# Quick Guide

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**Run ITHIM**
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- R & Shiny Code
- Glossary

[https://ww2.arb.ca.gov/ITHIM](https://ww2.arb.ca.gov/ITHIM)
Run ITHIM Page

1. Make Selection
- **Scenarios**: 8 built-in scenarios
- **Geographies**: California, Regions & Counties
- **Time Periods**: 2010 to 2050

2. Outputs
- Summary Report
- Infographic
- Tables
- Graphs

Detail for Tables/Graphs
- Summary
- Medium
- High

3. Downloads
- Data in Tables

4. Units
- Mean/median active travel times
- Active travel time (min) per day/week
- Mean travel distances per day/week/year

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