

Bicycle

Stakeholders: children, casual adult riders, serious adult riders, bike sellers, bike makers

Ride for:

1. Pleasure (casual)
2. Transportation
3. Competition
4. Exercise

Actual people interviewed:

Child 1- My 12 year old son. Known as A.

Child 2- My 9 year old son. Known as S.

Child 3- 14 year old neighbor boy. Known as R.

Adult 1- 48 year old man. Used to ride competitively but now rides casually and for transportation. Known as J.

Adult 2- 25 year old woman. Rides on occasion. Known as K.

Bios:

A: A is a 12 year old male, caucasian, middle school student in the Portland, Oregon Metro Area. He comes from a middle-class family. He has two brothers and one sister and lives with both parents. He's also my son.

S: S is a male, caucasian, 4th grader student in the Portland, Oregon Metro Area. He also comes from a middle-class family and is 9 years old. He has two brothers and one sister and lives with both parents. He's also my son.

R: R is a male, caucasian, middle school student in the Portland, Oregon Metro Area. He comes from a middle-class family and is 14 years old. He has two older brothers and lives with both parents. My neighbor.

J: J is a male, caucasian, Senior UX Designer in Portland, Oregon. He comes from a middle class family, is 48 years old, and lives with his wife and 2 children. My friend.

K: K is a female, caucasian, Assistant Manager at a pizza restaurant in Eugene, Oregon. She is married and 25 years old, with no children. My friend.

*Note: I went to my local bike shop two times before deciding that I would not attempt an interview with them, the other stakeholders. This is a very bike-friendly town and the bike shop is ALWAYS busy. I felt it was unethical to basically waste their time for a class project when: 1. They're super busy. 2. They are low wage earners. 3. If they do have a minute with no customers, they should be able to take a breath.

Assumptions:

1. That they ride and own a bike. I make this assumption based on previous relationships and by early vetting.
2. Every person interviewed lives in the Pacific Northwest (similar weather; similar culture; similar access to bike paths, bike stores, races, etc.)

Hypothesis:

I think that the biggest reason people bike is because of the health benefits, whether it be stress reduction, weight loss, or just overall health.

Interview Questions:

1. How long have you been riding a bike for?

S: 3 years

A: 6 years

K: 18 yrs

J: 40 years

R: 9 or 10 years

2. How long have you owned your current bike?

A: 1 week

S: 3 months

K: 13 years

J: 17 years

R: a few years

3. How often do you ride?

A: 2x a week

K: during summer

S: 5x a week

J: 5x a week

R: All summer

4. What reason(s) do you ride for?

A: Get in shape and fun

K: used to be transportation, now for fun

S: Lose weight, transportation, fun

J: Transportation, fun

R: transportation

5. Are there particular seasons that you do or don't ride in? If so, why?

A: Winter- snow

K: No, I ride all year

S: Ice

J: Winter

R: When it's raining

6. How does riding make you feel?

A: Happy and tired

K: tired

S: free

J: Relaxed

R: I don't know

7. Are there any life issues that prevent you from riding?

A: stomach / health issues

K: knee problems

S: asthma

J: Just being too busy

R: Asthma

8. Are there any life issues that encourage you to ride? Something that makes you want to ride?

A: When it's cooler outside

K: when i have time off work

S: when it's not hot

J: Nice weather

R: summer

9. Is there anything that you dislike about riding?

A: Worry about getting hit by a car. Sometimes it's too hot. Crash and get hurt.

K: how exhausted it makes me. Pants caught in chain.

S: No

J: No

R: No

10. What do you like about riding?

A: Makes me happy. Good exercise

K: that I get to be outside in nature. I get to go places that cars can't go.

S: It's fun

J: It's good exercise.

R: it's fun.

11. What things do you like about your bike?

A: It's fast. Go up hills.

S: It's faster than my old bike. The color.

K: my bike seat. Special order.

J: Everything. It's fast, vintage, gets me out of traffic, and I enjoy pleasure riding.

R: It gets me where I want to go.

12. Do you feel you can take your bike anywhere and have a safe place to keep it?

A: I worry that it could get stolen.

S: Yes, I have a lock.

K: no, that's always a worry. Especially in Eugene, Oregon, bikes are stolen all the time.

J: It depends on where. Most of Portland is pretty bike friendly.

R: I usually just put it in my friend's front yard.

13. Do you have any fears about riding or your bike?

A: Crashing, getting hurt or hurting someone else

K: crashed a number of times.

S: getting hit by a car.

J: My bike getting stolen.

R: Getting hit by a car.

14. Do you have special clothing for your bike? If so, what is it and what specific function(s) does it perform?

A: Gloves and helmet

K: not special, but i do wear tight leggings. No helmet.

S: helmet

J: I have bike shorts/pants that I wear. I also have special shoes and a backpack designed for bicycle couriers.

R: no

15. Do you have set goals for biking?

- a. *Weight loss/gain?*
- b. *Muscle and/or cardio benefits?*
- c. *Overall health?*
- d. *Anxiety reduction*
- e. *Increased speed and/or distance*
- f. *Anything else?*

A: Speed

K: that I'll be able to go longer without feeling as tired.

S: Get out energy. Lose weight.

R: to get places faster

16. Are there any accessories that you use for your bike?

- a. *Water bottle*
- b. *Lock*

A: yes

S: Yes

K: Yes

- c. *basket/saddle bags*
- d. *Fenders*

K: Yes

J: Yes

- e. *Special seat*

K: Yes

- f. *Music*

- g. *Helmet*

A: yes

S: Yes

J: Sometimes

R: Yes

- h. *Anything else?*

K: fancy seat, spoke lights

17. If you use accessories, do you feel like they are necessary to have? In what ways do they improve your ride?

A: Yes

K: spoke lights are a safety issue in the dark. Regular bike light. Bike lock, stolen. My seat makes my ride much more comfortable and I can go a lot further with it.

S: not really.

J: I have a tray on the back of my bike that I can attach a bag to, which adds to my ability to do small shopping on my bike.

R: Not really

18. Do you choose biking over other forms of exercise because it's easier on your joints?

A: No

K: no.

S: no.

J: Yes

R: No

19. Do you think you'll continue to ride throughout most of your life?

A: Probably not.

K: No.

S: Yes

J: Definitely

R: I don't know

20. Do you think riding is something you can do socially?

A: Yes, we do.

S: Yes

K: yes, I like to go on rides with my friends.

J: A little

R: Yes

Reflections of interview with A:

A seems like he is interested in biking, but not really passionate about it. He says he enjoys riding, but when he describes it, it sounds like it's more of a chore and something done mostly just for exercise. His favorite things about riding are going fast and going places, but he says that he gets tired easily and doesn't want to do it every day. Interview time was about 20 minutes. He was very thoughtful in his answers and asked questions of me.

Reflections of interview with S:

S appears to like to ride his bike a lot. He wants to ride it daily and not just to go somewhere specific. He was also the only one I interviewed who didn't mind riding in the rain. For him, it

didn't seem like it was really about his bike, but more about getting outside and being active. Interview time was about 10 minutes.

Reflections on interview with R:

R was approached about this interview while over at my house getting ready to go for a bike ride with my kids. I think he was a little annoyed at having to spend 15 minutes interviewing. He looked off in the distance and rarely made eye contact with me. He said, "I don't know," a lot.

Reflections on interview with K:

K was friendly, thoughtful, and spent about 20 minutes interviewing. She told me some anecdotal stories about bike crashes she's been in (nothing serious), but she was the only one who did this. She also went into more description about the things she likes doing while on her bike (riding with friends, her friends teasing her about how slow she is, that sort of thing). She also was excited to explain her special bike seat and the spoke lights, which I had never heard of.

Reflections on interview with J:

J was friendly, thoughtful, and also spent about 20 minutes interviewing. He seems to really enjoy cycling, much more than anyone else I interviewed. He uses it as a main part of his transportation, although he does have a car. He used to ride competitively, when he was a teenager. I got the sense that he might want to do that again. He also was proud of his accessories that are specific for cyclists (pants, special backpack, that sort of thing). He also expressed that there were accessories that he would like to get that he thought would make his riding more pleasurable (a water bottle holder and different kind of bike lock).

Final thoughts on interviews:

Children often are stuck using bikes as a form of transportation because they don't have cars. I think this was apparent for the three children I interviewed. Two of them seem to really only ride to get places, while only one was eager to just "ride." It helps that I know two of them well, I was able to deduce more from their interviews and ask questions in a way that I thought they would respond better. This may, in fact, sometimes be a hindrance, so it's good to acknowledge that the relationship does affect the interview.

The adults both were concerned about their joints and felt like biking and swimming were their only options for serious exercise. The children, of course, weren't, but I do think they were aware of how important physical exercise is, more so than I would have expected.