhood context, and attributes of the trail that contribute to restorative experiences can ensure their success as places of value to the community (Gobster, 1995; Scopelliti and Giuliani, 2004; Ogunseitan, 2005) and may improve transportation and community health as a result.

The City of Dallas Park and Recreation department’s Trail Network Master Plan states, “Great trail systems are associated with great cities. Trails promote air quality, economic development and personal health, as well as enhance recreational opportunities” (City of Dallas, 2005, 2). A description of the Katy Trail as a ‘major

linear trail’ type means that it is intended to “connect multiple parks, greenbelts, schools, neighborhoods, and employment centers. In additions to the obvious recreational benefit, major linear trails are essential in promoting alternative modes of transportation and improving air quality” (City of Dallas, 2005, 2). While a number of outcomes are hoped-for by the City of Dallas, no clear direction is given for how to achieve these goals. The ‘major linear trail’ description indicates that it is intended to be more than a typical recreation trail, so developing the ‘major linear trail’ for restorative outcomes and preferred trail attributes would benefit communities desiring to achieve the full range of benefits to come from constructing trails.

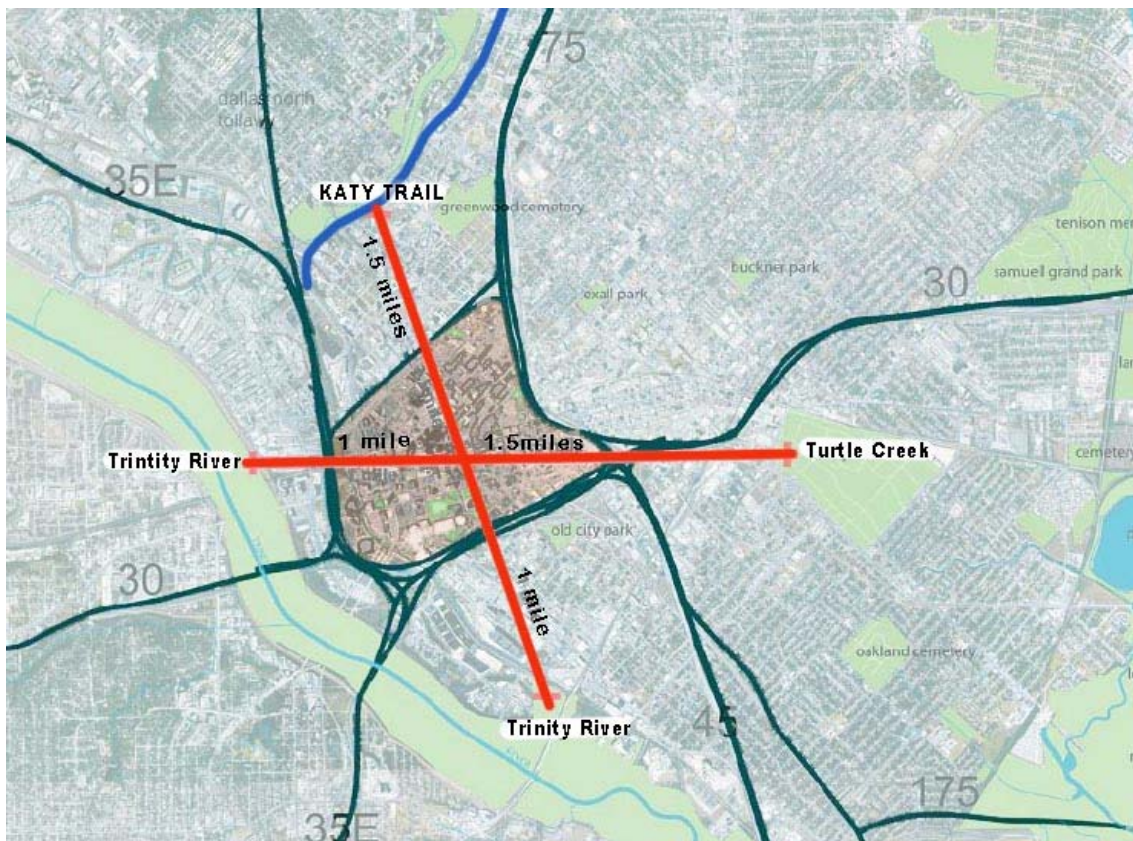


Figure 1-1. Proximity of downtown Dallas to midpoint of the Katy Trail.  
Source: City of Dallas Parks Department.

## 1.6 The Creative Class and a Quality of Place

Trail plans for both Dallas County and the City of Dallas mention economic development as a benefit of trails. A recent in-depth study into the interaction between quality of life, cities, and economic activity has been done by Florida (2002) on the social group he terms the creative class. The creative class is a group of persons seen as being able to bring growth and economic power to a region. Speaking on the loss of new college graduates from Pittsburgh to out of state cities, Florida says, “So many of these talented people leave town that the community’s leadership has identified their outflow and the need to attract others from outside as among the region’s biggest problems (2002, 242). It is important to facilitate “patterns of everyday life that signal a creative class lifestyle” (Florida, 2002, 283) in order to retain the creative class in a particular region. The City of Denver has a “Task Force on Creative Spaces” and the State of Michigan has implemented the “Cool Cities” initiative, for example.

Building environments attractive to the creative class offers challenges to designers. “Enhancing *livability* should be a central objective in every city’s economic transition strategy, and the elements of livability should be employed as economic development tools.” (ULI, 2006, 45). The research on the creative class’ contribution to the successful economies of regions (Austin, San Francisco, and Washington D.C.) has been gaining a foothold among urban planners and landscape architects (Richards, 2007). Landscape Architecture magazine featured an article on “Placemaking for the Creative Class” in February, 2007, which detailed design attributes of cities attractive to the creative class including trails and greenways. In it, Richards (2007, 38) states that though “envisioning a creative city should begin at the policy level, the physical reshaping of our

communities happens, in fact, one designed project at a time. Every streetscape, infill, office plaza, or public park project either enhances diversity, choice, and creative opportunity or frustrates them.”

Trails figure prominently in Florida’s discussion of quality of place in choice of place to live. ‘Quality of place’ is a term coined by Florida to sum up the location decisions of the creative class. Florida used the term “in contrast to the more traditional concept of quality of life. It refers to the unique set of characteristics that define a place and make it attractive” (Florida, 2002, 231). Quality of place was described as having three dimensions (Florida, 2002): What is *there*, the combination of the built environment and the natural environment; *who* is there, diverse kinds of people expressing openness to newcomers; and what is *going on*, the vibrancy of street life and the availability of many activities including outdoor pursuits. Richards quoted one interview subject who said, “It’s more than just a case of, if you build the loft apartments, the young and hip will come.” Similarly, simply making trails available may not be enough to attract the young, urban creative class user. “The quality of place a city offers can be summed up as an interrelated set of experiences, many dynamic and participatory” (Florida, 2002, 232). This thesis sought to contribute to the understanding of this interrelated set of experiences through an examination of creative class preferences on an urban trail.

### 1.7 Profile of the Creative Class

Florida (2002) identified the role of creativity as a driver of the economy and society. The information age is a ‘knowledge-based’ economy due to the U.S. economy growing in areas of invention and innovation. The need for creative workers has influenced the growth of the creative class to 30-percent of the workforce (Florida, 2002)

and is responsible for much of the growth of the U.S. economy. While the segment of the creative class is growing the working class has been declining over the past two decades since a high of 40-percent culminating between 1920 and 1950 (Florida, 2002). The service class, comprising 43-percent of the U.S. workforce, is the largest group of all and is growing moderately (Florida, 2002).

The highly educated and highly skilled individuals whom Florida defines as the creative class includes two major sub-components: a ‘super-creative core’ and ‘creative professionals’ (Florida, 2002). Generally, the creative class is made up of the professions of science and engineering, computers and mathematics, education, and the arts, design and entertainment, and the supporting fields of business, finance, law, health care, and upper level management (2002). Working class professions include production operations, transportation and materials moving, repair and maintenance, and construction work (Florida, 2002). For a complete listing of the occupational distinctions between the ‘super-creative core,’ ‘creative professionals,’ and working, service, and agriculture classes, see Appendix D.

Florida states that the key to economic growth is not merely in attracting the creative class to a region, but in the ability of a region to translate an advantage of highly educated people into “new ideas, new high-tech businesses and regional growth” (2002, 244). The ‘creativity index’ was developed to measure these capabilities (Florida, 2002). “The creativity index is a mix of four equally weighted factors: 1. creative class share of the workforce; 2. innovation, measured as patents per capita; 3. high-tech industry, using the Milken Institute’s Tech Pole Index; and 4. diversity, measured by the Gay Index, a reasonable proxy for an area’s openness to different kinds of people and ideas” (Florida,

2002, 245). Dallas did not place high in terms of overall population of the creative class, but instead ranks number twelve, with a score of B, in 'child-friendly' (Florida, 2002.) Cities ranking high in the creativity index also ranked high on the gay index. This is because "communities that appeal to diverse groups also can be very attractive to traditional middle-income families" (2002, 296). Cities offering the high-quality lifestyle amenities of parks and walkable neighborhoods attractive to families with children are also cities that are "likely to view quality of place in general as being very important" (Florida, 2002, 296).

### 1.8 The Katy Trail Study Location

The Katy Trail is an appropriate laboratory for the study of leisure experiences of creative class users because the Katy Trail has a high number of frequent trail users, connects dense residential areas to the central business district of Dallas, and has recently been the subject of a university study that confirmed the high number of creative class users on the trail (Schili, 2007). A survey was conducted for the Friends of the Katy Trail in November, 2007 by the communication research class in the Corporate Communication and Public Affairs division at Southern Methodist University (Schili, 2007). Survey results verified that the population using the Katy Trail was outside of the norm for Dallas residents. Users of the Katy Trail were shown to be most likely of the creative class: very high-income, professional, largely between the ages of 25 and 45 (Schili, 2007; Sturgess, 2005). They were shown to be feasibly part of the creative class population in Dallas, and as such, were expected to share the same preferences in leisure activities in this thesis.

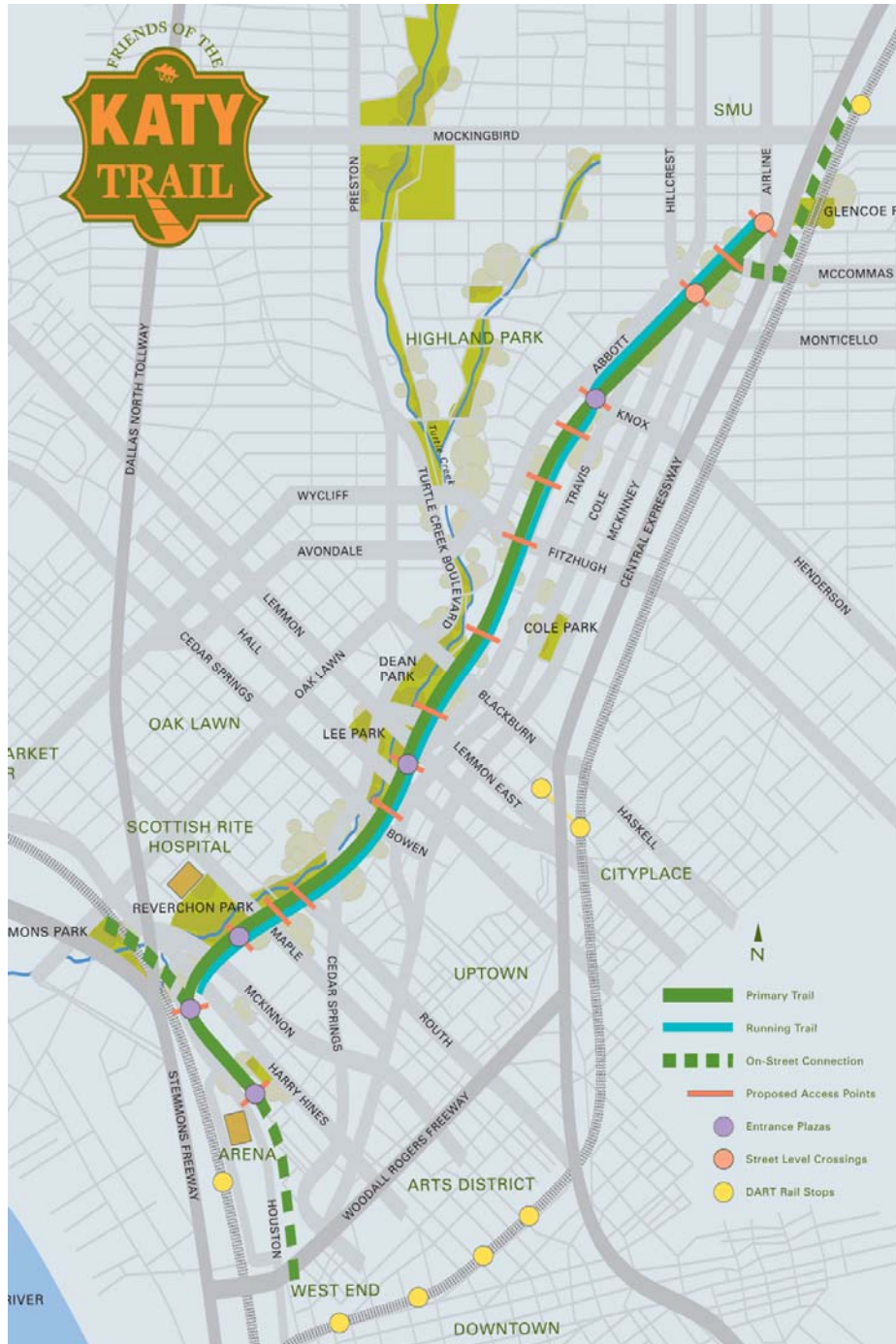


Figure 1-2. Katy Trail Corridor Map. The American Airlines Center is at the lower left and Airline Drive is at the upper right side of the map.  
Source: Friends of the Katy Trail.

Some problems with the design of the trail were revealed. Responding to a question about whether the trail is as attractive as it could be, participants replied, “The path is

monotonous for too long a stretch,” “Path is too straight,” and “No good views to downtown.” Another commented “A few maps along the way to tell you where you are and how long it should take to reach another point” are needed. The Katy Trail is a good trail; popular with walkers and runners. Its design seems ideally suited to running and walking, so much so that the trail resembles something like an attractive running track at a very nice gym. The problem arises when the trail begins to function only in one aspect of design, to the exclusion of other purposes and limiting its potential to serve all users in the neighborhood. The Katy Trail corridor connects residential neighborhoods, shopping and entertainment venues, urban villages, condominium towers, and parks, to downtown Dallas. The hard surface trail and side-by-side crushed rubber running trail are finished, and the trail terminal ends are in place.

The organization Friends of the Katy Trail provides trail management and organizes fundraising for amenities and upkeep. They describe the Katy Trail this way:

In the early 1990s, community members, in union with county and city officials, proposed the transformation of the former Missouri-Kansas-Texas (MKT or "Katy") Railroad tracks into urban parkland as part of a nationwide rails-to-trails program. These supporters formed Friends of the Katy Trail in 1997, a non-profit organization dedicated to creating a great American park in the most densely populated area of Dallas. The Friends of the Katy Trail was formed to raise money for the design, construction and upkeep of the Katy Trail. To date, they have secured more than \$15 million toward a \$23 million goal to build the Trail and preserve this natural environment.

In 1993, three miles of railway were donated by Union Pacific Railroads to the City of Dallas. Initial funding for the Katy Trail was obtained by county and federal grants. The Trail currently features a 12-foot-wide concrete path for cyclists, skaters, runners and walkers. Upon completion, the Trail will extend 4



miles, linking Mockingbird DART station near SMU to the American Airlines Center near downtown Dallas. In addition to the concrete path, an 8-foot-wide, soft-surface track made from recycled running shoes has been built parallel to the existing Trail.

The Friends organization has created a Trail that connects 125 acres of interrupted urban parkland for more than 300,000 residents who live within a mile of the park. The Katy Trail is also an essential piece in Dallas' plan to connect White Rock Lake to the Trinity River via a countywide network of trails.

### 1.9 Relevance to the Profession

Little research has been done linking a trail user's experience of place with physical features of the trail or trail context. While greenway advocates tout the health benefits of greenways, few studies have looked at the connection between trails, user experiences, and restorative outcomes. Thiel has done extensive study into the experiences of users of the built environment. "Because the experiences and responses of those who will in fact actually use the environment are our proper ultimate concern and because significant differences may exist between these users, the sponsors, and ourselves the designers, we recognize a pressing need to contextually identify, experientially characterize, and operationally integrate them in the programming, design, and management process" (Thiel, 1997,105).

Thesis findings are useful to trail managers, city trail master planners, and landscape architects retrofitting or designing new trails. Findings can help trail trustees recognize what may be lacking in their trail's design, and give them tools for assessment beyond merely looking at width of pavement, materials, jogging surfaces, and usage counts are valuable. Incorporating knowledge of creative class preferences on the trail is

useful in optimizing trail designs for a specific user group, such as families with young children, novice exercisers, recreational and transportation users. Ultimately, this results in the design of a multi-use trail in the fullest sense: A trail able to accommodate the large diversity of needs of various users such as pedestrians who casually discover the trail, people-watchers, peddlers, commuters, evening strollers, those making useful trips that replace an automobile trip, and novice exercisers to expert exercisers of all ages.

#### 1.10 Summary

There is a close correlation between trail users and creative professionals. Trails are often mentioned as one of the important amenities characteristic of cities attractive to the creative class (Richards, 2005, Florida, 2002) because trails contribute to the ‘quality of place’ that defines creative cities (Florida, 2002). Quality of place is a term coined by Florida to sum up the location decisions of the creative class. Florida uses the term “in contrast to the more traditional concept of quality of life. It refers to the unique set of characteristics that define a place and make it attractive” (Florida, 2002, 231). The creative class prefers a certain style of leisure activities, one that includes adventure and outdoor activities (Florida, 2002) but studies have just begun to address aspects of urban environments in providing restorative outcomes (Ogunseitan, 2005). It is important, then, to “understand the role of landscape design and public art in providing sanctuaries where a sense of balance can be restored to hectic lifestyles” (Ogunseitan, 2005, 143).

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It was the hypothesis of this research that both urban aspects of the trail and natural trail features would be found appealing and restorative to creative class users of trails. This research focused on individual preferences and user experiences as well as the urban trail environment in order to identify the urban trail features that were appealing and restorative.

## CHAPTER 2

### LITERATURE REVIEW

#### 2.1 Introduction

The relationship between the built environment and leisure activities is explained in the literature review. Ways that class affects preferences in various leisure activities illuminates creative class preferences for certain forms of recreation, especially trails. Next, the links between trail use, and creativity in leisure activities are examined as are associations between restorative environments and topophilia as a design approach and how these relate to user's experiences in places specifically designed to be experienced. Urban form and the built environment and links to physical activity and neighborhood walkability are also examined for their importance in the siting of urban trails.

#### 2.2 Class Use of Place

Research on human ecology shows that people behave much like plant and animal communities in their choice of environments (Hellmund and Smith, 2006). Hellmund explains that "human social groups are distributed in nonrandom patterns across the landscape, since people, like other animals, congregate around areas with ample resources" (2006, 159). People do this also by "social differentiation related to factors such as occupation, wealth, race, and ethnicity, as well as a variety of cultural factors and lifestyle preferences" (Hellmund and Smith, 2006, 159.) Class is a related concept and is sometimes expressed spatially in the pursuit of different leisure activities in different places (Hellmund and Smith, 2006; Moudon, 1997). People, like animals,

will move to where options for a successful life are greatest (Hellmund and Smith, 2006) and in the case of a young, wealthy, and mobile group identified as the Creative class, decisions about where to live, work, and locate are based on economic and lifestyle considerations that coalesce in ‘quality of place’ (Florida, 2002). The quality of place refers to the unique set of characteristics that define a place and make it attractive as a place where success in life and leisure are greatest (Florida, 2002, 231).

### 2.3 Trail Use, Leisure, and Creativity

Active leisure is a source of experiences which lead to ‘flow’. Csikszentmihalyi’s research showed that mental “concentration is highest on the job, when driving, and in active leisure. These are the activities that during the day require the most mental effort. The same activities also provide the highest rates of flow, and so does socializing with others”. Active leisure provides the best experience overall, with people feeling the happiest and most motivated.

Flow is important to understand in terms of recreation on trails. Attributes of the environment that result in feelings of flow, or of meeting challenges for the rewarding feeling of doing something for its own sake are especially attractive to the creative class (Florida, 2002). High achieving people are attracted to situations that encourage the need to meet new challenges (Csikszentmihalyi, 1997). “Flow tends to occur when a person’s skills are fully involved in overcoming a challenge that is just about manageable. If challenges are too high one gets frustrated. If challenges are too low relative to one’s skills one gets relaxed, then bored. But when high challenges are matched with high skills, then the deep involvement that sets flow apart from ordinary life is likely to occur” (Csikszentmihalyi, 1997, 30). Flow is a state of complete concentration, and “whatever

one does becomes worth doing for its own sake; living becomes its own justification” (Csikszentmihalyi, 1997, 42).

Congenial environments are also important to the creative class experience. “Creative people are especially good at ordering their lives so that what they do, when, and with who will enable them to do their best work. If what they need is spontaneity and disorder, then they make sure to have that, too.” (Csikszentmihalyi, 1997, 41). Because of this self-awareness, creative people are better able to craft a higher quality of life for themselves (Ogunseitan, 2005). Creative thinkers, scientists, and artists throughout history have recognized that inspiration and creativity can come from time conversing with friends, and spent in nature (Csikszentmihalyi, 1997).

Consumers are coming to favor the consumption of experiences over traditional goods and services (Pine and Gilmore, 1999). “In today’s market, it is no longer sufficient to design functional products or services” (McDonagh, 2004, 63) because consumers are now demanding desired and exciting experiences (McDonagh, 2004). In practical terms this means running, rock climbing or cycling rather than watching a game on TV (Florida, 2002). This indicates that the creative class may have particular restoration needs as differentiated from other classes (Scopelliti and Giuliani, 2004).

Creative class people “define the quality of their lives by the quality of experiences they consume”:

“The newly identified offering of experiences occurs whenever a company intentionally uses services as the stage and goods as props to engage an individual. While commodities are fungible, goods tangible, and services intangible, experiences are memorable. Buyers of experiences value being

engaged by what the company reveals over duration of time. Just as people have cut back on goods to spend more money on services, now they also scrutinize the time and money they spend on services to make way for more memorable – and highly valued – experiences” (Pine and Gilmore, 1999, 11).

#### 2.4 Restorative Environments and Attention Restoration Theory

The Katy Trail is an urban trail environment well-positioned for the study of urban restorative experiences. Restorative environments have typically been studied in terms of naturalistic environments versus human-built environments, which commonly have found that naturalistic environments contribute to reducing stress and promoting positive moods and feelings (Ulrich, 1979, 1981; Ulrich et al., 1991; Hartig, Mang, and Evans, 1991). Restorative environments bring people into contact with flowers, trees, animals, water, and far off views, which are all features to be found in the urban environment as well as more rural landscapes. ‘Restorative environment’ is a term from environmental psychology referring to specific geographical contexts that renew diminished functional capabilities and enhance coping strategies and resources for managing stress (Hartig and Staats, 2003).

Social interaction has been shown to be an important aspect of restorative experiences in urban environments (Staats and Hartig, 2004). Staats and Hartig (2004) provide empirical evidence of the role of the social context in enhancing preference for natural and urban environment. “In an urban environment, social interaction increases perceived restorativeness. Conversely, nature is more restorative when people are alone, unless the environments are perceived as unsafe. In this situation, social interaction

enhances the restorative quality of natural environments by influencing perceived safety” (Scopelliti and Giuliani, 2004, 426).

Attention restoration theory (ART) is a theory of the restorative values of environments. The theory is made up of four measurable categories which account for the restorative value of environments, in this case urban trail landscapes: being-away, fascination, extent, and compatibility (Kaplan and Kaplan, 1989.) The ‘being away’ factor would relate to relaxation, while ‘compatibility’ and ‘fascination’ are “correlated to preference to a greater extent” (Scopelliti and Giuliani, 2004, 425). *Being-away* refers to a change of scenery from everyday life, but is restorative if it promotes a change in one’s thoughts from the pressures and obligations of everyday life. *Extent* refers to the parameters of an environment, first perceived as a whole and secondly perceived extended enough to engage one’s mind because the landscape promises more to explore than was immediately perceived. *Fascination* refers to the capability of environments to involuntarily catch one’s attention while allowing the possibility of reflection. *Compatibility* refers to the degree of fit between the characteristics of the environment and the individual’s purposes and inclinations. “The setting must fit what one is trying to do and what one would like to do” (Kaplan, 1995, 173).

### 2.5 Restorative Place Experiences and Topophilia

Experiences people have in self-described “favorite places” showing strong relationships to restorative experiences (Scopelliti and Giuliani, 2004). The theory of place (Canter, 1977) describes the meaning of a place as the result of the relationships between physical attributes, conceptions, and actions. In keeping with Canter’s place theory, the meanings of places in general, and restorative meanings in particular,



(Scopelliti and Giuliani, 2004) stem from the values that different groups of people attribute to the experiences they had there (1977). Similarly, favorite places include both natural and built environments and are chosen according to the positive experiences people had there (Korpela, 1992; Korpela, Kytta, and Hartig, 2002).

These studies show that restorative experiences are associated with place, feelings of relaxation, and meanings of enjoyment and excitement. Laumann et al. (2001) distinguish the role of the four ART components in predicting recovery: being-away factor predicts relaxation, while compatibility and fascination would predict mental restoration. “Exciting should not be viewed as meaning either pleasant or arousing alone, but must be seen as meaning the combination of pleasant and arousing” (Russell and Pratt, 1980, 312).

Places can be associated with either low or high levels of relaxing and exciting experiences (Herzog, Black, Fountaine, and Knotts, 1997) as shown in studies of natural environments as settings for sports. Restorative experiences and restorative environments are related (Kaplan and Talbot, 1983) through the aspects of places “which allow people to distract to relax, to free their minds and to distance themselves from ordinary aspects of life” (Scopelliti and Giuliani, 2004, 423). Pairs of images were used to test restorative environments on persons not actually engaged in an experience of the place. Hypothetical experiences may not provide an accurate assessment of the role of excitement in restorative experiences or be able to discover elements which may be restorative in an urban environment (Kaplan and Talbot, 1983; Scopelliti and Giuliani, 2004, 423).



Figure 2-1. Typical image pair used in testing restorative environments.

Ogunseitan showed that the sensory stimuli in restorative environments mingle with the memory of an experience to create meanings of a place (2005). This combination of feelings, meanings and memories, and environmental sensory stimuli is referred to as topophilia (Ogunseitan, 2005; Tuan, 1977). Topophilia is defined as the affective bond between people and place or environmental setting (Tuan, 1974), meaning that people form attachments to specific places. Topophilia is presumed to be a vivid and personal experience, but it is measurable through experience, the response of senses to activity; attitudes; and intention, preferences that emerge following an activity (Ogunseitan, 2005). Tuan (1974) claims that topophilia “can be defined widely so as to include all emotional connections between physical environment and human beings.”

Characteristics of topophilia relate to an individual’s experiential preferences. Ogunseitan’s (2005) research has correlated specific objects of individual preferences and the potential for restorative mental health benefits derived from such experiences. “Environmental designers have long exploited the basic ideas of Topophilia to create attractive surroundings that restore mental health based on the use of materials, sensory

stimuli, and arrangements that remind people of the place and environmental settings that are comforting and/or associated with healing potential (Carlson 2000, Porteous, 1996)”.

## 2.6 Urban Form Regarding Trails

The Katy Trail study showed that 50-percent of users arrived at the trail by non-motorized means. The Katy Trail provides a safe, automobile-free corridor to connect neighborhoods to schools, work places, natural areas and parks, and shopping areas. The built environment contributes significantly to physical activity, neighborhood walkability, and walking for leisure (Jacobs, 1961; Du Toit, 2007). Concepts used by urban planners and designers for the design of the built environment come from an emerging body of research on the relationship between the built environment and physical activity (Scopelliti and Giuliani, 2004; Ogunseitan, 2005; Gobster, 1995). Many of the physical design elements advocated for by the new urbanism movement, such as mixed land uses, higher densities, and improvements in street and sidewalk connectivity “change the price or utility of travel, primarily by changes in travel distance and time. However, for walking and biking, the quality of the travel experience, including perceptions of safety, comfort, aesthetics, and so forth, may also be important components of price or utility that are influenced by physical design” (Handy, 2001, 21). Automobile trips are more heavily influenced by the structure of the region (Boarnet, 2001, Boarnet, 2001) than by the characteristics of the neighborhood, while walking trips are more heavily influenced by characteristics of the neighborhood than by the structure of the region (Greenwald, 2002).

Trail use as a regular daily activity is well supported by walkable neighborhoods (Gobster, 1995). Jacob’s (1961) work on urban neighborhoods and parks describes design

and management techniques that contribute to increased social diversity and interaction important to quality of life (Ogunseitan, 2005). She felt that cities need “a most intricate and close-grained diversity of uses that give each other constant mutual support, both economically and socially.” Strategies that Jacobs (1961) suggests for parks may be important in the siting of trails. She suggests that locating popular facilities and uses on the park edge where they tie the park together with surrounding neighborhoods, spreading a variety of uses throughout the parks, and providing classes and programs for different age and cultural groups are important to a park’s liveliness. In a research study on characteristics of neighborhood walkability, Du Toit (2007) determined that walkability was determined by density of homes, presence of an integrated street grid, and the amount of retail space in use in the neighborhood. People in neighborhoods that were more walkable did do more walking to destinations. The researchers state, “urban form is more important for walking to destinations than the general choice to walk around the neighborhood” (Du Toit, 2007). When a trail is the destination in a neighborhood a walkable grid of streets may allow more people to reach the trail and use it on a regular basis.

### 2.7 Summary

The Katy Trail connects neighborhoods not just physically, but in the sense of creating the distinctive common spaces and experiences that create neighborhood character. The creative class is able to locate to improve their quality of life and is especially able to recognize their need to do so (Ogunseitan, 2005). Trails are important to the creative class pursuit of active lifestyles and relates to their identity as creative

people (Scopelliti and Giuliani, 2004; Ogunseitan, 2005; Csikszentmihalyi, 1997; Florida, 2002).

Creativity and choice in leisure pursuits are related (Scopelliti and Giuliani, 2004) to restorative experiences. Restive experiences relate to occupational classes (Scopelliti and Giuliani, 2004) and certain restorative experiences are preferred by the creative class (Florida, 2002). The values of restive experiences are explained in terms of attention restoration theory, topophilia, and flow; all are measures of understanding the experiences of environments (Scopelliti and Giuliani, 2004; Ogunseitan, 2005; Csikszentmihalyi, 1997). Further, the context of a trail is related to the pedestrian activity generated by the neighborhood surrounding the trail. High pedestrian walkability in the neighborhood increases users on the trail and this increases sociability. The factors of sociability, restfulness, and stimulation all relate to the preferred trail environment of the creative class.

## CHAPTER 3

### METHODOLOGY

#### 3.1 Research Approach

The study was conducted with qualitative methods. Focused interviews were used to examine the creative class user's experience of the trail. Zeisel (2006) stressed that interviews should be focused towards a research goal. "Asking questions in interviews means posing questions systematically to find out what people think, feel, do, know, believe, expect" (Zeisel, 227, 2006). Using the technique of a focused interview offers a mix of structure and open-endedness, and is most useful in the case of learning "how an individual feels about, perceives, or otherwise reacts to a particular environment or situation" (Zeisel, 227, 2006). "Cognitive systems contain information not only about where places are but about *what* they are, what is likely to happen within them and who is likely to be present" (Canter, 1977, p 96). The questions are designed to generate meanings associated with features of the trail, since Canter stresses that places are made up not only of attributes, but also activities and meanings. "Making sense of environment is a process of perception: the way people select and organize what they are aware of in a situation through all their senses. People's interpretation of what they perceive is its meaning to them" (Zeisel, 291, 2006).

All interview subjects were chosen from those persons who were engaged in a trail activity in order to be selected. The average amount of time required for the interviews was twenty-five minutes. The interview questions were approved by the

Institutional Review Board (IRB) for research on human subjects in the Office of Research Integrity and Compliance at the University of Texas at Arlington in Arlington, Texas. No identifying information was collected on the interview respondents, so the research methodology qualified for exempt status. Additionally, permission to conduct the study on site was obtained verbally from the police departments which have jurisdiction on the Katy Trail: the City of Highland Park and the City of Dallas.

Randomizing and matching procedures were used to reduce errors in generalizing the results of the research. In the random sample of interview subjects the time of day and the days of the week were taken into consideration since both commuting and recreational activities on the trail would vary according to normal business workday schedules. An effort was made to stratify the proportion of men and women equally and respondents were selected for being of the creative class by asking the profession of the individuals interviewed. Persons were between the ages of eighteen and sixty-five years old.

### 3.2 Purpose of the Interview

Studies into a user's experience of an urban trail and specifically creative class preferences for landscape design in relation to restoration experiences have not been done. The purpose of the study was to examine the leisure experiences and individual preferences of creative class users on the Katy Trail in order to identify urban trail features that were appealing and restorative. The research questions were designed to ascertain the creative class member's desired experience on the trail. It was anticipated that a creative class individual's preference for an active lifestyle makes them more likely

to want an experience rich environment on a trail, and are likely to describe both *urban* aspects of the trail and *natural* trail features as appealing and restorative.

### 3.3 The Focused Interviews

The intention of the questions was to reveal particular features and qualities of destinations existing on the trail that related directly to the desired experiences in leisure by creative class users. The questions tested the ‘quality of life’ measures outlined by Florida (2002) to be the most important to lifestyle desires of the creative class. The ‘quality of place’ issues tested as desirable on a trail were lifestyle, social interaction, diversity, authentic, and identity. The presence of the trail was assumed to satisfy the creative class’ leisure needs for individual sports activities, and an outlet for active outdoor recreation and adventure. Eight questions were asked in the interviews but this was part of a conversation and discussion was encouraged.

Questions from the survey instrument (also shown in Appendix A):

1. What is your favorite stretch of trail? (What is your least favorite?)
2. What makes the trail a unique place? Does it have any significance beyond your workout?
3. Do you think that the trail is a distinctive place?
4. Do you think that the trail offers diversity? (In any sense that you'd like to comment: diversity of people, a diverse place/environment, or a diverse experience.)
5. Does the Katy Trail encourage sociable contact and a public life? What do you think contributes to that?



6. Does the form of the trail allow you to do everything that you would want to do on the trail? What activities are possible? What else do you do?
7. What do you find most relaxing about the trail? What do you find the most exciting?
8. What makes for a really great trail experience?

The questions addressed the extent to which various desired trail features were present and whether or not the trail provided satisfying restorative effects in the respondents' experience of the trail.

### 3.4 Physical Evaluation of the Trail

A physical evaluation was made of the *trail corridor* to understand the features of the trail that affect trail use. Adjacent open space and parks, varied trail corridor widths and contours, availability of trail amenities, trail-to-neighborhood connections, and trail corridor legibility were included in the analysis. Trail user activity was scrutinized using site observational techniques, as did Whyte (2002) in his studies of open plazas and spontaneous conversations in public places. "The context of Whyte's sidewalk talkers included others around them, their motives and attitudes, their destination, time of day, and location. Although not everything in an event's context is significant to solving a researcher's problem, some things are likely to be" (Zeisel, 2006, 42).

The *context* of the Katy Trail was examined for plaza locations, street and block patterns and arrangement of the surrounding neighborhoods within one-half mile of the trail, to see how use of the trail was both linked to and isolated from the neighborhood. Destinations directly accessible from the trail, including restaurants, shopping areas, and

entertainment, were noted to see if and how their availability gave flexibility to the reason for the trail trip. Photographs were made along the entire length of the trail.

### 3.5 Sites Chosen for Fieldwork

Interviews were carried out at two different on-trail plazas on the Katy Trail: David's Way at Knox Street near the north end of the trail, and at the Thompson Overlook at Reverchon Park near the south end of the trail. The Knox Street entrance features an at-grade crossing with a small plaza, sound and light sculptures, intense (higher quality) landscaping, limestone seat-walls, benches, and drinking fountains for people and pets. Shopping, restaurants, pavement changes, and parking are directly adjacent to David's Way. Thompson Overlook provides a vantage point into Reverchon Park below and features a large, steel shade structure over six benches with a Texas native plant palette in an intense landscape installation. Both are visually striking as well as a good place to stop and rest. Interviews were conducted in the two available plaza locations because interview subjects were approached when they were taking a break from active activity. This allowed them to reflect upon the trail experience they had just had.



Figure 3-1. Sites chosen for fieldwork. David's Way is shown on the left; the Thompson Overlook is pictured on the right.

### 3.6 Summary

The research questions asked users to elaborate on the ‘quality of place’ questions of concern to Florida (2002). Responses showed what users found relevant or obvious and interview probing was used to encourage individuals to expand their comments. “The interviewer must bring up various topics in order to find out whether a particular topic was not raised because the respondent thought it was obvious or because he thought it irrelevant” (Zeisel, 232, 2006). By interviewing people on their chosen trail activities and how the trail contributes to aspects of their leisure experiences that they consider to be optimal, this study aimed at finding out which places and or situations contribute to a creative class member’s desired experience on the trail. It was anticipated that a creative class individual’s preference for an active lifestyle makes them more likely to want an experience rich environment on a trail, and are likely to describe both *urban* aspects of the trail and *natural* trail features as appealing and restorative.

## CHAPTER 4

### DATA ANALYSIS

#### 4.1 Introduction

The results of the focused interviews of trail users, the photo documentation, and the site analysis are discussed in this chapter. Thirty trail user interviews were conducted on the Katy Trail at two locations: David's Way plaza at Knox Street, and the Thompson Overlook at Reverchon Park. Only those persons engaged in a trail activity or leaving the trail were approached for an interview; verbal responses were written down at the time of the interview. Interviews were conducted during both weekday and weekend daylight hours: once on Friday evening between 5:00 and 7:30 PM, and then two consecutive Saturday mornings between 9:00 AM and 2:00 PM. Photographic documentation was conducted over a six-month period between October 2007 and March 2008. Trail activity stayed strong during all the winter months except January, when temperatures were below 40 degrees.

#### 4.2 Trail User Interviews

Fifteen men and fifteen women responded to interview requests. The even gender split was coincidental. Trail users were asked to respond to a series of eight questions regarding their experiences on the trail. The first question often elicited comments rich enough in detail to spontaneously answer the remaining interview questions. The interviewer probed for further detail or an explanation of terms used by the respondent in order to help the interviewee articulate ideas unexpressed before the interview.

Appreciation for the Katy Trail was high, and many interviewees described features of the Katy Trail that contributed significantly to their experience of the trail, their neighborhood, and of Dallas.

All interviewees were, arguably, veteran users of the trail. The interviewee with the least number of visits had used the trail six times over the previous year, though this person described herself as familiar with the trail. Other interviewees expressed their trail use in terms of number of times per week that they visited the trail. Overall, experience with the trail ranged from one year to six years of regular trail use.

Interviews were valuable in identifying features of the trail that interviewees felt strongly about. The initial question revealed what the interviewee found relevant and important. Probes to discover what was “obvious or irrelevant” (Zeisel, 2006) revealed the degree of importance each factor had on an interviewee’s experience. Places especially liked or disliked were mentioned often and these results were consistent across interviewees. Interviewees were aware of and used the sections of the trail that they liked best, and generally ignored what they did not like. Many interviewees were reluctant to offer any negative comments. They said this was because they were very appreciative of the existence of such a nice amenity in Dallas. Close observation of the areas that the interviewee ignored and places unmentioned were often the only means to gain information about some aspects of the trail for which interviewees had neutral feelings.

#### 4.3 Responses to the Focused Interviews

The questions from the interview are followed by responses summarized into composite answers for easy comparison. The questions were:

1. What is your favorite stretch of trail? (What is your least favorite?)

2. What makes the trail a unique place? Does it have any significance beyond your workout?
3. Do you think that the trail is a distinctive place?
4. Do you think that the trail offers diversity? (In any sense that you'd like to comment: diversity of people, a diverse place/environment, or a diverse experience.)
5. Does the Katy Trail encourage sociable contact and a public life? What do you think contributes to that?
6. Does the form of the trail allow you to do everything that you would want to do on the trail? What activities are possible? What else do you do?
7. What do you find most relaxing about the trail? What do you find the most exciting?
8. What makes for a really great trail experience?

Answers to the question one, *what is your favorite stretch of trail?* are summarized in the following table by each location reported.

Table 4-1. Composite Answers of Favorite Places

<i>Location</i>	<i>Favorite Features Reported</i>
North of Knox	Typified as secluded, hot, sunny and noisy. The seclusion was popular with runners wanting to not “worry about people getting in my way.”
David’s Way Plaza at Knox St.	“Life happening here, landmarks and the unique features contribute to my enjoyment of the trail.” “David’s Way is where I get on the trail, put on my roller blades and park, but it is a great place to people watch. It is always busy there, but in a good way!”
Knox Street, south to Blackburn	“Trees, bamboo, backyards and patios. I love seeing the houses that back up to the trail and what they do with their porches and backyards. The individuality in the little bridges and backyard furniture...its fun to see what people do.” “Full canopy of trees and heavy bamboo are the most distinctive parts and my favorite parts of the trail.” “Lots of people all the way to Blackburn and the trees overhead make it cool and comfortable. It’s just really pretty.”
South of Cedar Springs to Reverchon Park	The elevation of the trail above the adjacent parks gives a feeling of “drama” “interest” and “beauty” to the trail and separates this trail from others in Dallas. “The trail looks over to Lee Park/Turtle Creek and you can see the pond and fountain.” “I’m into nature and trees – but there is a part where you can see water, too. The trees get in the way and it is hard to see the water, but its there if you look for it.”
Reverchon Park to American Airlines Overlook	“After the last bridges you get to an area of the trail we call the “cliff.” “The cliffs are terrific, the most distinctive thing about the Katy Trail.” “Relax the mind”, feelings of “getting away,” and an ability to “get into the flow of the

Table 4-1. Continued

	exercise.” Grasses, cactus, and native plants in a landscaped design near the American Airlines Overlook were rated highly by most users for being “beautiful”, “relaxing”, and “pleasant”. Several respondents drew the analogy of Utah for the cliff area; “clean lines, grass, and feels like Utah or Austin.”
<i>Location</i>	<i>Least Favorite Features Reported</i>
Knox to Fitzhugh	“Congested with people”
South of Lemmon, also called Carlisle Place	“Bamboo hides potential dangers,” “a nowhere zone,” “not special in any way – just a trail.” “I don’t like running back along the way I came. It’s boring. There is nothing in the middle.”



Figure 4-1. Trail segment north of Knox Street. “Secluded, hot, sunny, and noisy” from the close proximity to IH-75 near the terminal end beyond Airline Drive.





Figure 4-2. David's Way Plaza at Knox Street.

David's Way was mentioned the most often as a favorite place. It was described as being "interesting" "enjoyable" and "a good place to people watch." It had landscaping, benches, limestone seat-walls, decorative paving, ornamental trees, and art features that illuminate and spontaneously create sounds upon detecting a passerby; with the possible intention of evoking thoughts of forests. It was positioned at the at-grade intersection with Knox Street, adjacent to a 7-11 convenience store, a Starbucks coffee house, shopping, and restaurants. Many people would come and go from the trail at this location, giving it a steady flow of users that most interviewees desired.

The area south of David's Way between Knox Street and Blackburn was also universally mentioned as a favorite place. It was described as the most relaxing. This area had a lush wall of bamboo on the west (Highland Park) side, backed with an eight-foot cyclone fence and gates. Mature trees from adjacent backyards arched over the trail corridor. Backyards were visible between Knox Street and Blackburn and intimately located next to the trail.



Figure 4-3. Wall of bamboo between Knox and Blackburn Streets.



Figure 4-4. Backyards between Knox and Blackburn Streets. The short gangplank bridge in the foreground connects to the Katy Trail.

The trail south of Cedar Springs to Reverchon Park was also mentioned as restorative because it was heavily treed; there were views to a pond with a fountain, and

water in the park below. The elevation of the trail above the adjacent parks gave a feeling of “drama” “interest” and “beauty” to the trail and separated this trail from others in Dallas.



Figure 4-5. View of the fountain in a Turtle Creek Park pond.

South of Cedar Springs to Reverchon Park was also mentioned for the views down the street from the vantage point of the old train bridges. Several interviewees said their favorite views were of nearby, architecturally-distinctive residential towers.





Figure 4-6. Residential towers in the vicinity of Turtle Creek.

The area between Reverchon Park and the American Airlines Overlook was visually striking because of white limestone rock outcroppings. Fewer people appeared to regularly use this section of the trail, making it seem secluded. Grasses, cactus, and native plants in a landscaped design near the American Airlines Overlook were praised by most interviewees for being “beautiful”, “relaxing”, and “pleasant”. Several respondents compared the cliff area to Utah; “clean lines, grass, feels like Utah or Austin.”



Figure 4-7. Limestone cliff walls on east side of the overlook plaza.



Figure 4-8. Gulf Muhly on the west side of the overlook plaza.

The question ‘*What is your least favorite area of the trail?*’ revealed some problems with the trail corridor. Even though the stretch of trail between Knox Street and Fitzhugh was popular with users and rated positively in the interviews, this area was also negatively mentioned by interviewees who characterized this section as “congested

with people.” The density of users increased feelings of community and safety in numbers, but for some interviewees decreased their ability to feel they “had gotten away.”



Figure 4-9. Sometimes popularity was a negative attribute. David’s Way could become “congested,” but the man shown in the foreground found that attribute exciting.

South of East Lemmon Avenue, also called Carlisle Place, was universally disliked by all the interview subjects. The area was devoid of shade and landscaping. The vegetation, including mature trees, was hard-scrabble looking. Vines had grown up in the trees blocking the view of the linear Turtle Creek Park adjacent to the west. A thick wall of sun-scorched bamboo concealed homeless people’s resting areas. Derelict warehouses were adjacent to the trail to the west and not physically separated from the trail by grade changes. Comments included: “Bamboo hides potential dangers.” The stretch of trail was “a nowhere zone” and “not special in any way – just a trail.” Many

interviewees' perceptions could have been summed up in the comment "I don't like running back along the way I came. It's boring. There is nothing in the middle."



Figure 4-10. Sun-scorched bamboo and unkempt trees in the midsection of the trail called "a nowhere zone."

The second question was *What makes the Katy Trail a unique place? Does it have any significance beyond your workout?* The comment that sums up most of the comments is: "I can have up to two hours with my wife, uninterrupted. A real urban life. I use the trail to get to work and restaurants. I didn't know that would ever be possible in Dallas. I can get away from cars, and life, and you can do anything—run, walk, anything. And it's a place to meditate, opportunity to meet people. I don't worry about the cars so I can really relax and pay attention to my friends."





Figure 4-11. Midsection of the trail with warehouses to the west. Sun-scorched bamboo is located out of the frame to the right and shown in Figure 4-10.

The third question, *Do you think that the trail is a distinctive place?*, did not strike a chord with many people. Answers varied, and included: “No. But it isn’t just a paved walking path. I use it much more because the aesthetics are here. I feel like I’ve gotten away. Water is missing, unless you count Turtle Creek – you don’t see a lot of that because of the trees.” And, “Yes. There are these different sections that make the trail interesting: The homes, the stops, David’s way, the parks and the activities there. And you can come to the trail for different reasons.”

One insightful comment was, “The fact that they took junk land and made an asset for the city...that’s pretty cool. I love it that it’s here, they turned the place around, and I can live right next to it. I can look over I-35, and see downtown. I like that the trail opens up at the end – the view opens up. It’s dramatic in a way.”





Figure 4-12. The dramatic view of downtown Dallas at the south terminal end of the Katy Trail.

Question four was *Do you think that the trail offers diversity?*

- “I know where the entrances are, and where they’re connected to these cool pockets of Dallas – Victory, Knox, Henderson, and West Village – it gives the trail an importance, a different feeling along each part of the trail.”
- “I love my neighborhood because I can walk to bars and stuff. The Katy Trail is a huge reason to live here. It gets me outside, its free, it is the best amenity I could want. I love Dallas – granted, it could offer more beauty. Dallas doesn’t have much, so that the Katy Trail offers greenery is great. It is exciting to see it develop one section at a time.”

The presence of other people on the trail was the most frequently cited means for the trail to be seen as having diversity.

- “I do see different types of people of all ages, all colors, babies and kids on training wheels, and older people. I like seeing that – it makes the trail more fun.”
- “Views give me a change of pace when I’m running that takes my mind off of where I am and what I’m doing. It gives diversity to my running that keeps me motivated.”
- “The weirdo that just went by – he’s been skating around Highland Park for 15 years. Just singing and skate-dancing to his music.

Question five was *Does the Katy Trail encourage sociable contact and a public life? What do you think contributes to that?*

- “I’m on a bike—but when I walk I see people and recognize them and talk. People smile at you and always say hi to the dog. You see new faces and it is stimulating, like a happy hour. Better people watching than at White Rock Lake.
- “Great to bring people together, for fitness and community, seeing other people is contagious. It brings others out too, and everyone improves the *community*.”
- “What is so great about the trail is that it is literally in the backyards. In the suburbs you don’t feel in a community and here I feel a sense of community. I enjoy being in the heart of Dallas and part of the culture – it feels so ‘Dallas.’” “Oh, yea. I like to come out to where everyone is. I’m in the middle of it and I don’t have to buy a cup of coffee! I recognize people out here. I don’t know them, but it feels – nice.” “I wish there were more benches, down around where you would gather; it would give you a place to talk. Ok, there aren’t good gathering places! We need benches or more gathering places; you know a plaza or a sitting area with a view. It doesn’t have to be like David’s Way. It is very efficient right now but it could be better for people.”

The sixth question was based on Kaplan’s restorative component of *compatibility* referring to the degree of fit between the characteristics of the environment and the

individual's purposes and inclinations: "The setting must fit what one is trying to do and what one would like to do" (Kaplan, 1995, 173). It was *Does the form of the trail allow you to do everything that you would want to do on the trail?*

- "I like the off road feel of the dirt paths into the parks and neighborhoods. I ride up and down those – some are pretty steep and that's fun."
- "It is short enough to not be intimidating. When I started walking the trail, it was why I started to come out. I thought, "Well, I can do this!"
- "It's only a twenty-minute walk to American Airlines center, Victory, and restaurants."
- "The trail makes our workout possible. We don't know how we could run and train. We'd run the streets—not safe—or drive but...It's a buzz kill to drive first. Strike while the iron is hot! If I'm in a mood to run, I want to do it now!"

The seventh question was *What do you find the most exciting?* and was followed up with the question *What do you find the most relaxing?*

- "So many other people out. Walkers, runners, roller- bladders...the ambience is great. Very motivational."
- "I like that I'm not in the gym and I can feel the wind and sunshine. It makes my workout more of an exciting thing to do when I can be outside."
- "It's in the middle of the city: people and diversity."
- "The character of the trail changes as you go the length of it. That's dynamic and it's easier to see when I'm moving fast on wheels. It starts shady and protected up at Knox, then you've got openings to some sunny places on my left, then tall architecture to the right. When I pass the last bridges I know the cliffs are coming up. I go zooming between

the limestone and I feel like I'm in a different place (not Dallas). Then I turn around at the American Airlines Center Overlook. There isn't a good place to turn around down at the street so I turn around at the overlook."

- "It has changed dramatically. People seem to go out of their way to use it. People are trying to use it. ...To be in the middle of the city and get into green, and see so many people – it is just amazing. We show our friends and we are amazed it happened in Dallas."

Comments for the question *What do you find the most relaxing?* included:

- "The nature and ambience here are relaxing."
- "The relaxing thing is being outside, birds, trees, nature."
- "When I'm on the Katy Trail and I feel like I'm in Austin—earthy, woodsy feel—that is the best."
- "A well-maintained path + nature + flowers."
- "Different sense of places along the trail, so that you pass through to the next place: water, textures in the plants, and opening up to good views of the architecture and downtown. Right now the trees block the best views."

#### 4.4 Analysis of the Interview Responses

Interviewees came to the Katy Trail to be restored and get away from the stresses of daily life, and to exercise and relax. Aspects of restorative experiences were more often referred to in terms of relaxation rather than excitement, but respondents did report that exciting elements the trail could be part of a relaxing experience. As stated in Chapter Two, the 'being away' factor would relate to relaxation (Scopelliti and Giuliani, 2004). The elements that made relaxation possible were, in order of responses:

1. Car-free trail environment which eased their minds of safety concerns.
2. Nature – Seen in rock walls, a full tree canopy, green bamboo walls, water in Turtle Creek Park, animals, flowers, and trees.
3. Quiet – Sound was buffered on the trail. Adjacent residential areas and the linear Turtle Creek Park provided trees and separation from major roads that buffered automobile sounds. The trail was quieter in its middle section than at the north or south terminal ends where highways were within ¼ mile of the corridor. Noisier sections were less popular.

Restorative experiences characterized as exciting were broader in scope. In order of responses:

1. Presence of other people on the trail, including children and the elderly, gave the trail diversity, charm, and sociability.
2. A surface good for diverse uses such as walking, biking, running, and roller blading.
3. Views of some backyards that were intimately close and completely visible from the trail
4. The trail's history and checkered past, and its transformation to clean neighborhood amenity.
5. Views of residential towers and downtown Dallas.
6. Access to destinations in the city that could be reached by using the trail as a transportation corridor.

7. The trail's slope, which varied between one percent and eight percent at the south trailhead. The north end of the trail was an easy slope for children and the elderly. The south end had a slope more perceptible to those moving quickly on bicycles or roller blades. Both user groups were able to find a part of the trail they could enjoy.

Attention restoration theory (ART) categories were applied to the data and are shown in Table 4-2 below.

Table 4-2. Attention Restoration Theory Applied to Interview Results

ART Values	Location
Being away -relaxing-	The trail sections having the fewest people; the actual trail environment; areas of unexpected beauty: the white limestone cliffs, the walls of lush bamboo, the complete tree canopy. Nature: birds, trees, water. Outside environment. Lack of automobiles.
Extent -engaging-	Partial views of Turtle Creek Park ponds and fountain Trail length of less than four miles made it easily, quickly understood Rhythm of changing vegetation types. The backyards and corridor of plants and animals.
Fascination -exciting-	Views of downtown Dallas, high-rise architecture, proximity to downtown, green contrast with surroundings. History of the K, T and Y Railroad and transition to trail amenity.
Compatibility -satisfying-	Off-street trail with limited at-grade crossings meant few conflicts with auto traffic. Opportunities for people-watching. Recognizing neighbors. Plazas with benches, positive; other benches or lack of need benches, negative. Lack of exits off the trail and indistinct landscaping led to feelings of insecurity. Length of trail and limited incline (Bikes rated negative; walkers rated positive).

ART theory was made up of four measurable categories to account for the restorative value of environments, which this case applied to urban trail landscapes: being-away, fascination, extent, and compatibility (Kaplan and Kaplan, 1989.) As stated in Chapter Two, the ‘being away’ factor related to relaxation, while ‘compatibility’ and ‘fascination’ are “correlated to preference to a greater extent” (Scopelliti and Giuliani, 2004, 425). “Exciting should not be viewed as meaning either pleasant or arousing alone, but must be seen as meaning the combination of pleasant and arousing” (Russell and Pratt, 1980, 312). *Being-away* referred to a change of scenery from everyday life that was restorative if it promotes a change in one’s thoughts from the pressures and obligations of everyday life. *Extent* referred to the parameters of an environment, initially perceived as a whole and then sufficiently extended to engage a user’s cognition because the landscape’s promise exceeds the initial perception with increasing immersion. *Fascination* referred to the capability of environments to involuntarily capture a user’s attention while allowing the possibility of reflection. *Compatibility* referred to the degree of fit between the characteristics of the environment and the individual’s purposes and inclinations.

Community and sociability emerged as very important aspects of the restorative nature of the trail. Community was seen to be an emerging aspect of the trail and neighborhood not present in the previous years. Interviewees noted an increasing sense of pride in the community and a distinct character present in the neighborhoods adjacent the Katy Trail that had been somewhat indistinct in prior years.

The budding sense of community was ascribed to:

1. An ability to see the backyards that had gates onto the trail.
2. A density of people on the trail all day long.
3. The presence of women with infants and children on the trail.
4. Regular use by interviewees resulted in other regular users becoming familiar and recognizable elsewhere in the neighborhood.
5. The trail was becoming a venue for meeting people for active club events and activities.
6. Automobile drivers respected the trail users in the crosswalks.
7. People were beginning to respect the trail, evidenced by picking up litter and dog droppings.

Interviews revealed that not all people used the entire length of the trail. The lack of imageability was a problem on the trail even though legibility was high. Lack of imageability was related to usage more than it was related to the time or the distance a person wanted to be on the trail. Interviewees that encountered a section of trail they found unpleasant or for which they lacked a clear indication of how much farther a “good stopping point” would be often turned around rather than venturing farther.

Specific places mentioned in the interviews as favorite locations were mapped to create a picture of common usage, see Composite Use and Experience Map Figure 4-13, which catalogues the interviewees’ favorite stretches of the trail and preferred trail access points. The Katy Trail is shown with a varied line width which illustrates both the density of users on the trail and the location of preferred sections of the trail. The



trail was busiest in the sections that were preferred. The two were directly related. Also on the map are the interviewees' preferences in trail access locations, indicated by the size of the arrow. The circle-and-crossbar symbol shows points where users who accessed the trail at the popular access points tended to turn around and head back to their trail access point.

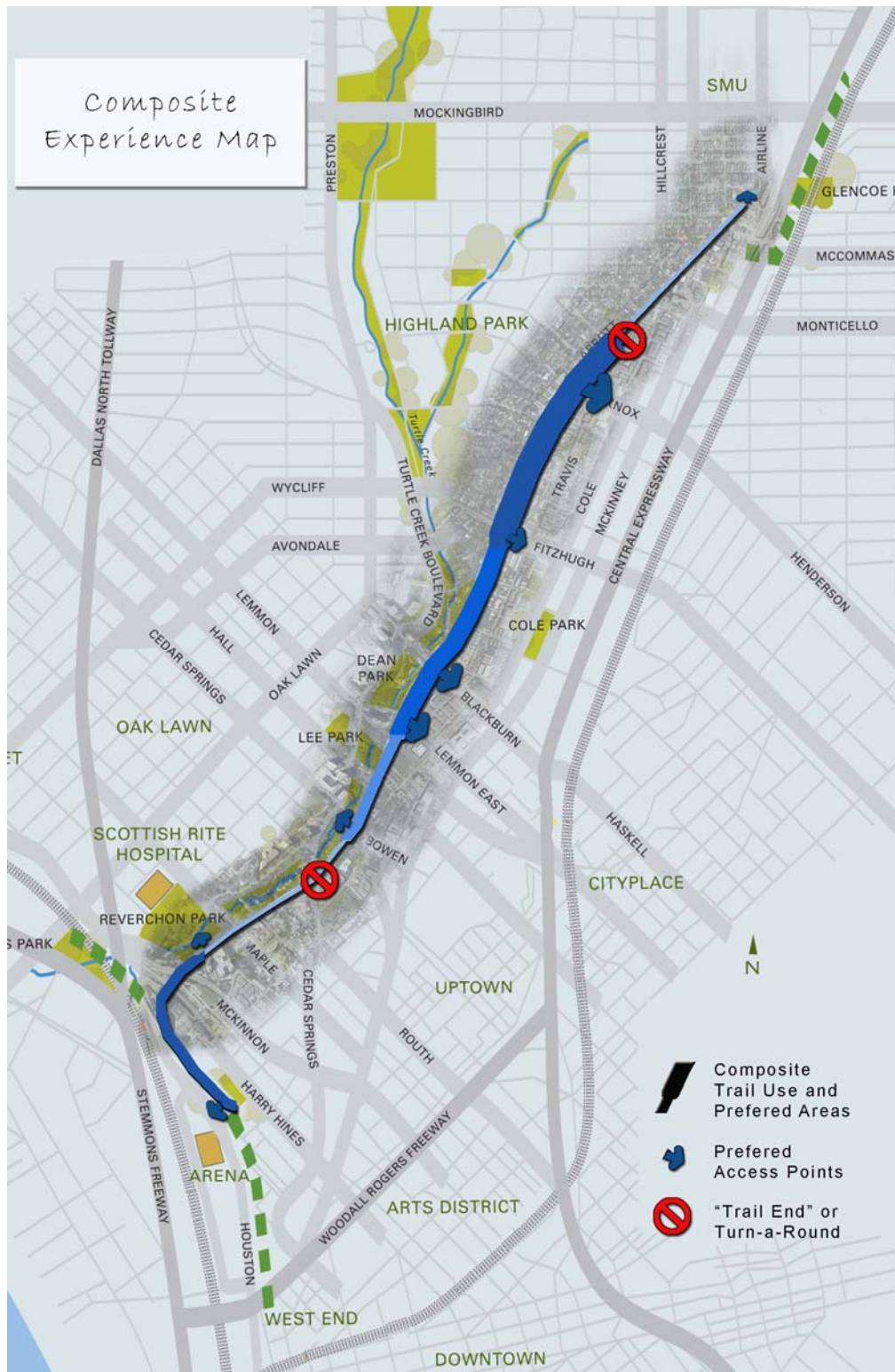


Figure 4-13. Composite Use and Experience Map

Preference correlated very well to use of the trail. Places along the trail that were preferred for physical comfort, natural views, and sociability were also the busiest, most well-used sections of the trail. Areas that interviewees did not find compelling or found unpleasant were the least-used sections. Place features that interviewees rated as contributing highly to the experience of the trail were categorized to form a Preferences and Perceptions matrix, shown in Table 4-3.

Table 4-3. Preferences and Perceptions Matrix

	Built Features	Unfinished or Natural
Preferred to Neutral	Plazas, destinations, gathering places. Views, close and far. Designed, landscaped, and neatly kept natural landscaping. <b><i>Exciting</i></b> Basic route and surfaces <b><i>Competent, expected, efficient</i></b>	Off-trail “mountain” trail connections Lush bamboo edge Nature, trees, water <b><i>Restful, pleasant, enjoyable</i></b>
Not - Preferred to Disliked	Alleyways behind nice houses. Warehouses, and unkempt buildings close to trail. Indistinct, unkempt vegetative edge. Unshaded or lack of benches <b><i>Low personal security, safety</i></b>	No tree cover No landscaping No views, especially blocked views <b><i>Monotonous</i></b>

The matrix above can be read in terms of preferred experiences and how this relates to natural and un-built aspects of the trail environment. Preferred locations on the trail that were built features were characterized as exciting; these were the plazas and views of downtown. Built features that were disliked included alleys, warehouses, and badly placed benches; these areas were characterized as lacking safety and security. Natural areas that were preferred were rated as most restful, pleasant, and enjoyable.

Monotonous sections of the trail were least liked and most often un-built but not seen as particularly natural. This matrix can assist the designer in recognizing aspects of the trail that may need to be improved or how the trail may be altered to fit the needs of the community. In keeping with Canter's place theory, the meanings of places in general, and restorative meanings in particular, (Scopelliti and Giuliani, 2004) stemmed from the values that different groups of people attribute to the experiences they had there (1977). Favorite places included both natural and built environments.

This information from the matrix is also shown in the Preferences and Perceptions Map, Figure 4-14, to illustrate the relationship between experiences and environments. The map is labeled with the descriptive word for the perceptions held by respondents to the interview. Labels correspond to the location along the trail. Symbols are shown for specific points along the trail where exciting places (square) and attractive views (triangle) occur. A lack of shade (wavy lines), frustrated views (zigzag), and undesirable places (X) making the trail less attractive are shown with point location symbols.





#### 4.5 Site Analysis and Documentation

The *context* of the Katy Trail was observed for activity occurring at the trailhead entrances and the surrounding neighborhood streets to see how use of the trail was both linked to and isolated from the neighborhood. A context site analysis was made of the Katy Trail noting connections to the trail from side streets, the arrangement of open space and destinations accessible by the trail, street and block patterns, and neighborhoods within one-quarter mile of the trail. This is shown in the Neighborhood Context Map, Figure 4-6. The width of areas indicating adjacent land uses, numbered one through four, illustrate the distance of one-quarter mile. The two plazas, David's Way and Thompson Overlook are shown with square symbols. Retail, restaurant, and entertainment venues (Dallas Theater Center and Magnolia Theater) are shown with a point symbol in a ring. This ring indicates the potential influence felt on the trail because of destination proximity. Some of these destinations are shown below.



Figure 4-15. Momo's Pasta and Toulouse restaurants directly off-trail. Starbucks was down the street. Both were on Knox Street.

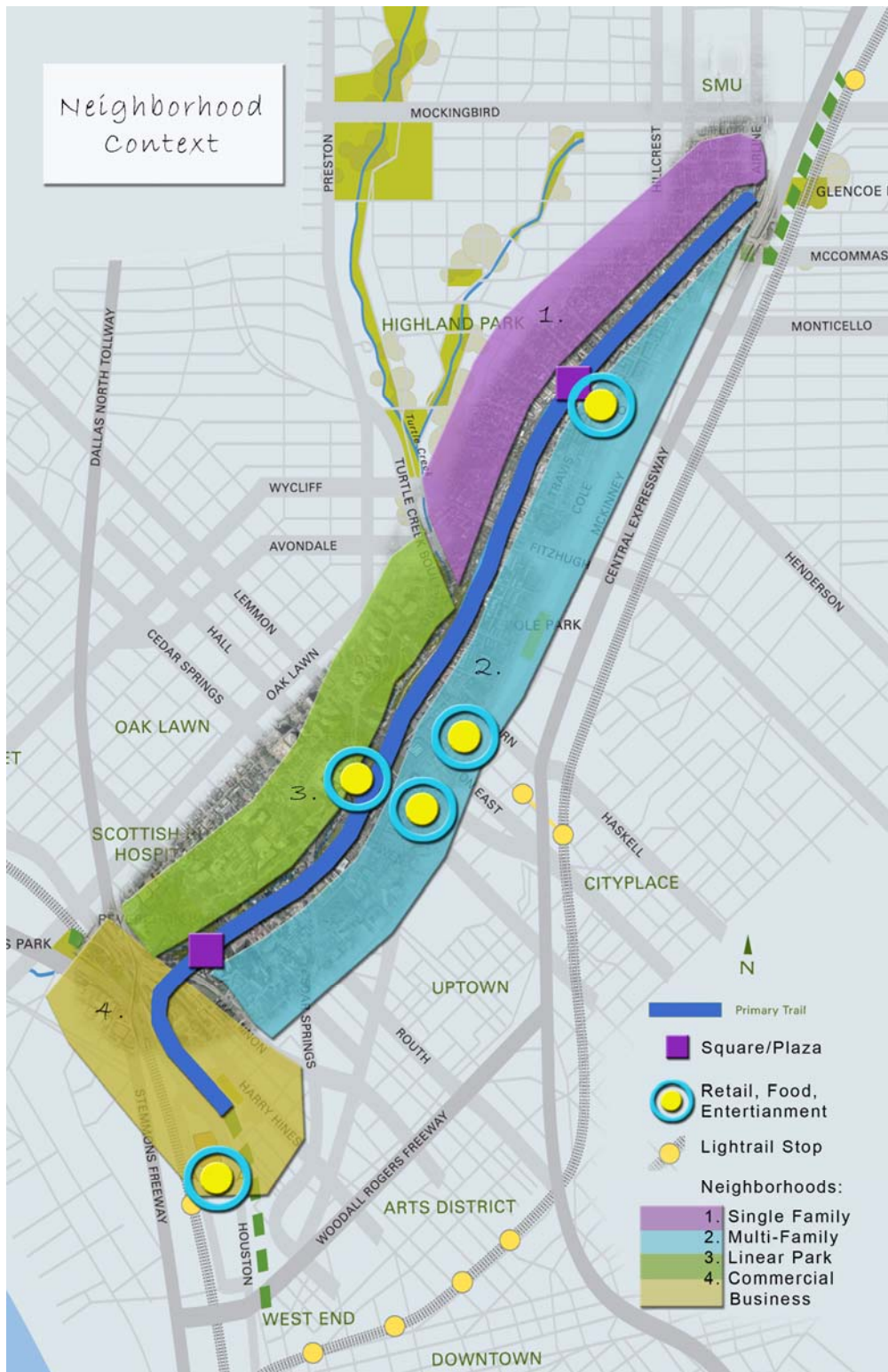


Figure 4-16. Neighborhood Context Map

The neighborhood context of the Katy Trail was important to the use of the Katy Trail. Many interviewees who arrived on foot described the trail as being close to home and well connected to the neighborhoods. This proximity and ease of reaching the trail allowed for spontaneous, regular trail use. The trail benefited from proximity to the surrounding neighborhoods, just as the neighborhoods were enhanced by their proximity to the Katy Trail. The two were described as mutually beneficial. The surrounding neighborhood contained a grid street pattern; trees on sidewalk-lined streets within a walk-able, gridded street pattern characterize the surrounding neighborhoods. The trail created a strong connection between the neighborhoods and the downtown core of Dallas, located under five miles away from the farthest point north on the trail. The midpoint of the Katy Trail, at Turtle Creek Park lies one and one-half miles from the core of downtown Dallas, as shown in Figure 1-1 in Chapter One.

The three locations most popular for accessing the Katy Trail seen in the survey conducted for the Friends of the Katy Trail (Schili, 2007) were consistent in the study interviews. Those locations, Knox Street, Blackburn Street, and Carlisle Place, corresponded to areas on the trail having a higher residential density, pedestrian activity, and walkable commercial streets than other area along the trail. The popularity of access points are illustrated in Figure 4-13, the Composite Use and Experience Map

These and three other access points along the Katy Trail were plotted into the Walkscore.com database to understand how these popular entry points were being affected by the neighborhood context. Walkscore.com was a website created for and marketed to realtors “to help homebuyers, renters, and real estate agents find houses and



apartments in great neighborhoods.” Walkscore.com populated a Google map with attractions within walking distance of an address, and offered a list of destinations by category with distances. The three most popular access points, Knox Street, Blackburn Street, and Carlisle Place were rated 83, 94, and 95, respectively.

The website rated walk-able locations on a 100 point scale. Their descriptions:

90 - 100 = Walkers' Paradise: Most errands can be accomplished on foot and many people get by without owning a car.

70 - 90 = Very Walkable: It's possible to get by without owning a car.

50 - 70 = Some Walkable Locations: Some stores and amenities are within walking distance, but many everyday trips still require a bike, public transportation, or car.

25 - 50 = Not Walkable: Only a few destinations are within easy walking range.

For most errands, driving or public transportation is a must.

0 - 25 = Driving Only: Virtually no neighborhood destinations within walking range. You can walk from your house to your car!

#### 4.6 Summary

Users described their preferences in trail environments and these were analyzed for the resulting effects on a user's trail experiences, including what contributes to a restorative experience. From the descriptions of trail characteristics, themes emerged of preferred attributes that were consistent across the interview group including naturalness, sociableness, distinctiveness, safety, trail surfaces, and lifestyle. Both natural features and urban trail context were important to the trail's popularity but natural features were reported as relaxing more often than exciting. Exciting trail

features were related to urban elements rather than natural elements, but these characteristics were not detrimental to the overall experience of the trail environment.

## CHAPTER 5

### DISCUSSION OF FINDINGS AND CONCLUSION

#### 5.1 Introduction

This chapter discusses the interview findings and the context of the Katy Trail. The study focused on creative class trail-user's preferred trail features and attributes and related these to restorative places and restorative experiences. Restoration was shown in aspects of naturalness and excitement. Themes emerged from the focused interviews regarding what could create an exciting, sociable, safe, restful trail experience in an urban environment. The themes to emerge were naturalness, sociableness, distinctiveness, safety, and a fitness lifestyle. In the discussion of the creative class, Florida (2002) described six factors in a concept of 'quality of place' that the creative class was shown to be attracted to. These measures were examined in light of the themes to emerge from this research.

#### 5.2 Discussion and Implications

The study focused on restorative experiences and related these to restorative places. Restorative experiences were found in community connections, active exercise, human-built features in the environment, and in green and natural infrastructure. Both urban features and natural features were able to contribute to a restored mental state. Urban features included views of beautiful, high-rise condominiums and the downtown skyline and included "a great feeling of being a part of the city – a great urban

experience.” Human-built infrastructure included the two plazas at David’s Way and Thompson Overlook which provided shade and a vantage point for people-watching or resting. Urban features related to feelings of excitement on the trail while the natural features of the trail were described to contribute to feelings of relaxation and “getting away from it all.” The natural infrastructure on the trail included landscaping with ornamental trees and Texas native shrubs and adapted grasses; the linear Turtle Creek Park and its ponds and creek; limestone rock outcroppings which gave a sense of enclosure; and birds and animals were also mentioned. The landscaping that showed a great deal of care and maintenance was appreciated and relaxing to users, but the most restorative environment which afforded a feeling of “getting away” was in the shady area that surrounded users with vegetation. The section of the trail with the green wall of bamboo twelve-feet high on one side, and backyard trees that created a full canopy of leaves over the trail from the other side was the most restful. The trail offered both experiences of restful contemplation and urban excitement and interest, and this aspect of the trail was very enjoyable to all of the study interviewees.

Sociableness was shown in feelings of connection to the community resulting from a density of users on the trail most of the day and the presence of a core of regular users. Both younger people and older people benefit from their interactions with members of the opposite group. This confirms research showing that social interaction is an important aspect of restorative experiences in urban environment (Staats and Hartig, 2004). Based on the interviewee’s appreciation for unique displays of neighborhood character and a positive interest in sociability on the trail, creating

community involvement opportunities would prove popular. Offering the community volunteer opportunities for planting shrubs and flowers would pull together people interested in a different type of outdoor recreation and result in a landscaped trail that contributed to the restorative experiences of other trail users. Another option would be making trail-adjacent spaces available for public rental in order to allow the creation of personal expressions along the trail that signify community, reflects the neighborhood character, and add texture to the trail corridor similar to the effect the visible backyards do.

Trail aesthetics and the proximity to downtown Dallas made this trail unique and distinctive to interviewees. A variety views to far off sights, and expressions of neighborhood culture were mentioned many times as contributing to the excitement of this trail, and providing the distinctiveness that sets the Katy Trail apart from other trails in the City of Dallas or surrounding suburbs. In the trail midsection near Carlisle Place a lack of distinctiveness resulted in a characterization of being a “nowhere place,” boring, and downright unpleasant. This section of the trail had no tree canopy or landscaping and an unkempt wall of straggly vegetation on one side which blocked and frustrated the views of a beautiful linear park. A lack of visual connection to the park and neighborhoods was a deterrent to continuing along the trail. Two people mentioned that they turn around when they do not know what lies beyond where they were; especially when that place was not a good place to stop. Other people mentioned turning around when they reached the place that was “a nowhere zone,” specifically the un-landscaped

midsection of the Katy Trail. They did not want to stop, and yet they did not feel comfortable continuing; they felt the only option was to turn around.

The results of interviews reveal implications for how to improve the sections of the Katy Trail that were characterized as boring, efficient, and “nowhere.” A new plaza built in the vacant lot at East Lemmon and Carlisle Streets, or near Maple Avenue, would energize the trail and provide legibility (Lynch, 1967), the ability of a user to read the environment and place themselves in a recognizable location. Legibility and aesthetics could be improved by screening undesirable views in the area of warehouses on Routh Street between Fairmount Street and Hall Street. Vines on wire and beam trellis structures would screen views with lush walls of vegetation and transform the area into a more restorative one. Restorative elements are blocked from view in the same area and simply opening the trail to desirable views by removing vegetation where it blocks the ponds, backyards, and views across the linear park and architecture of downtown and condominiums would greatly improve legibility and aesthetics.

Safety, cleanliness, and maintenance were crucial to a user’s experience of the trail, and their identification of the trail as a place they wanted to be. The cautious, non-walking Dallas public would have taken any amount of disrepair or trash as a sign of untrustworthiness. Often it was the first thing mentioned, not so much because it was obvious but because it was the most important thing on their minds; gratitude and amazement were commonly expressed.

Personal safety was a concern of many of the female interviewees. One woman said she did not run in the “pretty park in my neighborhood” anymore, specifically

because of the park's seclusion; she drove to the Katy Trail for the busy activity level found on the trail, and discovered that the sociability added to her experience. "Social interaction enhances the restorative quality of natural environments by influencing perceived safety" (Scopelliti and Giuliani, 2004, 426). Men felt more comfortable running alone in isolated stretches of the trail and mentioned enjoying the seclusion of unpopulated stretches more often than did women. This research has implications for planning the siting of trails in locations where they will attract regular use while still allowing some areas of quiet seclusion. The study showed the importance of choice in the environment. Users needed to be able to find an appropriate trail segment where they could find the sort of experience they were looking for.

Interviewees described a lifestyle that was unique "for Dallas" and very special to the user. Access to the Katy Trail afforded them the ability to exercise on a whim as often as they wanted to. Fitness, walking, running, or cycling was the preferred restorative experience. Young men in the study related their leisure experiences to be as much relaxing as exciting. One-half of the men described the ways that they made the trail more challenging and ways that it could be more exciting. The Friends of Katy Trail intend to build formal access entry points along the length of the trail. These places on and off the trail were unpaved, eroded and gullied, and some were quite steep at thirty-percent slope. They were ideal for use with mountain bikes and for rough-trail running and offered a choice from the finished, paved trail surfaces. Meandering curved paths (horizontal curve) were built into the trail at David's Way plaza north of Knox Street. Not one interviewee mentioned them but fifteen interviewees said that the

grade of the trail (vertical curve) was a factor in their experiences of the trail. The grade was gently rolling at the south terminus (five percent) and steadily climbed to Maple Street where it flattened for twenty-feet before it again sloped (three percent) up to Hall Street. Four interviewees compared their own varied experiences of using the trail on bicycle versus walking or running and noted that it was more exciting to move faster over the grade changes since it was possible to feel the motion of a grade change.

Other activities besides moving on were not encouraged by the form of the trail. Few of the benches placed along the trail were pleasant places to rest, converse, or people watch. None had an attractive view or more than accidental shade. Only two persons were observed using benches not located in a plaza: one who stopped to tie a shoe and sat only two minutes, and another who sat to finish the water in his water bottle, looked around and moved on.

### 5.3 Quality of Place

One of the thesis questions was to understand if the qualities that Florida (2002) identified as the important elements of place that led to a creative class's preferred quality of life related to desired trail environments. The members of the creative class interviewed on the Katy Trail wanted a walkable environment and exciting, sociable, safe, and restful trails but did not believe it was possible in Dallas. Florida (2002) identified six measures of quality of place: thick labor markets, lifestyle, social interaction, diversity, authenticity, and identity. Interviewees said that the Katy Trail was lacking in diversity, authenticity, and identity. Where the trail was weak in these areas the trail was also considered "efficient, but could do more to be better for people."



This thesis was inconclusive in this regard because the Katy Trail alone could not elicit the ways that a trail might provide aspects of diversity, authenticity, and identity.

In relation to sociability, safety, and lifestyle on the trail the significance of the trail context cannot be ignored. The trail became a mechanism for change in the neighborhood's concept of sociability and community. It was not simply that people used this trail because it was close; half of the interviewees chose to be close to the trail so that they would have daily access. Population density in the multi-family condominium and rental housing neighborhoods on the east side of the trail proved to be synergistic with the density of users on the trail. This heavy trail traffic was beginning to build a sense of community on the trail, and change the interviewees concept of neighborhood sociability within the neighborhoods nearby. Trail users and interviewees chose to access trails most often through bustling locations along the trail. These activity nodes included trail-adjacent theaters, cinemas, restaurants and shopping areas that were popular destinations for users before, during, and after the trail visit because they are located directly on the trail or connected through a car-restricted street or plaza. This research has implications for the design and siting of developments adjacent to trails.

Many of the appreciated features and qualities of the trail were not found directly on the trail but were part of the adjacent neighborhood. *Street Level Culture* is spoken of in Rise of the Creative Class many times (Florida, 2002). The street level culture was usually the bar or gallery scene in the older section of town (Richards, 2005). In this study, the proximity of the trail to dense residential neighborhoods and

mixed use development placed trail users within easy access of home, the bars, and the trail. Youthful energy levels allowed some respondents to take part in trail running followed by a visit to a nearby bar afterwards.

#### 5.4 Conclusions

Urban trails serve many users. This study of an urban trail showed the importance of providing choice in the trail environment so that the user could find their preferred trail experience. A choice was found in surfaces of smooth concrete for roller-blades, rubber for a running experience, and rough gullies for mountain bikes. Some desired a sensation of speed and movement while others such as children and the elderly needed flat surfaces. Some users wanted a place to sit for watching nature while others wanted to people watch. Some needed areas while some wanted seclusion. All interviewees wanted these aspects of the trail in varying degrees and on their own terms. Restorative experiences could be had by experiencing both urban aspects of the trail and naturalistic environments.

#### 5.5 Guiding Principles for Trail Design

From the results of the interviews, principles for design can be listed. These are listed here and explained later:

- Locate first trails in experience rich neighborhoods to increase traffic on the trail, especially if the community does not have a culture of walking.
- Include vertical grade changes to enhance sensations of motion and passing by something.

- Maximize access through thresholds and gateways to create a unique trail identity and neighborhood character.
- Provide active and secluded areas on the trail.
- Maximize opportunities for stopping and people-watching by providing pausing places and waysides. The Katy Trail has room for these.
- Integrate art and landscaping for restoration through relaxation and excitement.
- Improve imageability and legibility of the trail by incorporating points of reference.
- Interpret neighborhood and city history and culture along the trail through identifying signage and historic markers to increase local identity and meaning of the trail.
- Provide opportunities for community involvement.

*Locate trails nearby homes.* The most important factor found in rates of regular trail use was the easy access users had from the trail's location nearby home. Some research suggested that trails should be within five miles of home (Gobster, 2004) to achieve regular daily or weekly use rates. Locating new trails in areas where greater residential densities exist show the most potential for developing frequent use, and more quickly, after construction. Trails planned to be built should maximize this by building the first trails in denser areas of the city where the trail would be most likely to get regular, heavy use.

*Locate trails nearby city amenities.* Position the trail within a larger framework of housing, shopping and dining, parks, and city cultural amenities that are currently or potentially within walkable neighborhoods so that the trail and the neighborhood destinations increase the synergistic affect on the other. The existence of urban amenities located directly on the trail or within a few block's walk of the trail increases the charm and desirability of the trail as well. There are implications here for planners and developers to consider these adjacencies when making choices over the form and context of future development along the trail corridor. Locate multi-use developments near trails because of the relationship between a user's interest in the trail and the availability of activity centers accessible in the same trip.

*Locate trails to increase pedestrian flow.* Trail users, whether they come to the trail as pedestrians, fitness walkers, or runners prefer a trail with signs of human activity. Pedestrians make an area more active and engaging (Jacobs, 1989). Pedestrian activity creates an environment that is lively and safe. Research showed that people shun areas that were boring or appeared unsafe, based on cues from numbers of other people present in the landscape (Kaplan, 1986).

*Design trails to increase local identity.* Locate trails in neighborhoods with a strong identity and inherent charm to augment the area's identity and provide distinctiveness. *Provide Aesthetics along the trail.* The trail corridor itself should be inviting, trees should be maintained at the least and intensive landscaping can be located where concentrations of activity are desired. *Provide Programs.* Younger and older individuals can mutually develop community-building programs for trails that enhance

the lives of all trail users. “Older people mixing with younger people are receiving needed opportunities to remain active and be contributing members of society, and they tend to feel more socially connected” (Freedman, 1999).

### 5.6 Future Research

This study examined the experiences of the creative class and results may have been different for another class of users. Further research is needed to identify the target comfort range for the activity level on trails. Research is needed to define the level of activity that leads to a perception of crowding and how little trail activity is acceptable before it feels deserted. Gender issues are an area to be considered by future research since women in this study preferred to use the trail in the most active locations based on a perception that personal safety would be greater in those areas. Examining the effects and measures of topophilia on urban trail environments is needed in order to build restorative environments in parts of the country that do not have great natural beauty.

Principles of imageability, sequence and unfolding pattern relate directly to the experience of moving through a space. Lynch (1960, 150) describes the way a place may be experienced in his description of ‘sequence, unfolding pattern, and imaging a place. Perception and orientation are assisted by points/nodes/landmarks/districts and become building blocks of the experiential trail. Future research should address place identity, place attachment, and sense of community on trails since this research touched on these ideas without developing these topics.

### 5.7 Importance to the Profession

“To ensure that our environmental messages are both intelligible and effective we need to identify those who will come into contact with our messages, under what conditions, and for how long” (Thiel, 1997, 116). Designers need to understand how people interact, value, and perceive their real-world environments. “Each person’s experience is a function not only of a unique sequence of potential environmental stimuli but also of the physical, cultural, and situation characteristics of that person as a unique individual” (Thiel, 1997, 116). As seen in this study, each type of user experiences a place in their own unique way but learning how to influence the user’s experiences to provide a cherished landscape with lasting appeal has been the goal of landscape architects since Olmsted began the profession. As demand for trail and trail system development increases landscape architects will find more opportunities and need to understand the urban trail environment and user experiences.

### 5.8 Summary

Many creative class people given their choice in perfect world would have moved to major creative class cities (Florida, 2002). But many factors hold people in the cities where they live. In Dallas, these ties were to good jobs, “roots” and extended families in Dallas, and/or the desire to raise a family at a higher standard of living than would be possible elsewhere. The members of the creative class interviewed on the Katy Trail wanted a walkable environment and exciting, sociable, safe, and restful trails. This research suggests that the extent that trails offer opportunities for choices in use and destinations as part of the trail experience the trail will prove popular. “People

make sense of their surroundings by observing them with all their senses and then organizing, interpreting, and giving meaning to what they observe. The more designers understand this process, the better they are able to understand the side effects of environmental design decisions they make” (Zeisel, 291, 2006).

APPENDIX A

CREATIVE CLASS TRAIL USER INTERVIEW QUESTIONS



CREATIVE CLASS RECREATIONAL TRAIL INTERVIEW:

9. What is your favorite stretch of trail? (What is your least favorite?)
10. What makes the trail a unique place? Does it have any significance beyond your workout?
11. Do you think that the trail is a distinctive place?
12. Do you think that the trail offers diversity? (In any sense that you'd like to comment: diversity of people, a diverse place/environment, or a diverse experience.)
13. Does the Katy Trail encourage sociable contact and a public life? What do you think contributes to that?
14. Does the form of the trail allow you to do everything that you would want to do on the trail? What activities are possible? What else do you do?
15. What do you find most relaxing about the trail? What do you find the most exciting?
16. What makes for a really great trail experience?

APPENDIX B  
INTERVIEWS AT REVERCHON PARK OVERLOOK

**Interview #1:** Troy, finance graduate student, employed at a interior design shop, 29 years old.

*Q1. What is your favorite stretch of trail? What is your least favorite?* North of Knox—I feel I can really focus on my experience because it’s secluded, and I don’t have to pay attention—I can get away and relax the mind. The congestion at Knox and Fitzhugh areas I don’t like.

*Q2. What makes the Katy Trail a unique place? Does it have any significance beyond your workout?* I can have up to two hours with my wife, uninterrupted. A real urban life. I use the trail to get to work and restaurants. I didn’t know that would ever be possible in Dallas. I can get away from cars, and life, and you can do anything—run, walk, anything. And it’s a place to meditate, opportunity to meet people. I don’t worry about the cars so I can really relax and pay attention to my friends.

*Q3. Do you think that the trail is a distinctive place?* She: I think so. People know it’s here. It’s urban, hip, a cool thing. I feel like people who are part of the “in” group know its here. If they don’t know or care, then I know what kind of people they are.

*Q 4. Do you think that the trail offers diversity?* Everyone is doing his or her own thing. You can see everything. I’m black and I feel totally at ease here. No one has ever looked twice at me. It’s a trip how many of the “pretty people” are here. I like to watch the bodies. It allows me to tap into a walking lifestyle, with connections to the neighborhood so I can get off the trail anywhere.

*Q5. Does the Katy Trail encourage sociable contact and a public life?* I’m not social when I’m on a bike—but when I walk I see people and recognize them and talk. People smile at you and always say hi to the dog.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?* We’re going to move by American Airlines center. We’re leaving the Knox area. But it’s exciting that I can get on the trail and bike back to that area. I work there. I’ll be able to bike to work and have a safe trip to work. This is a new concept for me—but I’ll do it.

*Q7. Is the trail dynamic? What do you find the most exciting?* It’s an escape and natural—in the heart of the city. Fast bikers are a detriment to my experience. A time to be alone or with people. We get to be together. This is great time together that is so hard to find. A quiet place to think.

*Q8. What makes for a really great trail experience?* When I’m on the Katy Trail and I feel like I’m in Austin—earthy, woodsy feel—that is the best.

**Interview #2:** Lauren, 25, computer engineer. Lives near Reverchon Park.

*Q1. What is your favorite stretch of trail? What is your least favorite? What else, and how important is that to your trail experience?* I love from Reverchon and south. Used to love David's Way, Thompson Overlook. I love the grasses. Its clean lines. I don't like the midsection of bamboo—it hides what I want to watch for—someone might jump out or ... I come to the Katy Trail for exercise, and its safe, convenient, social, and I talk to friends when I see them.

*Q2. What makes the Katy Trail a unique place? Does it have any significance beyond your workout?* In the heart of Dallas—that is so cool and exciting. Connects you to things.

*Q3. Do you think that the trail is a distinctive place? What would give the trail more significance to the community?* If you live in the area, people know exactly what it is. It's the sexy trail. Pretty people.

*Q4. Do you think that the trail offers diversity?* Diverse in uses—you can do anything you want to. Everyone is welcome, no one has ever said you don't belong here. Race- and income-neutral. All walks of life.

*Q5. Does the Katy Trail encourage sociable contact and a public life?* We always see people we know. The whole distance takes two hours so we talk to people. We stop at Pachugo. Peaceful bench stop at Reverchon.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?* I know where the entrances are, and where they're connected to these cool pockets of Dallas—Victory, Knox, Henderson, West Village importance. Turtle Creek is cool.

*Q7. Is the trail dynamic? What do you find the most exciting?* The trail has dog bags and trash cans. I don't have to prepare. I don't have to bring water, bags, stuff. It's all there. I can jump up and go.

*Q8. What makes for a really great trail experience?* Escape from the corporate world and I don't have to think about crazy work. I can see old condos, new places I can't afford, architecture. I can see a cool patio, look at what they did and that they could really do something better.

**Interview #3:** Paul from Dallas is a model and an art student. Michael is from Seattle, and is an electrical engineer. Michael misses the skiing and hiking but thinks there is more economic opportunity here in Dallas. Both are in mid-20s and in training for a marathon.

*Q1. What is your favorite stretch of trail? What is your least favorite?* American Airlines to Reverchon Park. Prettier here and it feels like Utah. The cactus and the Overlook are great. Then up by Knox, there's life happening.

*Q2. What makes the Katy Trail a unique place? Does it have any significance beyond your workout?* The David's Way plaza has those musical art things. Its only a twenty-minute walk to American Airlines center, Victory, and restaurants.  
Yes. It's in the middle of the city—people and diversity. It's so diverse, and so much wealth, and then the opposite is right next door—Mexican nannies with Highland Park mommas on their phones. Then down in Reverchon Mexicans are playing soccer. You can see it all here.

*Q3. Do you think that the trail is a distinctive place?* No other place like it in Dallas. Distinctive from New York, Chicago. I can always run—I think the authentic feels come from the people.  
The pretentiousness of Highland Park is different and gives me a little amusement when I'm running. Seattle isn't like this. But this is an area where you want to be. We run both Katy and White Rock Lake so a connection between would be great.  
The Katy Trail is a reason to be in the neighborhood, especially if you wanted to purchase, not just rent. We're roommates – It's convenient, train for a marathon. Moved here one year ago. It sounded good. A factor in choosing the apartment, which is one block away at Travis/Buena Vista and Lee (not Fitzhugh).

*Q4. Do you think that the trail offers diversity? (In every sense that you'd like to comment: diversity of people, a diverse place/environment for outdoor recreation, a diverse experience for your life, or your workout?)*  
You can run at all hours. All types of fitness types. We run, but the trail has great casual use for 'chat and walk.'  
The trail makes our workout possible. We don't know how we could run and train. We'd run the streets—not safe—or drive but...  
It's a buzz kill to drive first. Strike while the iron is hot! If I'm in a mood to run, I want to do it now!

*Q5. Does the Katy Trail encourage sociable contact and a public life?*  
It's not a social thing for me, but some people use it. You see new faces and it is stimulating, like a happy hour, better people watching than White Rock Lake.  
There are more people down at American Airlines Overlook and up at Knox Street, so the people watching is better there and it's just a nicer run. The middle is boring.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?* Nice to bike on it, but I can't. The trail is too narrow. Longer runs would be good. I've got to be outdoors, on the soft track and by the park, and Turtle Creek four times a week, easy. We go out to dinner and we'll walk to Knox-Henderson and dog walk. It's cool. When you get to the end you're in downtown Dallas!

*Q7. Is the trail dynamic? What do you find the most exciting?*

So many other people out—walkers, runners, blade-ers, the ambience is great. Very motivating thing. Very motivational. Homeless guys add interest. I recognize some of them from around town, at the corner. I'm like, "Hey! Were the people good to you today?"

*Q8. What makes for a really great trail experience?*

Living in uptown and having access to a downtown area. It's the only place to get outside like this. I'm from the west and the great outdoors is available anywhere, but not here, so it's important.

**Interview #4:** Marcie, 35, 3x week, works downtown in advertising as a graphic artist, lives in Plano, "I start and stop by the Starbucks."

*Q1. What is your favorite stretch of trail?*

I like the part that is heavily treed. It begins at Knox Street, south to Blackburn. I'm into nature and trees – but there is a part where you can see water, too. The trail looks over to Lee Park/Turtle Creek and you can see the pond and fountain. The trees there get in the way and it is hard to see the water, but it's there if you look for it. The green park and water views are nice – that adds to my enjoyment of the trail. I love seeing the houses that back up to the trail and what they do with their porches and backyards. The individuality in the bridges and furniture...it's fun to see what people do.

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

The trail isn't monotonous. There are views to beautiful things – it isn't like the other trails in the city.

The trail is paved well – it's easy to do anything on wheels. The cement is great. The maintenance and care is obvious and continues to improve.

There are a lot of people on the trail. I can come here knowing that people will be around. No one around might be a good escape, but more people is really safer. As a woman, these days, you have to think about it.

*Q3. Do you think that the trail is a distinctive place?*

No, but more flowers, perennials if that's easier, but color....that could make it distinctive. The bamboo is really nice. The trail isn't especially distinctive, but it isn't generic – for Dallas. (Stress on 'for Dallas' meaning it isn't great but it is the best we

have.) The location in the middle of the city makes it special. I come to the Katy Trail because it is unique in Dallas, easy to reach, and welcoming.

*Q4. Do you think that the trail offers diversity?*

I do see different types of people of all ages, all colors, babies and kids on training wheels, and older people. I like seeing that – it makes the trail more fun. The views give me a change of pace when I'm running that takes my mind off of where I am and what I'm doing.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

I don't meet people, but it is populated.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

When I run I don't like the bikers and when I'm on bike I don't like the runners – they get in my way. It is too narrow for everyone. I wish there were more benches, down around where you would gather – it would give you a place to talk. Ok, there aren't good gathering places – we need benches or more gathering places. It is very efficient right now but it could be better for people.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

I find the trail relaxing because of the greenery and water. It is just a little bit exciting from the people, I guess. The high rises give a feeling of excitement and of people and the cars give movement – a feeling of movement and of being among people in a bigger way. You know, expansive. Just a great urban feeling.

*Q8. What makes for a really great trail experience?*

A well-maintained path + nature + flowers. Safe. Seeing a variety of people. A trail that isn't monotonous. A grade change that you can feel. Different sense of *places* along the trail, so that you pass through to the next place: water, textures in the plants, and opening up to good views of the architecture and downtown. Right now the trees block the best views.

**Interview #5:** Anna, walker, 1x week, works downtown, lives in Dallas on Turtle Creek. She is a sociology professor at Southern Methodist University.

*Q1. What is your favorite stretch of trail?*

I like from American Airlines end to Hall St the most and the least from Hall St to Fitzhugh. It is really boring that direction. I get on at Hall and come this way (to American Airlines Center) first – it is more motivational in this direction.

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

It is just a wonderful addition to Dallas. You can *go* someplace instead of just getting exercise! I live at Mayfair high rise. I can get on the Katy and walk to Perry's Restaurant (Routh @ Cedar Springs). I'll ride to see mom at the Monticello West at McKinney.

*Q3. Do you think that the trail is a distinctive place?*

The beautiful landscape makes it distinctive. There are more amenities than other trails in the city. More benches would make it better but not just benches anywhere. They need to look at something nice and have some cover for shade.

*Q4. Do you think that the trail offers diversity?*

Yes. I just saw a man with a parrot. You don't see that everyday!

*Q5. Does the Katy Trail encourage sociable contact and a public life? Yes.*

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail? Some cautionary signs for bike speed limits.*

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

No. A beautiful fountain to sit by would be relaxing.

*Q8. What makes for a really great trail experience?*

The Cumberland Trail – it goes along canals. The trail in Taos, NM – it is along rushing streams and the natural setting is really beautiful.

**Interview #6:** Michael, Doctor, 38, runner, 3x week, lives in Highland Park.

*Q1. What is your favorite stretch of trail?*

I live just north of Blackburn and regularly run this direction...I like this end.

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

Well, for *Dallas*. Nothing is like it in Dallas – it is green in the middle of the city. The trees are small but they will grow. The natural shade is really good.

*Q3. Do you think that the trail is a distinctive place?*

No. But it isn't just a paved walking path. I use it much more because the aesthetics are here. I feel like I've gotten away. Water is missing, unless you count Turtle Creek – you don't see a lot of that because of the trees.

*Q4. Do you think that the trail offers diversity?*

Yes. The ages and sexes and types of users. The scenery has a different feeling along different places on the trail but that could be more evident.



*Q5. Does the Katy Trail encourage sociable contact and a public life?* Not really. I have my I-Pod. I just listen to music and run. This is my one time to really get to listen to music and do what I want to do.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?* It gives me the opportunity to walk to the Theater Center, the AMERICAN AIRLINES center. I can walk but only in the daytime.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

Yes. It has changed dramatically. People seem to go out of their way to use it. People are trying to use it. ...To be in the middle of the city and get into green, and see so many people – it is just amazing. We show our friends and we are amazed it happened in Dallas.

*Q8. What makes for a really great trail experience?*

Doing something outside where I can get away and watch people and animals. Did you see the man with the parrot on his shoulder? I don't have to think about work. I can focus on my running and feel alive.

**Interview #7:** Kevin, Commercial Sales Management, 32, runner, 3-4x week, lives in M-streets. (Today here with dogs)

*Q1. What is your favorite stretch of trail?*

I live off Henderson so it is easy to go down to Knox and get on the trail there. I like it all. More dog fountains would be good. This stop at Reverchon draws me down to this end – I didn't used to come down this far. The inner city experience makes it nice – more interesting and exciting.

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

It is all we have in trails! We have parks, but I don't go there as much. I used to live downtown. The trail is where I could enjoy the nature that I didn't have at my condo. I'm in a house now for the dogs, but I stayed close to the trail – for the dogs! (Laughing) (Mastiff and a Pekinese) The trail leads to bars and restaurants. Its accessible and makes the city accessible. We go to Turtle Creek and enjoy the ducks.

*Q3. Do you think that the trail is a distinctive place?*

No. It's pretty and it's its own little world. It seems humble and authentic.

*Q4. Do you think that the trail offers diversity?*

Yes. There are these different sections that make the trail interesting: The homes, the stops, David's way, the parks and the activities there. And you can come to the trail for diverse uses.

*Q5. Does the Katy Trail encourage sociable contact and a public life ?*

The social aspect makes it a great trail. Without the social element it would be boring – like so many parks.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

I wish there was more width. The runners track is there but it gets crowded. Bikes get too fast for the pedestrian traffic.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

A trail is a trail. But in the history notes on Dallas this area was run down and dirty, full of crime and homeless people. The old train tracks let any criminal back here. It is amazing what happens when you give an area some attention.

*Q8. What makes for a really great trail experience?*

Getting outside where I can get away from work, I can walk the dogs, there is good weather. On a really good day I'll walk the trail and play some tennis at the park down there. I'd have to drive before.

**Interview #8:** Paul, 28, runner, 3x week, Wine wholesaler, moved to Dallas from Arkansas.

*Q1. What is your favorite stretch of trail?*

I come the length of the trail from Knox to Reverchon, circle AMERICAN AIRLINES Center and then head back. I get on the trail at Hall and then walk home. I'm here to run so I don't really pay attention to a favorite part of the trail. I can focus on the run.

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

Location! This is the only place to get away and focus on the run. You really have no idea how close downtown is. I like that. It is safer for running – no cars. There's only two places where it crosses with cars on the street. It's safer than White Rock Lake – that's a haven for crime – this is better. There are people out here and the more people there are the safer I feel.

*Q3. Do you think that the trail is a distinctive place?*

There's not much you can do for trails in the city. The fact that they took junk land and make an asset for the city...that's pretty cool. I love it that it's here, they turned the place around, and I can live right next to it. I can look over I-35, and see downtown. I like that the trail opens up at the end – the view opens up. It's dramatic, in a way.

*Q4. Do you think that the trail offers diversity?*

Yes. It appeals to a diverse group of users and all ages. That definitely adds to it.

*Q5. Does the Katy Trail encourage sociable contact and a public life??*

I'm not drawn to the social aspect, but it is friendly.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

As a runner it's perfect. I can get in the zone. It's well marked with the granite mile markers and I'll time myself. I like those.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

I love my neighborhood because I can walk to bars and stuff. The Katy Trail is a huge reason to live here. It gets me outside, its free, it is the best amenity I could want. I love Dallas – granted, it could offer more beauty. Dallas doesn't have much, so that the Katy Trail offers greenery is great. It is exciting to see it develop one section at a time.

*Q8. What makes for a really great trail experience?*

I come to run. No worries here. In the morning it is nice, not crowded, after a rain is best. The trail is so well maintained. Dog owners have changed over time and now more pick up – they didn't used to do that. Now people show some pride in the trail! Maintenance makes all the difference.

**Interview #9:** John, architectural design showroom sales, 38, mountain bike, 3x week, lives in Magnolia Lofts at entrance to Katy Trail, moved from Waco.

*Q1. What is your favorite stretch of trail?*

I use the trail as a connection to Turtle Creek trail and the rest of the city. The trail isn't meant for bicycles, I mean there isn't a dedicated bike lane.

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

The location in the city.

*Q3. Do you think that the trail is a distinctive place?*

No. I like the plants, but it seems plain, not distinctive. Should it? It's a trail.

*Q4. Do you think that the trail offers diversity?*

Yes. It is definitely diverse: all ages and nationalities, babies to canes, and diverse uses.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

No. I'm heading off into the city anyway.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

I like the off road feel of the dirt paths into the parks and neighborhoods. I ride up and down those – some are pretty steep and that’s fun.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

The diversity of people out here makes it exciting. I can get my heart rate up, get out and get away. The seasons changing makes it relaxing – and being outdoors, too.

*Q8. What makes for a really great trail experience?*

I don’t have a lot of time. I multi-task out here! I get outside and get a great workout in. Its just a really great amenity to have close by.

**Interview #10:** Brianna, 27, runner, 3-4x week, computer engineering

*Q1. What is your favorite stretch of trail?*

Right near Blackburn with the trees overhanging with soft surfaces around.

I don’t like the very farthest part north of Knox because the is the “extra” distance I have to push myself.

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

Nice long path with few interruptions. Nothing stops you. I like the soft surface trail – concrete is hard on the joints. Location is here where I live versus. White Rock Lake or going to a track surface. I’d run at the track if it weren’t so boring to go around in circles. But the best part is seeing people I know.

*Q3. Do you think that the trail is a distinctive place?*

For Dallas, yes. I wish there were more – it really is the only one. It’s unique to have a long trail in the heart of the city. They should have more about the history and little markers about that. That would make it more authentic, more about *this* place.

*Q4. Do you think that the trail offers diversity?*

There is only one trail – not really diverse.

*Q5. Does the Katy Trail encourage sociable contact and a public life?* Of I see someone I know I just wave – I don’t stop. I like to see folks saying hello, but not stop and talk. I don’t want to be interrupted in my routine.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

Yes. I wish there was more soft surfaces – that’s what makes it to me. I’m out here to run.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

The trail is not exciting, its relaxing. Something different than normal – you're in the city, but you don't feel like it because of all the trees. It is like my get away.

*Q8. What makes for a really great trail experience?*

It is just a workout, convenience, not stopping waiting for a car to pass. I can concentrate on the run – not getting hit by cars.

**Interview #11** Jennifer, 35, walker, first time on the trail, SMU librarian

*Q1. What is your favorite stretch of trail?*

It is really peaceful, the vegetation, the bamboo, the leafing out, the soft surface track instead of concrete. Knox to here is the best – at Knox the buildings box you in. It has a cool aspect there. Good that I could see the park all along below the trail, greenery and nature – like you were in the country instead of the city. Nothing is unpleasant here. The places where I could see through the trees and glimpse the park was neat.

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

I've lived lots of places and there isn't anything set up like this. This runs pretty long and fades in, blends into the city. It isn't artificial or forced. Feels like it belongs here, like its been here a long time.

*Q3. Do you think that the trail is a distinctive place? Yes, it is distinctive. So relaxing and tranquil. I'll make another trip to see the trail again. Nothing like generic here! More entry points would be better. You notice the paths by people and it looks like there needs to be some real entrance points. More drinking fountains would be good but the fact that there are even these ones is surprising.*

*Q4. Do you think that the trail offers diversity? No diversity of activities but there is a diverse group of people. Gender, age, students, lifestyle, baby strollers and families.*

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

The plaza areas encourage public life but not exclusively. I saw a lot of people talk in the spaces where people get on and off at the bridges.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

More accessible would help.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

All is new and exciting because this is my first time here. The changing seasons and plants changing with blooms makes it new each time. Trees are blooming now and it really feels like spring.

The trail is relaxing because it is an oasis. I see birds and squirrels, nature, not much road noise.

*Q8. What makes for a really great trail experience?*

Lots of different vegetation, natural elements, easy to walk, and meanders through an area. A branching trail with more variety of routes would be great. Running and walking paths up and down into the park would be great.

**Interview #12** Jessica, 31, walker, lives adjacent, aeronautical engineer

*Q1. What is your favorite stretch of trail?*

I like Blackburn south to American Airlines Center. It is more peaceful – less busy. This end opens up to the view of downtown. I don't like the area north of Knox where the trees are few and small.

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

Nature in the middle of an urban area. People like the guy with the parrot on his shoulder. Nice and quiet in the middle of the big city. Convenient because I live adjacent. Wouldn't drive to walk here but it is easy. I pay extra to be here, too.

*Q3. Do you think that the trail is a distinctive place?* Yes, it is distinctive. The structures like the stone bench things in the landscape – sometimes I feel lost.

*Q4. Do you think that the trail offers diversity?* No diversity of activities but there is a diverse group of people and uses: runners, walkers, skaters, roller-bladers.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

Yes, for me it does. I like to talk so it would be better with someone to walk with. Also good to be mindless for an hour and forget my worries. There's always people – that is what's here.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?* Hard surfaces are better for walking and you can track miles better – the markers are in the concrete only.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

Yes, it has a purpose and you're not going to get hit by a car. You have apartments and nature and the people. Seeing 'behind the scene' and certain landmarks make the trail dynamic. Seeing random people, dogs, and weirdoes make it exciting. I like being able to get lost. It is definitely better than watching TV at the gym or going to a track where there is nothing to focus on. The nature and ambience here are relaxing.

*Q8. What makes for a really great trail experience?*

The different landmarks and the unique features like David's Way really contribute to my enjoyment of the trail.

**Interview #13** Rebecca, 36, lives adjacent, runner, consultant and life coach

*Q1. What is your favorite stretch of trail?*

Right here is my favorite – its more scenic, with the park and the trees. I'll stop and look at the overhanging trees. They block out the apartments and makes a tunnel. You can see 10-story buildings – maybe they are even 20-stories. I don't like the bamboo area next to the Cremona restaurant. There are unkempt buildings and they don't contribute to the use of the trail.

*Q2. What makes the Katy Trail a unique place?*

An uninterrupted stretch for active uses... The *location* is convenient. White Rock Lake is similar or a few places up north are similar places to run or bike but this is so convenient.

*Q3. Do you think that the trail is a distinctive place?* Nothing exceptional here, it is generic but not in a bad way.

*Q4. Do you think that the trail offers diversity?* There is a diverse group of people and uses: runners, walkers, skaters, and race/gender. The diversity of experience in that you can take away what you are looking for: folks can stroll and get outside, get fit, or use it for transportation and getting somewhere. Dallas is on the fat cities list and this trail will help.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

This is a good place to see people I know, kind of like going to the gym; It rarely happens to me though. I would stop, depending on who they are.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

I also like to go rock climbing and play tennis. I can walk to the tennis courts from here but I'm out of luck on the rock climbing. (laughs)

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

Yes, it is more dynamic than the gym. Nice to be outside, you never know what may fly over or you may find interesting. The people make it good for people watching, it's a guilty pleasure. Seeing people make a fool of themselves roller-blading is pretty amusing. The relaxing thing is being outside, birds, trees, nature. Outdoors are expansive versus. watching CNN on the treadmill.

*Q8. What makes for a really great trail experience?*

Perfect weather and plants in bloom and very green.

**Interview #14** Marcus, 39, bike rider, African-American, doctor

*Q1. What is your favorite stretch of trail?*

Right here is my favorite – I can see Reverchon Park, but I really don't have a favorite. I like that the trail is paved the whole way. The crowding by Lemmon Avenue is a drawback.

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

In the middle of the city, but it is nice. Paved entire way with concrete instead of gravel. How it connects to other things like Reverchon or mini-mountain bike trails. The mini-mountain bike trails are steeper at this end so I like to ride around here.

*Q3. Do you think that the trail is a distinctive place?*

Not really distinctive. Some other trails in other cities and they're about the same: paved, traffic volume and uses, inner city and leading to other areas. Uptown or Victory – wait that does make it unique. In other cities trails aren't as close to interesting things. This is distinctive for Dallas.

*Q4. Do you think that the trail offers diversity?* There is a diverse group of people in race/gender. It isn't diverse in uses – everyone is walking or jogging. You don't see anyone cross training or boxing. There are different activity areas at Kiest Park.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

Yes – when I reach an area to have a drink. Sometimes when people are done on the trail they go to West Village or Knox to have a drink or hang out. If I see someone with a similar bike we may chat. Pet people often stop to talk and that gives a nice feel on the trail to see that.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

It serves it's purpose. There's no car traffic so I get a nice clean ride.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

The ramp down into Reverchon is exciting, and looking at the girls. It's a reason to come out. At times it is nice and quiet. By 6 or 7 it is not as crowded. Shady spots and trees give it a relaxing feeling.

*Q8. What makes for a really great trail experience?*

A trail that everyone can use, hills for runners, mountain bike trails, somewhere to veer off for a change of scene, and a bike only lane next to other lanes.



APPENDIX C  
INTERVIEWS AT DAVID'S WAY PLAZA

**Interview #1:** Phillip, 48, bike rider, corporate sales for Verizon, lives in Coppell but comes to Katy Trail 2x month.

*Q1. What is your favorite stretch of trail?*

What is so great about the trail is that it is literally in the backyards. In the suburbs you don't feel in a community and here I feel a sense of community. I enjoy being in the heart of Dallas and part of the culture – it feels so 'Dallas.'

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

I grew up in New York City. This is just a trail but it is so neat for Dallas. It is part of where it is in the city – integrated- and that makes it exciting. It wouldn't be the same in the suburbs. The same trail in the suburbs wouldn't feel the same. It's a nice get-away from Coppell.

*Q3. Do you think that the trail is a distinctive place?*

Somewhat. Communities are putting in other trails so this is part of a trend. Useful thing to have a trail. Full canopy of trees and heavy bamboo are the most distinctive parts and my favorite parts of the trail.

*Q4. Do you think that the trail offers diversity?* The city and the neighborhoods nearby are so different and unique. There is an interesting variety nearby in neighborhoods and people to be seen. No more diversity than anywhere else in the city, though.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

Very sociable on the Katy Trail...More volume and much more friendly than the trails in north Dallas. There's a lack of a social element in the suburbs. Lots of regulars stopping for lots of conversations here.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

I can't see the park. It is kind of frustrating.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

I always like a new place to explore.

*Q8. What makes for a really great trail experience?*

I get to enjoy the scenery and plants, nature, squirrels. Safety is important... as is creeks, ponds, and water. Valley Ranch, under 635 to Las Colinas. Coppell parks has some trails close to me. I have easy access to these by jogging or bike riding. They are part of my routine but this is more fun. It feels safer than the things I've been reading about.

**Interview #2:** Susan, 33, runner, professional talent recruiter, 3x week

*Q1. What is your favorite stretch of trail?*

From David's Way Plaza to American Airlines Center. I'm a runner and I like the rubberized trail. I've run the trail off and on since 2001. it is much more respected now. There are not so many vacancies along the trail. The trail is very affected by what is one either side.

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

Nowhere else like this except White Rock Creek Trail. This is better but dirt is better to run on.

*Q3. Do you think that the trail is a distinctive place?* Pretty distinctive. David's Way Plaza has the musical art bars. The area has accepted it, so people in cars stop at the crosswalk. It brings runners together.

*Q4. Do you think that the trail offers diversity?*

Office by SMU, so I can run here or in Highland Park because it organizes the run without getting boring.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

I can meet friends here for a run.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

A dirt track would be good – like crushed granite.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

I run to relax and I'm looking for a nice easy run. I come to run and relax.

*Q8. What makes for a really great trail experience?*

I ran from the office by SMU, not from home. More access points are a necessity. Need more parking at American Airlines Center. I live in Oak Cliff but even for people downtown there is a whole population underserved that could and would come if access were improved and more parking was available everywhere along the trail.

**Interview #3:** Tim, 45, runner, real estate developer, once a week to twice a month.

*Q1. What is your favorite stretch of trail?*

I love the Highland Park end.

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

Location! It goes right through the city.

*Q3. Do you think that the trail is a distinctive place?*

Pretty distinctive. David's Way Plaza is very nice. I take a break here to people watch before heading home.

*Q4. Do you think that the trail offers diversity?*

The things you can do on the trail are pretty diverse.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

I can meet friends here for a run.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

A dirt track would be good – like crushed granite.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

I run to relax and I'm looking for a nice easy run. I come to run and relax.

*Q8. What makes for a really great trail experience?*

Pull-up bars, built-in exercise things. That would be cool.

**Interview #4:** Melissa, financial services, 25 years old, runner, comes to the Katy Trail about 4 times a week

*Q1. What is your favorite stretch of trail?*

I live at Hall but I come towards David's Way because it is so vibrant. The other end is desolate, I pass the tennis courts at Maple, turn around and come back to end on a high note.

*Q2. What makes the Katy Trail a unique place? (What makes it unique?)*

It is just essential for the community and the community supports it. Safety, open, but with trees and nice scenery.

*Q3. Do you think that the trail is a distinctive place?* David's Way is very distinctive, but I came to run, not hang out – I mean I'm not here to meet men or anything.

*Q4. Do you think that the trail offers diversity?*

I don't know.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

Um, I don't know. I don't talk to people.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

Lack of signage and access are a problem. I can get on the trail and do what I want to do. Yes. I meet friends at the W Hotel.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

I like that I'm not in the gym and I can feel the wind and sunshine. It makes my workout more of an exciting thing to do when I can be outside.

*Q8. What makes for a really great trail experience?*

No people in my way, no cars to worry about...Getting in a good run close to home.

**Interview #5:** Rosalie, Ph.D. student from Ecuador studying Latin American Literature, comes about twice a week. Accesses trail at the Kalita Humphrey Theatre.

*Q1. What is your favorite stretch of trail?*

Highland Park end is my favorite. I love to see the beautiful houses and nice backyards. Not as many people at the AMERICAN AIRLINES end, nothing there – I don't like it as much. I usually come on at the theater and walk to Knox and back, unless I bring my husband. Then we will walk the whole trail.

*Q2. What makes the Katy Trail a unique place?*

The pedestrian side separation. Lots of trees, especially at Highland Park end, dog friendly.

*Q3. Do you think that the trail is a distinctive place?*

Knox Street, really nice, benches, water fountains.

*Q4. Do you think that the trail offers diversity?*

You can see all kinds of people out here and I feel very welcome to be here. The trail is very different from my neighborhood, so it brings a change to my scenery.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

No. You just walk back and forth.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

Lack of signage and access are a problem. I can get on the trail and do what I want to do. Yes. I meet friends at the W Hotel.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

Yes definitely! I love to look at the city and architecture; I look at the nice yards.

*Q8. What makes for a really great trail experience?*

Night lighting, more drinking fountains would make it better.

**Interview #6:** Margie, early 60s, accountant from England, has been in Dallas about 6 months, comes to the Katy Trail about five times a week. Enters between Fitzhugh Street and Knox Street.

*Q1. What is your favorite stretch of trail?*

I really like the Victory Park area and AMERICAN AIRLINES end. Reverchon Park is so pleasant. I work downtown. Next week I'll walk to work. But my favorite is Fitzhugh and Knox.

There is a section on my way towards downtown – a nowhere zone, not quite there and not quite back.

*Q2. What makes the Katy Trail a unique place?*

It is nearby, safe. I like that the trail is short—any longer and I'd be intimidated! I like a friendly trail that says "come on out! You won't be here all day!" The fact that the trail is here at all was a selling point when we bought our house.

*Q3. Do you think that the trail is a distinctive place?*

Knox Street, really nice, benches, water fountains.

*Q4. Do you think that the trail offers diversity?*

It adds a dimension to my life that is more diverse than I would have in north Dallas.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

Yes, for people watching! I wave to the people I know in my neighborhood, but also to the people I recognize from the trail. You shouldn't be talking to me, young lady! This is a great place to meet young men. (With a nudge and a wink) There's one to talk to.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

Lack of signage and access are a problem. I can get on the trail and do what I want to do. The trail is not an intimidating length so I come out often.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

I love to look at the city and the Turtle Creek architecture; I look at the nice yards.

*Q8. What makes for a really great trail experience?*

When I can do get out and do it.

**Interview #7:** Josh, 20, Art Institute student from Dallas, Enters the Katy Trail at Hall Street about twice a week.

*Q1. What is your favorite stretch of trail?*

The part by my house... (Why?) I'm done with my run!

*Q2. What makes the Katy Trail a unique place?*

It's right here where I live. It makes coming to the trail really easy. I like that it is an outside workout. Close to home. I can zone out, get in the flow of the run.

Concentrate on my pacing and just run.

*Q3. Do you think that the trail is a distinctive place?*

I don't know. It should be part of a safe, car-free loop. I don't like running back along the way I came. It's boring. There is nothing in the middle.

*Q4. Do you think that the trail offers diversity?*

You can see everyone out here and there is always good people watching. But I can zone out too, and really focus on running.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

Yes. I see friends.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

This is safe, not clogged with strollers.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

I like that I can zone out.

*Q8. What makes for a really great trail experience?*

Venice Beach, California. That place is really cool. You've got the ocean, the wide concrete, and the girls.

**Interview #8:** Robert, lawyer from Dallas, enters the Katy Trail at Knox Street, visits about 3 to 5 times a week.

*Q1. What is your favorite stretch of trail?*

It is like there are two parts: Knox to Fitzhugh has a special feeling, with the bamboo walls and shady trees overhanging the trail. The second part is from Lee Park and Reverchon Park down to Downtown – it is quieter, more still. That middle section doesn't have anything going for it. Its at Carlisle Place that it is worst.

*Q2. What makes the Katy Trail a unique place?*

Pretty. Scenic. I bring friends to see it because it is so unique for Dallas.

*Q3. Do you think that the trail is a distinctive place?*

I think the neighborhoods are distinctive and the trail adds to that.

*Q4. Do you think that the trail offers diversity?*

It allows me to get a workout in – if it were not so convenient I would have enough excuses not to come.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

See neighbors, but no places to stop and talk really.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

I can run walk whatever throughout the year. But if I want to walk a short distance I can't get off the trail and come back through the neighborhood without going through the bushes. Safer routes off the trail would give me more flexibility.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

It's a great trail. It is right in the middle of the best parts of the city. The architecture you can see over on Cedar Springs really adds to the experience of being outside for a run.

*Q8. What makes for a really great trail experience?*

The strand in Santa Monica, California. Now that is a great trail. The Pacific is right there. You can spend all day there. Walk around and get a hot dog if you want. Go running the next day. Always terrific weather and the ocean there to look at.

**Interview #9:** Sabrina, mid 20s, medical industry sales, enters at David's Way, comes twice a week

*Q1. What is your favorite stretch of trail?*

There are two: David's Way to Blackburn, then Reverchon to American Airlines Overlook via the "cliff." The cliffs are terrific, the most distinctive thing about the Katy Trail. David's Way is where I get on, put on my roller blades and park, but it is a great place to people watch. It is always busy there, but in a good way! Lots of people all the way to Blackburn and the trees overhead make it cool and comfortable. Just really pretty.

*Q2. What makes the Katy Trail a unique place?*

It's unique, the landscaping, architecture to see, aesthetics are great! The convenience, beauty, and safety are unique. It is all right here.



*Q3. Do you think that the trail is a distinctive place?*

White Rock Creek Trail is another place I go. No esthetics there, but there are nice parks to see along the way. It ends at 635 and Hillcrest. Downtown Chicago has distinctive trails. Lake Michigan and the view over the water – its like the ocean. Lincoln Park and the beaches are a nice place to ride to. I grew up in Chicago, and have lived in Dallas since 1988. I miss the trails in Chicago, but this is a step in the right direction. Dallas is economical. If we want something different, we take a plane and get out of dodge!

*Q4. Do you think that the trail offers diversity?*

I can get a diverse experience by walking instead of roller-blading. I always see something new when I walk.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

Oh, yea. I like to come out to where everyone is. I'm in the middle of it and I don't have to buy a cup of coffee! I recognize people out here. I don't know them, but it feels – nice.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

For someone who roller blades, some concrete aggregate is not as smooth south of Blackburn at Carlisle. A connection to the trail at the Trinity River would be the best thing to happen to the Katy Trail. Better access points, and parking anywhere along the trail would be better.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

The character of the trail changes as you go the length of it. That's dynamic and it's easier to see when I'm moving fast on wheels. It starts shady and protected up at Knox, then you've got openings to some sunny places on my left, then tall architecture to the right. When I pass the last bridges I know the cliffs are coming up. I go zooming between the limestone and I feel like I'm in a different place (not Dallas). Then I turn around at the American Airlines Center Overlook. There isn't a good place to turn around down at the street so I turn around at the overlook.

*Q8. What makes for a really great trail experience?*

A view over the water – any really great view. Mountains would be nice.

**Interview #10** Phillip, 45, usually on bicycle, uses the Katy Trail twice a week, oil and gas executive

*Q1. What is your favorite stretch of trail?*

David's Way, that's where I come to the trail. Then the last part, past the last bridge, the landscaping is really nice there. I don't like the middle. It seems long and boring. The trees are ugly, and there's nothing to look at.

*Q2. What makes the Katy Trail a unique place?*

It's protected from wind, not crowded. It's just more fun; there is more to do. I can look around Knox – Henderson if I don't want to go home. I can stop at David's Way and people watch. There are always pretty girls around. You can go to the 7-11 or to Toulouse. It's anything and everything you want in a Saturday morning!

*Q3. Do you think that the trail is a distinctive place?*

Goat Hill, where Baby Doe's used to be; now that's burned down. You could get a good steak there. When you get to Goat Hill, and you turn down the hill to American Airlines Center the speed, the momentum pick up, then the view opens up. There's this little spot over by Camora Restaurant where you can get your breath back. You're coming up this incline and just when you've lost momentum, there's a flat spot. It's like I take a breather and then go again.

*Q4. Do you think that the trail offers diversity?*

Lots of people out here, young and old, everyone getting outside. It's a very healthy atmosphere.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

Well, yea. It's a nice community.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

Over by the outlook, there should be a relationship between American Airlines Center and the Katy Trail with a turn around at the street. It just kind of *dies* down at the parking garage. The trail is so nice it should continue into the Victory Plaza. It's not like anyone designed things over at American Airlines to work with the trail.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

When Cirque opens, and Azure opens so many more walkers will be on the trail. The whole area down there will be more dynamic. Then the American Airlines end will have more people – I'll like that better. Right now I like Knox better. But they need more of a place instead of just dying into the sidewalk. It just ends, so I turn around.

*Q8. What makes for a really great trail experience?*

More incline would be more interesting for bikers and walkers. Everyone would get more of a workout and it would be fun. We can't twist the trail side to side, there's not room. Maybe up and down?

**Interview #11** Susan, 32, lawyer from Arlington visits the Katy Trail about three times a week. She enters at David's Way.

*Q1. What is your favorite stretch of trail?*

The rocks at the south end; they are really distinctive. This whole Turtle Creek area has those rocks and I love to see them.

It should end at the plaza at Victory. Instead it ends at AA garage so there is no gathering point. David's Way is where you come and go from because it's safe and social. The road and the people are a main asset at David's Way.

*Q2. What makes the Katy Trail a unique place?*

Beautiful trail. I got tired of White Rock Trail, not as many cyclists here as there are out at White Rock Lake. I run there too. It's more park-like at White Rock Lake, more benches, and clear views. Except for the lake, though, it is a little boring.

*Q3. Do you think that the trail is a distinctive place?*

From Knox to Blackburn the bamboo is very distinctive, and I know where I am. I like to look at the pretty condos and views of turtle creek. I think this must be the most scenic part of Dallas.

*Q4. Do you think that the trail offers diversity?*

It seems diverse in people.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

I don't know anyone but I'm from Arlington. I like to people watch and there are always people outside here. They talk more to each other than out at River Legacy. It seems like they know each other here.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

The rubber trail is unique and the trail is sheltered. This lets me run in comfort and I like being here.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

I love the bamboo and the scenic qualities. There are lots of trees but it feels really urban. It's a nice change from Arlington.

*Q8. What makes for a really great trail experience?*

Running under the trees and feeling safe.

**Interview #12** Oliver, retired physics teacher, about 68 years old, walks his dog three to five times a week.

*Q1. What is your favorite stretch of trail?*

Bamboo and the wall it forms keeps out the wind. Blackburn to Knox, landscaping makes the difference. Too open in the south. Blackburn south is not so pretty. Age is a factor now. I walk two miles: from Knox down and back. I don't like it down at Carlisle Place. I'd go farther but there isn't a good place to stop. There are benches but it isn't a nice place to stop, no shade, no view, no plaza. The people there just keep moving. I'm getting too old to want to walk farther than two miles without a good place to rest a while.

*Q2. What makes the Katy Trail a unique place?*

Dallas weather means you need the green arches – you know that tree cover. The benches at David's Way are in shade and seem thought-out. Trash cans are always maintained. Really clean. Dog waste bins are great. People use them – I do. There is pride in the trail. Everyone respects the trail and keeps it clean.

*Q3. Do you think that the trail is a distinctive place?*

It brings everyone together. I talk to more strangers out here. I know more people because of our pets. We don't know each other's names but we recognize and know our dogs. It adds a lot to my life.

*Q4. Do you think that the trail offers diversity?*

I live downtown and it's a boon for downtown. Couples and all ages are here. It has changed what Dallas is like. The folks really come together and create a community.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

Answered! Demographic of people who use it, 35 year olds – equally men and women, lots of kids, urban professionals, whites. Could use more minorities. I don't see minorities often.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

No restrictions. Wide and long enough. Now it serves any interest. Water fountains are needed at Carlisle Place. Trash and benches, too.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

Come up the trail with some change and go to the Starbucks or Toulouse with the dog. Exercise and walking—a very healthy atmosphere for spring break. These kids could be out in Florida getting drunk, but they are here getting fit and protecting their bodies from that.

*Q8. What makes for a really great trail experience?*

Meeting others. For a retired guy it has been a real social outlet. My cute dogs attract people. (Just then a woman jogs up and asks what kind of dog he has. She says to the man, “You know you’ve got a chick magnet, here?”)

**Interview #13** Paul, Commercial real estate agent, male about 40 and 10-year-old son, on Katy Trail about twice a month

*Q1. What is your favorite stretch of trail?*

Over last bridge to AA center, there are crushed granite sides, xeriscape, trees, cliffs. It is very distinctive. North of David’s Way, up to Airline, it gets sparse. There is a lack of tree cover now but it will be nice when it grows up. It is pretty noisy there, hot, and not as many people. The view is more of an alley. South of Knox you’ve got the tree canopy in the summer and the view to the backs of the condos is charming. There are nicer backyards.

Boy said: I like this place (David’s Way). I know I’m near home and we’re done.

*Q2. What makes the Katy Trail a unique place?*

Definitely unique to Dallas. It isn’t quite Austin’s town lake, but it is pretty good. Easy to get to – easier than White Rock Lake. Good length for a kid to go.

*Q3. Do you think that the trail is a distinctive place?*

Great to bring people together, for fitness and community, seeing other people is contagious. It brings others out too, and everyone improves the community.

*Q4. Do you think that the trail offers diversity?*

Bridges, trees, feel out-of-the-city, but then there’s a restaurant. Its nice to see. We don’t use the trail to get to the restaurants but it’s interesting to have it all happen at once.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

Plazas and Reverchon Overlook are very sociable. People watching, but if I’m alone, when I run I just want to do my business. When I bring my son we’re slower and it is more social.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

Needs to continue/connect to other trails. When the trail gets longer, after it is connected to other trails, then plazas and restaurants will be more important. We’ll need more of them on the trail.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

Relaxing outside on a nice day enjoying the dogwoods.

*Q8. What makes for a really great trail experience?*

(Needed to go – didn't finish interview)

**Interview #14** A couple and a dog, she is a business analyst and he is chef from Poland, late 30's, will come back when baby is born.

*Q1. What is your favorite stretch of trail?*

We get on the trail at David's Way and roller blade to AA twice a week with our boxer dog. The bridges are cool. It is all good.

*Q2. What makes the Katy Trail a unique place?*

Great for exercise, relatively safe, pretty, dog friendly.

*Q3. Do you think that the trail is a distinctive place?*

It is nice to find such a place in Dallas. So little of Dallas really feels like a "City" but it does around here.

*Q4. Do you think that the trail offers diversity?*

It lets us get out of the house and do something together. We like coming here.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

No, but it could be. We live near Mockingbird. We drove.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

Run, bike, jog—anything we want. We take the trail in to Highland Park to shake it up. Roller bladers need it smooth and Katy Trail is perfect.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

It is outdoors and great for fitness, people and dogs. Peaceful and quiet.

*Q8. What makes for a really great trail experience?*

(Needed to go – didn't finish interview)

**Interview #15** Dad, Mom, two girls, 4 and 8 years old. Father is German, job brought then to Dallas. They drive down from Lewisville every weekend to visit the Katy Trail or White Rock Lake.

*Q1. What is your favorite stretch of trail?*

Mom: That it is a trail, and offers variety from White Rock Lake. We were there yesterday. The kids like a variety – we let them pick. It is pretty unusual to have such young children on a trail but they do very well and like it a lot. (The eight year old

nodes.) We want the children to be fit and to know what it is like to ride their bikes often.

Dad: We bring them somewhere safe and the trails are better in Dallas. We could go around our own neighborhood but we like to be in the city. We are from Germany and are used to a dynamic urban place to ride the bikes and bike routes like this trail. It is more interesting for us (indicating himself and his wife) to come to Dallas. It is good for the children to have the same background.

*Q2. What makes the Katy Trail a unique place?*

We drove from Lewisville. There is nothing like this there! We want the girls to have some fitness and a change of pace from the neighborhood.

*Q3. Do you think that the trail is a distinctive place?*

It's beautiful. But there needs to be a trail system. It would be great if all trails were this clean.

*Q4. Do you think that the trail offers diversity?*

The environment in the city is very diverse from the normal suburban trail. You see so many people of all ages, and the children get to see that. It is very family oriented and safe, but stimulating for the mind also.

*Q5. Does the Katy Trail encourage sociable contact and a public life?*

It is very sociable for our family. We do sense that we've come out into public, into the city.

*Q6. Does the form of the trail allow you to do everything that you would want to do on the trail?*

When we're at White Rock Lake we can enjoy the lake and ducks. We use the 7-11 for breaks. When we are here we enjoy the shade and smooth, flat, no hills incline. We break at Toulouse, coffee and the 7-11 here.

*Q7. Is the trail dynamic? What do you find the most exciting? (What do you find most relaxing about the trail?)*

Same as White Rock Lake.

*Q8. What makes for a really great trail experience?*

I asked this of the girls. They said they like the pavement. It is very easy to ride on the Katy Trail because there is no hill or incline and it isn't windy. White Rock Lake is steep and windy, but they like the ducks and water.

I asked the family if they saw the pond down at Turtle Creek. They didn't know how to get there safely from the trail. When leaving the trail they could see the lake from the car, but didn't get out because of a lack of parking. They don't know the area very well.

APPENDIX D

TABLE OF MAJOR OCCUPATIONAL CATEGORIES



## CREATIVE CLASS:

### *Super-Creative Core*

- Computer and mathematical occupations
- Architecture and engineering occupations
- Life, physical, and social science occupations
- Education, training, and library occupations
- Arts, design, entertainment, sports, and media occupations

### *Creative Professionals*

- Management occupations
- Business and financial operations occupations
- Legal occupations
- Healthcare practitioners and technical occupations
- High-end sales and sales management occupations

## WORKING CLASS:

- Construction and extracting occupations
- Installation, maintenance, and repair occupations
- Production occupations
- Transportation and material moving occupations

## SERVICE CLASS:

- Health care support occupations
- Food preparation and food-service related occupations
- Building and grounds cleaning and maintenance occupations
- Personal care and service occupations
- Low-end sales and related occupations
- Office and administrative support occupations
- Community and social services occupations
- Protective service occupations

## AGRICULTURE:

- Farming occupations
- Fishing occupations
- Forestry occupations

Source: U.S. Bureau of Labor Statistics, 1998 Standard Occupation Classification (SOC) System.

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