

## Appendix J

## Population Demographics

	TNT	Current Study
Female walkers	74%	77%
Male walkers	26%	23%
Female runners	74%	74%
Male runners	26%	26%
Average age of walkers	35	47
Average Age of Runners	35	34

The average age of TNT participants is 35. The average age of the marathon runners and walkers in this study was 34 and 47 respectively. 74.5 percent of the TNT participants are women; in this study female marathon runners and walkers accounted for 74 percent and 77 percent respectively.