

# Evaluation of Families on Bikes



**November 2009**

**Prepared by Kathy Brunning for**

**Victoria University**

**and**

**Cycling Promotion Fund**

## Table of Contents

Table of Contents.....	i
List of Figures .....	ii
List of Tables .....	iii
Acknowledgements .....	iv
Abbreviations .....	iv
Introduction and overview .....	1
FOB rides .....	1
FOB emails .....	1
Goals and objectives .....	2
Program rationale and logic .....	3
FAB – an overseas example .....	4
Evaluation methods .....	5
Survey .....	5
Focus Groups .....	6
Findings .....	7
Objective 1 .....	7
Objective 2 .....	9
Objective 3 .....	12
Can FOB emails alone inspire physical activity?.....	13
Comparisons between men and women – physical activity and cycling .....	14
FOB program.....	15
Conclusion .....	16
Recommendations .....	18
References .....	19
Appendices.....	20
Appendix A: Rides calendar .....	21
Appendix B: Mums (& Dads) on Bikes Survey .....	22
Appendix C: Questions asked of Wednesday focus group.....	23
Appendix D: Questions asked of Saturday focus group .....	26

## List of Figures

Figure 1	
Mode Split Versus National Obesity Rates (reproduced from Litman 2009) .....	4
Figure 2	
Survey answers by women: 'Do you cycle more since joining the email list?' .....	7
Figure 3	
Survey answers: 'Have you used the car more since you had children?' .....	9
Figure 4	
Survey answers: Usual transport mode with babies. ....	10
Figure 5	
Survey answers: Usual transport mode with toddlers. ....	10
Figure 6	
Survey answers: Usual transport mode with pre-schoolers.....	11
Figure 7	
Survey answers: Usual transport mode with school-aged children .....	11
Figure 8	
Survey answers: Physical activity level of the respondent .....	12
Figure 9	
Survey answers: Physical activity level of the family.....	12
Figure 10	
Survey answers: Physical activity level before the first child and now .....	14
Figure 11	
Survey answers men and women: 'What motivates you to cycle? Please choose your top 3.' .....	14
Figure 12	
Survey answers men and women: 'Do you currently do regular physical activities?' .....	15
Figure 13	
Survey answers: 'What are the barriers to attending a Mums (& Dads) on Bikes ride? Please nominate the top 5' .....	16

## List of Tables

Table 1	
Survey answers by women: ‘What are your reasons for being on the Mums (& Dads) on Bikes email list?’ .....	8
Table 2	
Survey answers by women: ‘What interests you about the Mums (& Dads) on Bikes rides? Please nominate the top 3’ .....	8
Table 3	
Collation of survey answers: ‘In a usual week, how many trips (to and from places) would you make by: [walking, bicycle, public transport, car, other]?’ .....	9
Table 4	
Survey answers by men: ‘What are your reasons for being on the Mums (& Dads) on Bikes email list?’ .....	13

## **Acknowledgements**

The support and contribution of the following people is acknowledged:

- Rosemarie Speidel, Program Director of the Cycling Promotion Fund, for her support that provided impetus for the evaluation and her feedback.
- Dr Jan Garrard, Senior Lecturer in Public Health, Deakin University, Dr Peter Cock, Sociologist, and Julia Newman, for their assistance in developing the survey.
- Judy Longbottom for opening her house for the first focus group.
- Chris Star for recording the second focus group.
- All the parents who took the time to complete the survey and/or attend a focus group.

## **Abbreviations**

BUG	Bicycle User Group
FOB	Families on Bikes

## **Contact Details**

### **Families on Bikes**

Convenor: Kathy Brunning  
Tel: 03 9489 4275 / 0410 667 634  
Email: [kbrunning@bigpond.com](mailto:kbrunning@bigpond.com)  
Web: [www.darebinbug.org.au](http://www.darebinbug.org.au)

## **Introduction and overview**

Established in June 2007, Families on Bikes (FOB) began as Mums on Bikes. The name was later changed to Mums (& Dads) on Bikes and has changed again as a result of this evaluation. The FOB rides generally begin in Northcote, an inner Melbourne suburb that is well serviced by public transport and a large bicycle network, including off-road trails and on-road lanes

The FOB rides are auspiced by Darebin BUG, an incorporated community organisation of volunteers that aims to develop Darebin's cycling community and work with Darebin City Council and other organisations to make it safer and easier to cycle in Darebin.

There are two key components to the FOB program: bicycle rides and emails.

### **FOB rides**

FOB rides are suitable for young children in a range of cycling situations: in tow or on their own bikes, with or without training wheels. The group motto is 'No one is too slow; we're always happy to stop for a break, play, snack, breastfeed, nappy change, or 'til a tantrum is over'.

The rides are generally no more than 5 kilometres one-way and travel on quiet back streets and off-road shared paths. The group stops at its destination for lunch and a play before returning home. To keep distances short, avoid hills and show an alternative to car travel, rides often incorporate a train ride.

The rides travel to child-friendly destinations, often with a number of attractions, such as Bundoora Park, Melbourne Museum and Diamond Valley Miniature Railway. There have been 33 rides held to date, with a total of 169 adults and 147 children attending. The 2009 Term 4 rides flyer is at Appendix A.

### **FOB emails**

An email is sent a week before a ride that includes a link to an online map showing the meeting place and the route. People are invited to join the ride en route or at

the destination. The email also includes links to the attractions at the destination and details of other family-friendly and women's cycling events. There are currently 81 people on the FOB email list, consisting of 70 families and 11 interested parties.

### **Goals and objectives**

The overall goals of the FOB program are:

- Community: establish a supportive group of families that choose to cycle
- Health: provide a fun physical outdoor activity for families with young children
- Sustainability: show families there is an alternative to car travel

The specific objectives of the FOB program are:

- To increase the number of bicycle trips made by mothers of young children
- To decrease the number of car trips made by families with young children
- To increase physical activity within families.

This evaluation will investigate whether the objectives of the program have been met, and will provide a picture of the people who are interested in FOB: their physical activity levels before and after children, their transport modes over stages of their children's lives and the motivators and barriers to cycling. The evaluation will also consider whether receiving FOB emails alone inspires physical activity.



## **Program rationale and logic**

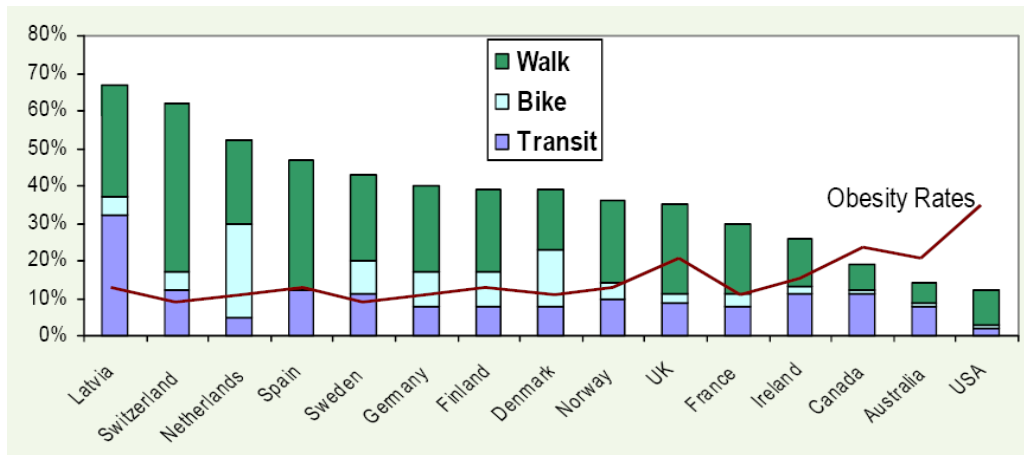
The second biggest cause of illness in Australia is physical inactivity, which contributes to numerous conditions including heart disease, diabetes and obesity. Obesity increased two to fourfold between 1985 and 1997; it is estimated that seven million Australians will be obese by 2025 (Access Economics, cited in Cycling Promotion Fund 2007). Rates of diabetes doubled in the ten years to 2007 (Diabetes Australia, cited in Cycling Promotion Fund 2007). One in four children are classified as obese (Zubek 2009).

The number of people participating in 'sufficient' physical activity for health benefit has been decreasing. Between 1997 and 1999, the biggest decreases were amongst women: the number of sufficiently active women decreased from 61 to 54 percent (Australian Institute of Health and Welfare 2004).

Parenthood is a contributing factor to decreased physical activity levels: people with at least one child at home are 20 percent less likely to be 'sufficiently' active (Armstrong, Bauman & Davies 2000). Mothers of children under five years are a sub-group with the lowest level of physical activity (Watson et al. 2005).

Active transport has decreased dramatically. In Melbourne, 40 percent of all car trips are less than 2 kilometres and 66 percent are less than 5 kilometres (TravelSmart 2008). In 2003, 15 percent of children walked to school and 70 percent were driven, compared with 45 percent of children walking and 23 percent being driven to school in 1974 (VicHealth 2008). Figure 1 suggests a relationship between active transport and obesity in a number of countries.





**Figure 1: Mode Split Versus National Obesity Rates (reproduced from Litman 2009)**

Pram walking groups exist in a number of Australian cities to provide free social outings for parents with young children that incorporate physical activity. There have been a number of evaluations of pram walking groups, though no research was able to be located that revisited pram walkers that have left a group.

FOB was established to provide an easy, supported physical activity option for parents with young children. Children not happy with walking or sitting for extended periods will often be happy to sit in a bike seat, trailer, or ride their own bicycle. It is hoped FOB has picked up former members of pram walking groups. The FOB program is thought to be the first program of its type in Australia: most family bike rides organised by BUGs and cycling clubs are too long for many beginners and young children.

**FAB – an overseas example**

Based in Los Angeles, Families and Bikes (FAB) is a program through Cyclists Inciting Change thru Live Exchange (CICLE), a not for profit charity that promotes cycling for sustainable transport. Its rides are held monthly and are organised by a committee that involves parents and children. CICLE are currently conducting research into FAB, including the barriers to cycling with children. Reference: <http://www.cicle.org/>.

## Evaluation methods

The evaluation consisted of:

- a web-based survey to collect quantitative data, and
- qualitative focus groups.

### Survey

A web-based survey operated on SurveyMonkey.com between 1 June and 28 September 2009. It was completed by 23 people, or 33.84% of the target group. The survey asked respondents for personal details, such as sex, qualifications and place of birth. It also asked questions about their children, their own physical activity levels before and after children, transport modes during key stages of their children's lives and the barriers to and motivators for cycling and the FOB rides. Respondents could answer anonymously, and three did: two women and a man. Respondents were also asked if they were prepared to take part in a focus group and to nominate appropriate days and times. Multiple choice answers in the survey were constantly adjusted in terms of their place on the list. The survey contained a total of 56 questions and can be seen at Appendix B.

The survey provided the following snapshot of respondents:

- 82.6% were women
- most were aged between 31 and 40 (47.8%) and 41 and 50 (43.5%)
- most were Australian-born (73.9%); those not born in Australia were all born in English speaking countries
- 52% have a degree and 39% have a post-graduate qualification
- all have a partner (100%) that supports them cycling
- most have boys (64.8%) and one child (62.2%) aged between one and two, or five and seven (both 48%)
- 100% regularly took their children out walking when they were babies, 86.5% several times a week.

Completion of the survey was slow after 16 June. An incentive was offered on 28 July for those who completed the survey prior to 3 August. They, along with those who

had already completed the survey, were entered into a draw for three 2-for-1 movie vouchers to a children's movie. A further eight responses were received before the deadline, suggesting the incentive encouraged additional responses.

One survey was excluded as it was completed by someone outside of the target group.

### **Focus Groups**

Two focus groups were held and were attended by five people each, a total of ten:

- 8pm Wednesday 26 August at a participant's home
- 1.30pm Saturday 29 August at a café

The focus groups consisted mainly of women (70%). The first focus group on Wednesday night consisted of four women and a man. The second focus group consisted of three women and two men. Both focus groups expected six people; one person from each group was unexpectedly unable to attend the focus group. Both were emailed the questions raised at the focus groups and returned their answers.

The focus groups were asked the same questions, though time frames were added to the schedule and an additional question was asked of the second focus group. It concerned the name of the program that was raised at the first focus group and involved a great deal of discussion. The questions addressed in the first focus group are at Appendix C, and the questions addressed in the second focus group are at Appendix D.

This evaluation follows a feminist paradigm, recognising the difficulties many women face participating in physical activity and cycling, as well as many other facets of society. On that basis, the focus groups were intended to be women only, to ensure female participants were able to speak freely. The lack of volunteers for the focus groups, however, made this impossible. Interestingly, in most cases the women were more dominant than the men in the focus groups, and it was women who generally wanted the name of the group to be changed. One participant, Judy, asked: "Why is the Dads in brackets? It could be slightly offputting for dads."

## Findings

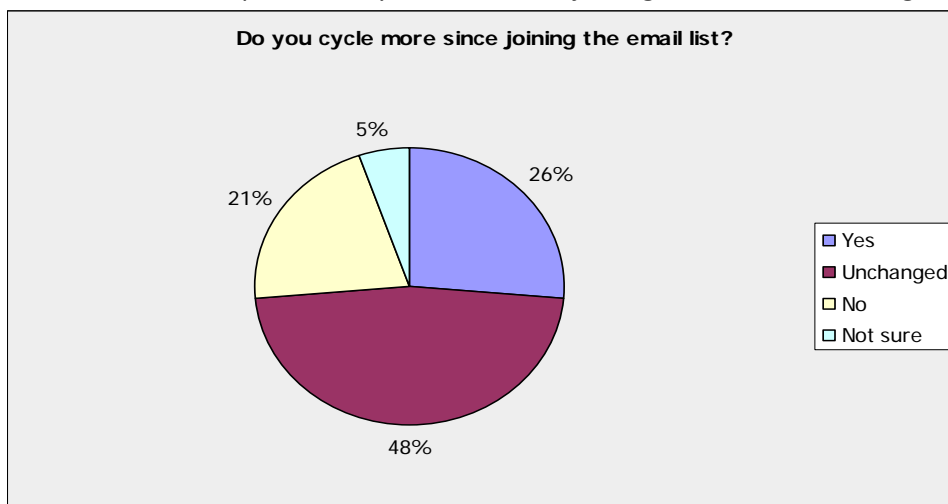
The data will be analysed and will include relevant quotes from the focus groups, unless otherwise stated:

1. against the program objectives
2. against the question: do FOB emails alone inspire physical activity?
3. comparing men and women with regard physical activity and cycling
4. data relevant to improving the program

### 1. The objectives

**Objective 1: increase the number of bicycle trips made by mothers of young children**

26.3% of female respondents cycle more since joining the email list. See figure 3.



**Figure 2 Survey answers by women: 'Do you cycle more since joining the email list?'**

The women who cycle more have been on the email list for: two years and one year or more (both 40%) and six months (20%). They have attended 5-9 FOB rides (80%) and none (20%).

The reasons provided by female respondents for being on the email list are:

To find out the details of upcoming rides	100%	19
To get ideas of child-friendly destinations	53%	10
To find out about other cycling events	32%	6
To inspire me to go cycling with my children	32%	6
So that I can let other people know about the rides	16%	3
To find out good bike routes	16%	3
To inspire me to cycle	11%	2
Number answered question =		19

**Table 1 Survey answers by women: 'What are your reasons for being on the Mums (& Dads) on Bikes email list?'**

The reasons women are interested in FOB rides are:

My children can gain cycling experience	50%	9
My children can see that cycling is a 'normal' activity	50%	9
Kids for my children to play with	50%	9
Social interaction	44.4%	8
They're fun	44.4%	8
Allows me to get some exercise	38.9%	7
Allows children to get exercise	22.2%	4
I can gain cycling experience	16.7%	3
Discover safe routes	11.1%	2
Get out of the house	11.1%	2
Number answered question =		18

**Table 2 Survey answers by women: 'What interests you about the Mums (& Dads) on Bikes rides? Please nominate the top 3'.**

*Tracey: Now I know I can ride to the zoo, I can ride to Federation Square, I can ride to the Museum. I've already done it. So now I can do it on my own.*

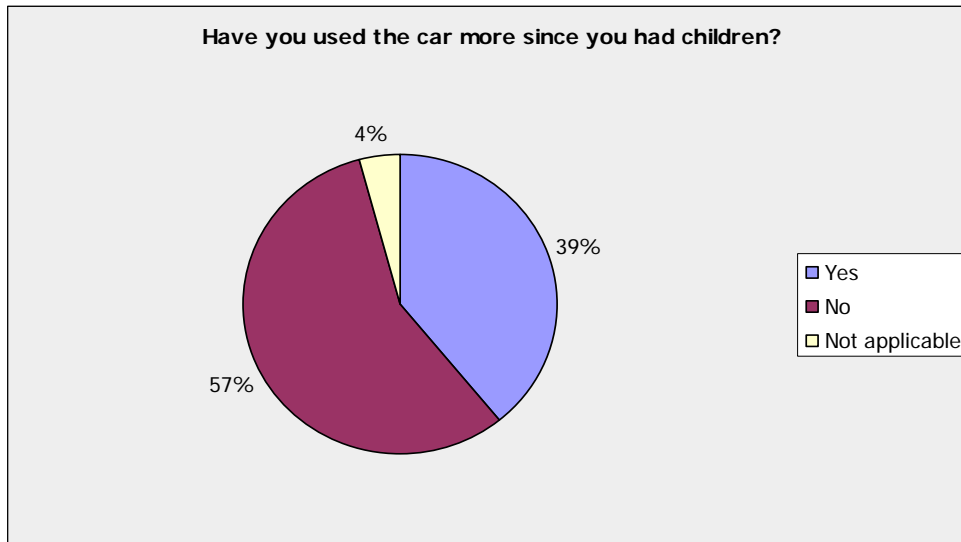
*Karen: I just like that they're on and gets me on my bike, 'cos I'm a bit slack lately and don't get on as much as I should.*



*Julia: I only started riding again as an adult a couple of years ago and I wasn't confident going off bike paths. Doing some of these rides on the roads and discovering Canning St... that's how I ride to work now.... Now I'm very confident and rid[e] in the middle of city streets with all the cars.*

**Objective 2: decrease the number of car trips made by families with young children**

The majority of respondents own a car (92%) and have not used their car more since having children, though 39 per cent have. See Figure 4.



**Figure 3 Survey answers: ‘Have you used the car more since you had children?’**

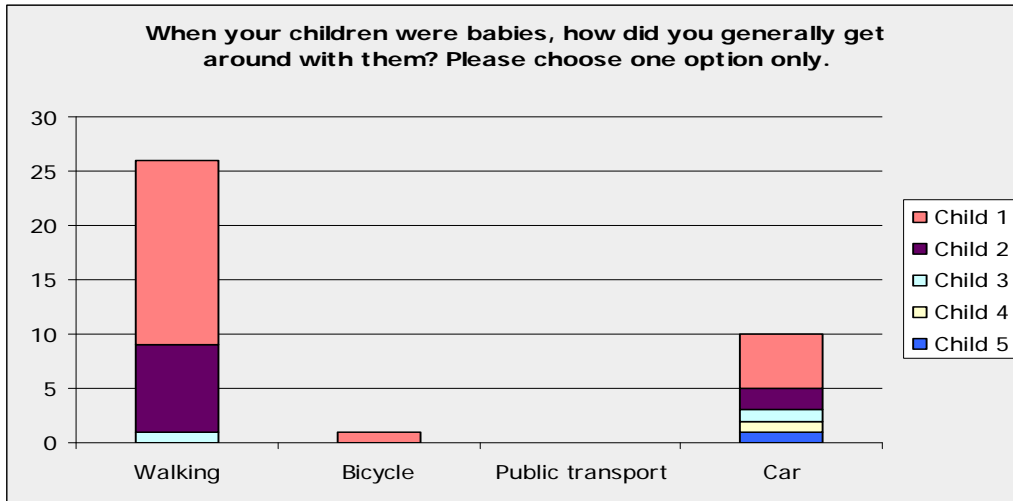
Transport (50%) was the main reason respondents rode their bikes now.

The weekly trips respondents made by different modes were:

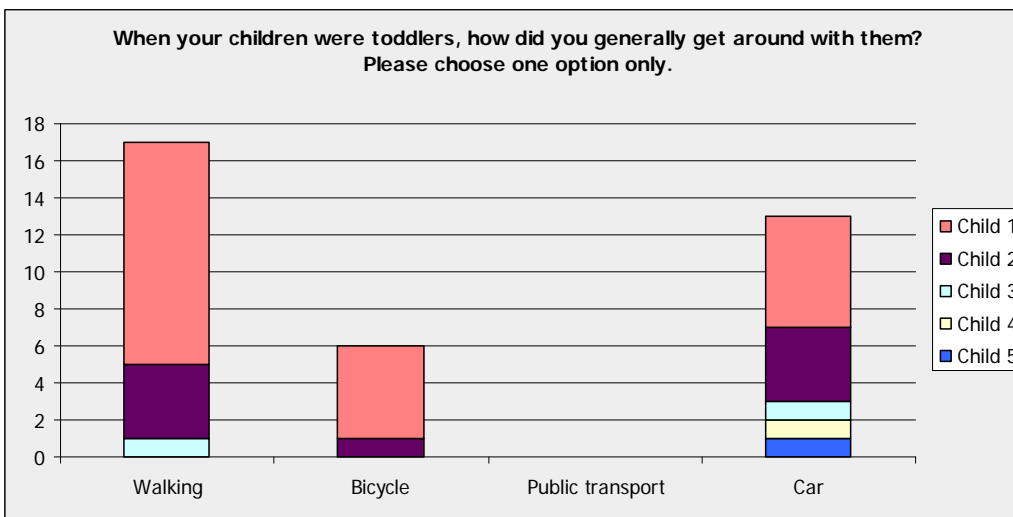
Walking	133
Car	102
Bicycle	100
Public Transport	40
Number answered question =	23

**Table 3 Collation of survey answers: ‘In a usual week, how many trips (to and from places) would you make by: [walking, bicycle, public transport, car, other]?’**

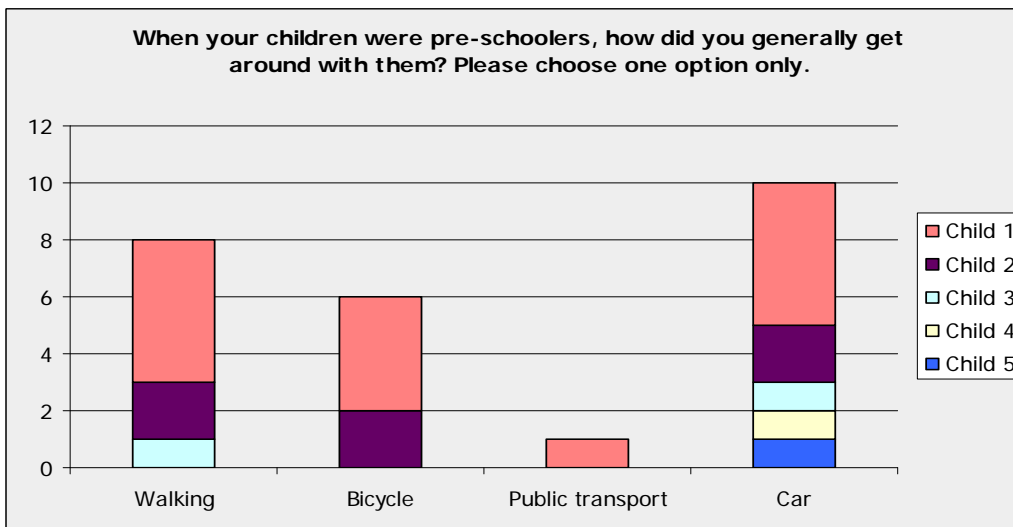
The dominant mode of transporting children at different stages was collected. Figures 5 – 8 show the responses.



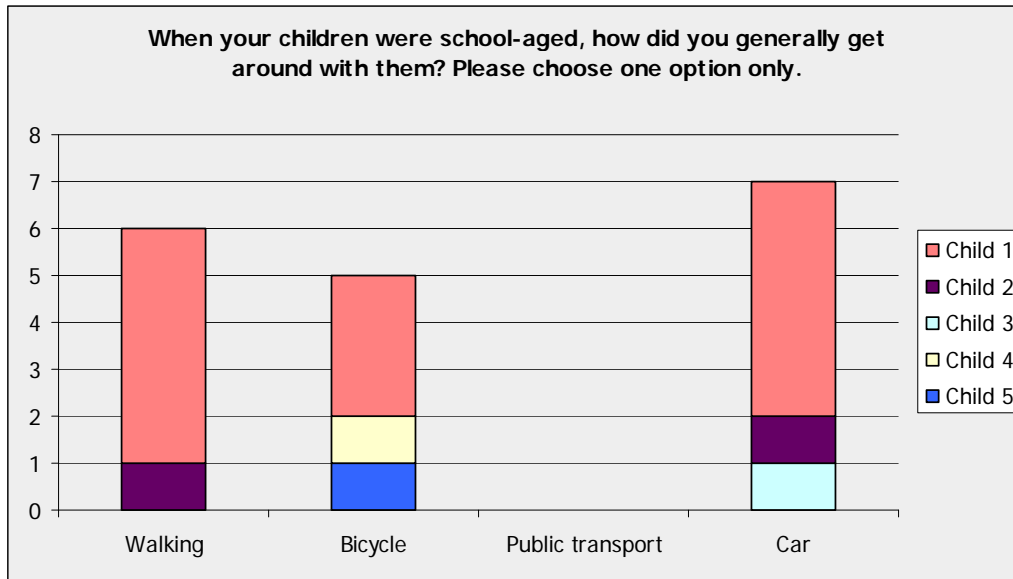
**Figure 4 Survey answers: Usual transport mode with babies.**



**Figure 5 Survey answers: Usual transport mode with toddlers.**



**Figure 6 Survey answers: Usual transport mode with pre-schoolers.**



**Figure 7 Survey answers: Usual transport mode with school-aged children**

Walking was the dominant transport mode for survey respondents and their children when they were babies and toddlers, and car was the dominant transport mode for pre-schoolers and school-aged children.

The survey did not ask if familial car trips have decreased since joining the email list. It was raised at the focus groups. Some responses were:

Francesca: 'preaching to the converted'.

Judy:

*Doing the rides and going to places using the train probably makes me think more about combinations of bikes and trains, because it is quite extraordinary what you can do if you need to.*

Francesca:

*A lot of people wouldn't have thought it was possible, probably, taking the family for a bike ride and going on the train. I probably wouldn't have thought it was really possible to go out to Diamond Valley Railway in that manner, it just wouldn't probably have occurred to me as a destination that we could cycle to.*

Julia:

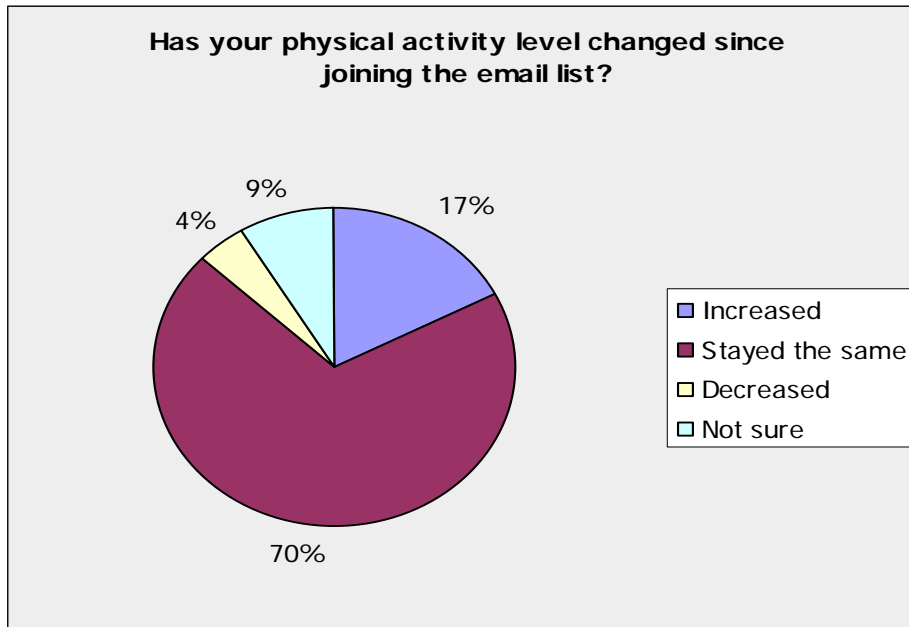
*now that [my husband] rides, we're more likely to do things like ride to the aquatic centre and places like that when previously we might drive, so it's had a bit of a change in our family overall.*

Most focus group participants were not reliant on cars for transport and their transport modes have not changed.



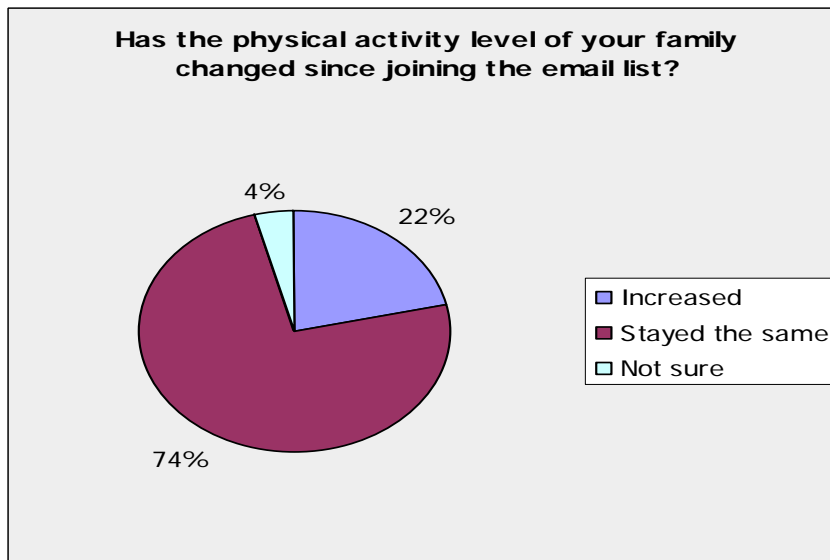
**Objective 3: increase physical activity within families**

Survey respondents reported an increase in physical activity amongst themselves and their families. See Figures 9 and 10.



**Figure 8 Survey answers: Physical activity level of the respondent**

*Julia: We go on a family bike ride almost every week now, it tends to be our Sunday activity.*



**Figure 9 Survey answers: Physical activity level of the family**

All respondents (100%) stated they were on the FOB email list to find out the details of upcoming rides, which presumably means they are interested in physical activity. The reasons women provided are at Table 2.

The reasons provided by male respondents are:

To find out the details of upcoming rides	100%	4
To find out about other cycling events	25%	1
To get ideas of child-friendly destinations	25%	1
So that I can let other people know about the rides	25%	1
Number answered question =		4

**Table 4 Survey answers by men: 'What are your reasons for being on the Mums (& Dads) on Bikes email list?'**

Frank, stating what interests him about FOB rides:

*I think encouraging my partner to ride, to get back on her bike.*

Julia:

*My husband... wasn't a bike rider at all. He's now bought his own bike and he's the one that's got the tag-along with Isaac on the back. It's made a big difference to our whole family.*

Francesca:

*[I thought] how much fun it would be for [the kids] going with a gang of other kids... and the thrill for them of actually travelling places, setting off on an expedition, seeing that bikes are fun and transport as well.*

Judy:

*Cycling for [James] with other kids was just so much more fun than cycling with boring old mum and dad.*

Francis, age 6 (on his way to join a ride): Families on Bikes is 'my bike club'.

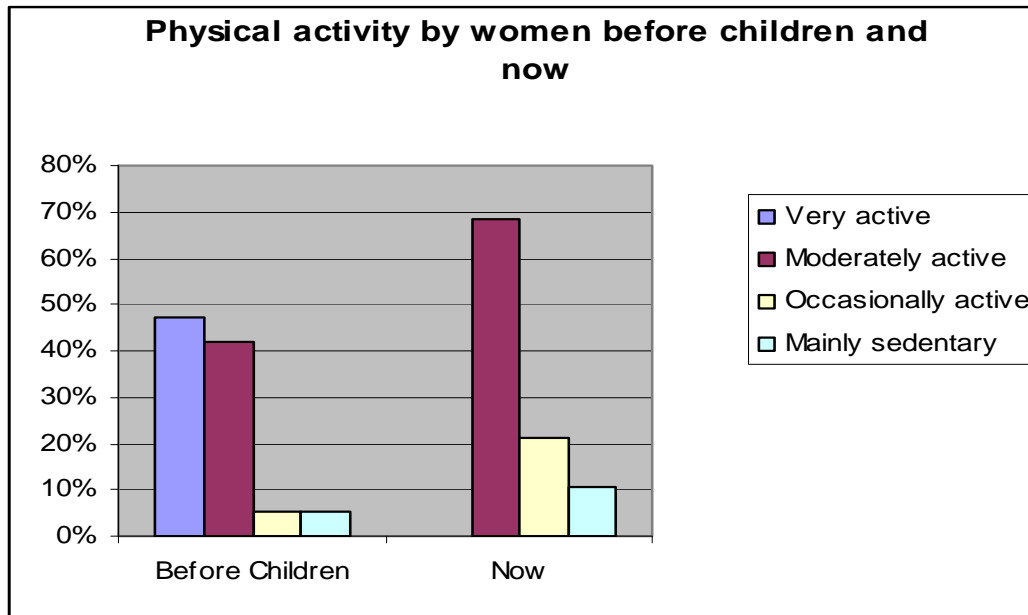
## **2. Can FOB emails alone inspire physical activity?**

The following data relates to respondents that have not attended a FOB ride:

- 81.8% were women
- 20% did not ride a bike before the arrival of children
- 27.3% of respondents did not have other adults to cycle with
- 63.6% rode a bike three or more times a week, mainly for 'transport' (45.5%)
- 9.1% cycled more since joining the email list; the remaining 90.9% of responses to this question were either: unchanged, no, or not sure
- 81.8% of respondents said their physical activity levels had stayed the same since joining the email list; none said it had increased
- 9.1% of respondents said the physical activity levels of their families had increased; 81.8% stated it had stayed the same

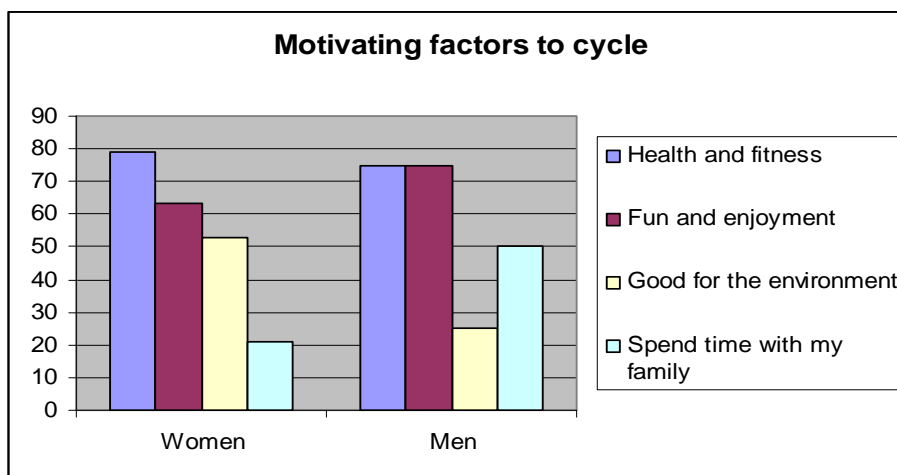
### 3. Comparisons between men and women – physical activity and cycling

- 50% of male respondents were very active and moderately active before children, and now. The physical activity levels of women before children and now are shown in figure 11.



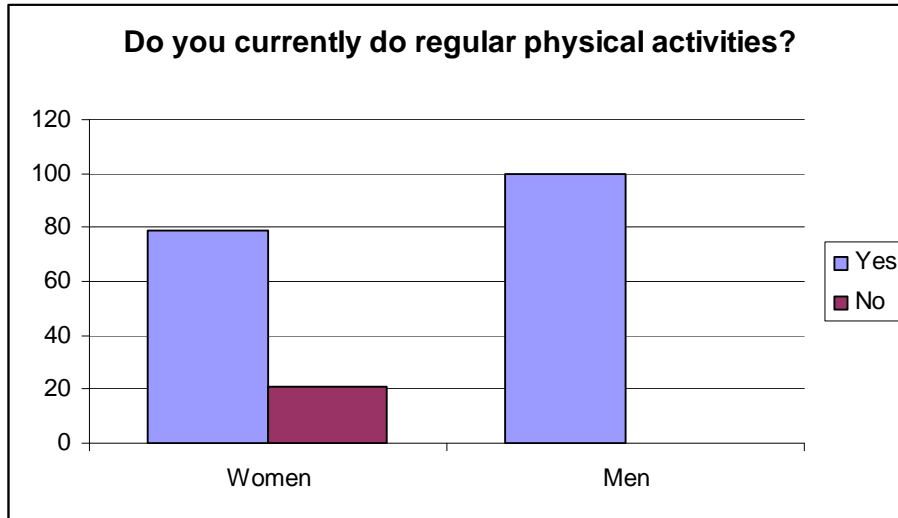
**Figure 10 Survey answers: Physical activity level before the first child and now**

- 18.2% of respondents did not ride a bicycle before children; they were all women
- The main reason male and female respondents cycle now is for transport (both 50%)
- The motivating factors to cycle for men and women were not vastly different. See figure 12.



**Figure 11 Survey answers men and women: 'What motivates you to cycle? Please choose your top 3.'**

- The top four barriers for both men and women were: time constraints, cannot carry enough on my bike, weather, and distances too great. Men and women simply placed these barriers in a different order.
- Male respondents were more likely to do regular physical activities than women. See figure 13.

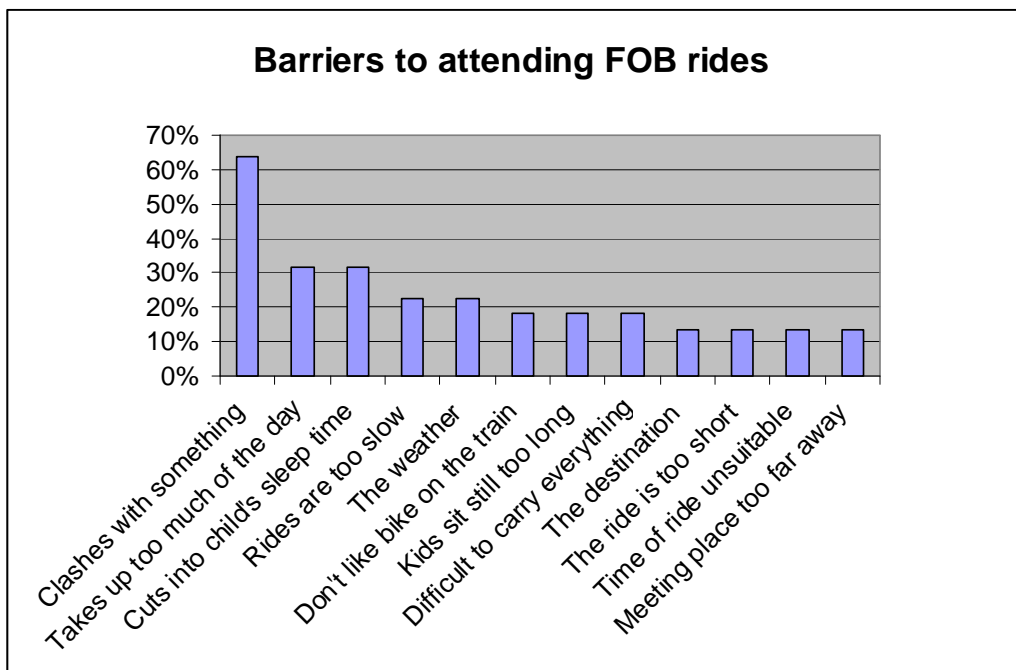


**Figure 12** Survey answers men and women: 'Do you currently do regular physical activities?'



#### **4. FOB program**

- 69.6% of respondents live more than 5km away from the usual FOB meeting place, and 4.3% live more than 10km away.
- The top 12 barriers to attending a FOB ride are shown in figure 14.



**Figure 13 Survey answers: 'What are the barriers to attending a Mums (& Dads) on Bikes ride? Please nominate the top 5'.**

- The majority of respondents found out about FOB through a friend (45.5%)
- Focus group participants appreciated a number of values they think the rides contain: flexibility, patience and community.

Tracey:

*The sense of community. There's a real communal feel.*

- There were numerous suggestions raised at focus groups not raised in the survey, including: longer rides for older children, skills sessions for older children who are too young for Bike Ed. training, and speaking to parent groups to involve more people.

## Conclusion

This research has been an evaluation of the FOB program: to see if it has met its objectives, to gain a picture of the people who are attracted to the program and to determine if emails alone are enough to inspire physical activity.

The evaluation reveals that the FOB program has had success in meeting two of its objectives. Objective 1, to increase the number of bicycle trips made by mothers of

young children, has been met: 26.3% of female respondents cycle more since joining the email list. Objective 3, to increase physical activity within families, was also met: 22% of respondents state the physical activity levels of their families have increased.

The research was not conclusive as to whether objective 2, to decrease the number of car trips made by families with young children, was met. It seems the program has not made big inroads into this objective, though further research would need to be undertaken to confirm this. The majority of respondents rode bicycles before their children arrived and not heavily reliant on cars for transport. It would be interesting to see the results of similar programs in more car dependent areas –they may provide conclusive answers as to whether a group such as FOB can change travel behaviour.

Although not all the objectives were met, the research suggests the overall goals of the program have been met: the focus groups provided many examples of participants feeling they are part of a community, the regular rides provide a fun physical outdoor activity for families with young children that many of the participants value, and the focus groups confirmed that the bike and train combinations have made some participants think about different transport modes.

This research did not confirm that FOB emails were enough to inspire physical activity. Only 9.1% of respondents that had not attended a FOB ride, cycle more, and 9.1% in this category state the physical activity levels of their families have increased. Yet, no respondents in this category stated that their physical activity levels had increased.

Although the survey asked about pram walking, it did not ask respondents whether they do or have belonged to a pram walking group in the past. It would be interesting to examine the dominant transport modes of pram walking group participants before and after their involvement in a pram walking group.

## Recommendations

The following recommendations are made for the FOB program:

- Before the group gets on a train, the ride leader should make every attempt to pair families up with new families, or an adult on their own with children, to help them get on and off the train and to help them feel at ease
- Longer rides are to be added to the annual calendar: during school holidays
- At least one weekend away is to be planned each year
- More ride leaders should be trained to assist the current sole ride leader
- Develop a how-to guide on establishing family bike rides for young children for others interested to establish similar rides elsewhere

The following recommendation is made to Councils, Maternal and Child Health Centres, Child Care Centres and Kindergartens:

- Consider promoting walking and cycling at the agency through posters, leaflets and guest speakers at meetings

The following recommendation is made to organisations with an interest in families and sustainable transport or healthy living:

- Consider establishing bike rides suitable for very young children and beginners



## References

Armstrong T, Bauman A, Davies J 2000, Physical activity patterns of Australian adults: results of the 1999 national physical activity survey, Australian Institute of Health and Welfare, Canberra.

Australian Institute of Health and Welfare 2004, Physical activity, diet and body weight: results from the 2001 National Health Survey, Canberra, viewed 11 November 2009, <<http://www.aihw.gov.au/publications/cvd/padbwdb01/padbwdb01.pdf>>.

Cycling Promotion Fund 2007, Cycling > moving Australia forward, Graphyte Media, Melbourne.

Litman, T 2009, If health matters: integrating public health objectives in transportation planning, Victoria Transport Policy Institute, Victoria, Canada, viewed 10 November 2009, <<http://www.vtpi.org/health.pdf>>. p. 11

TravelSmart 2008, *TravelSmart factsheet*, June 2008, Department of Transport, Melbourne.

VicHealth 2008, Streets ahead: supporting children to get active in their neighbourhoods, Victorian Health Promotion Foundation, Carlton South.

Watson, N, Milat, AJ, Thomas, M & Currie, J 2005, 'The feasibility and effectiveness of pram walking groups for postpartum women in western Sydney', Health Promotion Journal of Australia, vol. 16, issue 2, viewed 27 May 2009, retrieved from Meditext database.

Zubek H 2009, 'Kids in the gym', The West Australian, 15 October, viewed 16 October 2009, <<http://au.news.yahoo.com/thewest/lifestyle/a/-/health/6217118/kids-in-the-gym/>>.



## Appendices

## Appendix A



**Families on Bikes** Would you like to ride with your kids for fun, exercise & socialising? Join our free family rides to popular child-friendly destinations. Calendar for Term 4, 2009:

**Sunday 4 Oct** — Scienceworks  
Museum, Spotswood (train and punt)

**Sunday 1 Nov**—Heide Museum of  
Modern Art (train)

**Sunday 6 Dec**— Melbourne Zoo via  
Capital City Trail. Meet mum Myfanwy  
Jones, author of *The Rainy Season*

All rides marked (train) include the train—  
Sunday Saver Metcard (\$3.10) required

**Kids in bike seats  
welcome!**

**Kids in trailers welcome!**

**Kids with training wheels  
welcome!**

**Kids on own bikes  
welcome!**

**Kids on tag-a-longs  
welcome!**

**MOST RIDES MEET 10am Jika Jika Community Centre, cnr Plant & Union Sts  
Northcote INFO: Kathy 9489 4275; 0410 667 634; kbrunning@bigpond.com**

## **Appendix B**

Mums (& Dads) on Bikes survey follows. It is labelled Appendix B and numbered pp 1–22.

## 1. INTRODUCTION

About the Survey

This survey is being conducted to evaluate the Mums (& Dads) on Bikes program, to:

- a) improve them
- b) present the findings at a Go For Your Life Physical Activity Forum on Healthy Families
- c) advocate for government support for similar programs elsewhere

The survey has eight sections:

1. You and your family
2. Your cycling
3. Motivations and Barriers to cycling
4. Your physical activity
5. Your children's physical activity
6. The rides
7. Communication
8. More information

It should take no more than 20 minutes to complete.

Privacy and Confidentiality

You may choose to answer the survey anonymously. If you provide your name and contact details, they will be kept confidential. They will not be sold or shared without your consent.

False names will be used in place of real ones in written reports and presentations that stem from this survey.

## 2. ABOUT YOU AND YOUR FAMILY

### 1. What is your gender?

- Female  
 Male

### 2. How old are you?

- Under 20  
 20 - 30  
 31 - 40  
 41 - 50  
 51 - 60  
 Over 61 years

### 3. What is your highest level of education?

- Year 9-11  
 Year 12  
 Certificate  
 Diploma  
 Degree  
 Post-graduate

### 4. Where were you born?

- Australia  
Other (please specify)

### 5. What is your marital status?

- Single  
 Partnered

### 3. YOUR CYCLING

1. Did you ride a bike before you had children?

- Yes  
 No

2. At what stage of your pregnancy did you stop riding a bike? Estimate is fine.

0 - 1 months	Child 1	Child 2	Child 3	Child 4	Child 5	Child 6
2 - 3 months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 - 6 months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 - 8 months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Child's birth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. How old were your children when you (re)commenced cycling? Estimate is fine.

0 - 1 months	Child 1	Child 2	Child 3	Child 4	Child 5	Child 6
2 - 4 months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 - 7 months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 - 12 months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 - 20 months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21 months or older	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Does your partner support you cycling?

- Yes  
 No  
 Unsure  
 Not Applicable

5. Do you have adults to cycle with? Choose all that are applicable.

- Yes - partner  
 Yes - friends  
 Yes - family members  
 Yes - group or club  
 No  
 Not applicable

6. How old are your children?

14 years & over	Child 1	Child 2	Child 3	Child 4	Child 5	Child 6
11 - 13 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 - 10 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 - 7 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 - 4 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 - 2 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Under 12 months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. What is the sex of your children?

Girl	Child 1	Child 2	Child 3	Child 4	Child 5	Child 6
Boy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Does your family have a car?

- Yes  
 No, but we have regular access to a car  
 No

9. Did you buy a car because you had children?

- Yes - we did not have a car until the children were born  
 Yes - we bought an additional car  
 Yes - we changed our car for a bigger one  
 No  
 Not applicable

10. Have you used the car more since you had children?

- Yes  
 No  
 Not applicable

**6. How often do you ride a bike now?**

- Three or more times a week
- Once or twice a week
- Once a fortnight
- Once a month
- Less often than every two months

**7. What is the main reason you ride a bike now?**

- Transport
- Fun
- Time with my family/children
- Fitness and health

Other (please specify)

**8. How often do you cycle with your children?**

- Three or more times a week
- Once or twice a week
- Once a fortnight
- Once a month
- Less often than every two months

**9. MOTIVATIONS AND BARRIERS TO CYCLING**

**1. What motivates you to cycle? Please choose your top 3.**

- Good for the environment
- Time to myself
- Training for an event or personal goal
- Easy to find a parking space
- Get out of the house
- Spend time with my friends
- Quicker than walking
- Be a good role model
- Save money
- Health and fitness
- Spend time with my family
- Quicker/more reliable than public transport
- Fun and enjoyment
- Relaxation/stress reduction

**2. What are the barriers to you cycling? Please choose the top three.**

- I do not have lights on my bike
- Weather - too hot, too wet, too cold
- Too tired
- Finding a safe route
- Too much equipment and gear to get organised
- Helmet hair
- Too difficult riding with kids
- Distances too great
- None of my friends cycle
- Cycling skills/confidence
- Time - quicker to drive/catch public transport
- Safety
- Nervous riding in traffic
- Prefer other forms of exercise
- Lack of mechanical skills in case of problem
- It makes me hot and sweaty
- I cannot carry enough on my bike

## 5. YOUR PHYSICAL ACTIVITIES

This section asks about activity levels. For the purposes of this survey:

- Very active refers to a lifestyle that contains 3 or 4 weekly activities that make one huff and puff, e.g. aerobics, netball, squash, football, fast cycling
- Moderately active refers to a lifestyle where most days of the week contain activities that cause a slight increase in heartbeat, e.g. brisk walking, swimming, golf, cycling
- Occasionally active refers to a lifestyle that contains vigorous activities from the 'very active' category twice or less a week, or activities from the 'moderately active' category four or less times a week
- Mainly sedentary refers to a lifestyle where the main exercise is light activity associated with day-to-day life

### 1. Physical activity before children. I was:

Very active	Child 1	Child 2	Child 3	Child 4	Child 5	Child 6
Moderately active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Occasionally active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mainly sedentary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### 2. Physical activity 12 months after children. I was:

Very active	Child 1	Child 2	Child 3	Child 4	Child 5	Child 6
Moderately active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Occasionally active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mainly sedentary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### 3. Physical activity now. I am

- Very active  
 Moderately active  
 Occasionally active  
 Mainly sedentary

### 4. Do you currently do regular physical activities?

- Yes  
 No

If yes, what percentage is cycling?

### 5. Are you a member of a gym?

- Yes  
 No

### 6. Are you a member of a sports/physical activity club?

- Yes  
 No

### 7. When your children were babies did you take them out walking?

Several times a week	Child 1	Child 2	Child 3	Child 4	Child 5	Child 6
Once or twice a week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Every few weeks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### 8. When your children were babies, how did you generally get around with them? Please choose one option only.

Walking	Child 1	Child 2	Child 3	Child 4	Child 5	Child 6
Bicycle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Public transport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Car	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If other, please specify

### 9. When your children were toddlers, how did you generally get around with them? Please choose one option only.

Walking	Child 1	Child 2	Child 3	Child 4	Child 5	Child 6
Bicycle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Public transport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Car	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If other, please specify

**10. When your children were pre-schoolers, how did you generally get around with them? Please choose one option only.**

Walking	Child 1	Child 2	Child 3	Child 4	Child 5	Child 6
Bicycle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Public transport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Car	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If other, please specify

**11. When your children were school-aged, how did you generally get around with them? Please choose one option only.**

Walking	Child 1	Child 2	Child 3	Child 4	Child 5	Child 6
Bicycle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Public transport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Car	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not applicable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If other, please specify

**12. In a usual week, approximately how many trips (to and from places) would you make by:**

Walking	<input type="text"/>
Bicycle	<input type="text"/>
Public Transport	<input type="text"/>
Car	<input type="text"/>
Other	<input type="text"/>

Please specify

**G. YOUR CHILDREN'S PHYSICAL ACTIVITIES**

This section asks about activity levels. For the purposes of this survey:

- Very active refers to a lifestyle that contains 3 or 4 weekly activities that make one huff and puff, e.g. aerobics, netball, squash, football, fast cycling
- Moderately active refers to a lifestyle where most days of the week contain activities that cause a slight increase in heartbeat, e.g. brisk walking, swimming, golf, cycling
- Occasionally active refers to a lifestyle that contains vigorous activities from the 'very active' category twice or less a week, or activities from the 'moderately active' category four or less times a week
- Mainly sedentary refers to a lifestyle where the main exercise is light activity associated with day-to-day life

**1. Would you say your children are:**

Very active	Child 1	Child 2	Child 3	Child 4	Child 5	Child 6
Moderately active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Occasionally active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mainly sedentary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**2. Have their activity levels changed in the last 12 months?**

Increased a lot	Child 1	Child 2	Child 3	Child 4	Child 5	Child 6
Moderately increased	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unchanged	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moderately decreased	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decreased a lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



3. Do your children do weekly sporting activities? If yes, please advise the number of weekly activities.

Yes

No

4. Are your children members of sporting/physical activity clubs? If yes, please choose the appropriate number of clubs.

Yes

No

## 7. MUMS (& DADS) ON BIKES RIDES

1. How many Mums (& Dads) on Bikes rides have you attended? Estimate is fine.

- More than 10  
 5 - 9  
 3 or 4  
 1 or 2  
 None

2. Are you interested to join a Mums (& Dads) on Bikes ride in the future?

- Yes  
 No

3. Approximately how far do you need to travel to join a Mums (& Dads) On Bikes ride?

- Less than 1km  
 2-3km  
 4-5km  
 5-10km  
 10km or more

4. What interests you about the Mums (& Dads) on Bikes rides? Please nominate the top 3.

- Great destinations  
 My children can gain cycling experience  
 I can gain cycling experience  
 Social interaction  
 My children can see that cycling is a 'normal' activity  
 To discover safe bicycle routes  
 They're fun  
 Kids for my children to play with  
 To get out of the house  
 Allows children to get exercise  
 Allows me to get some exercise  
 Other

Please specify

**5. What are the barriers to attending a Mums (& Dads) on Bikes ride?  
Please nominate the top 5.**

- The destination
- The route
- I don't like group rides
- I don't like taking my bike on the train
- There are too many boys on the rides
- The rides are too slow
- The rides are too fast
- The ride is too short
- The ride is too long
- The ride takes up too much of the day
- The ride cuts into my child's sleep time
- The rides clash with something else
- I don't know others on the ride
- I don't know what to take with me
- The time of the ride does not suit
- The weather
- The meeting place is too far away
- There are not enough women on the rides
- There are not enough men on the rides
- Kids get impatient sitting still for too long
- Difficult to carry everything we'll need
- Other

Please specify

**6. What day to you prefer for Mums (& Dads) on Bikes rides? You may choose more than one.**

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday
- Any day
- Weekends

**7. What time of day would you prefer the Mums (& Dads) on Bikes rides start?**

- 8am
- 9am
- 10am
- 11am
- 12pm
- 1pm
- 2pm

Any comments?

**8. What are your top three destinations for Mums (& Dads) on Bikes rides?**

- Children's Garden at Botanic Gardens
- Diamond Valley Miniature Railway
- Port Melbourne Beach
- Melbourne Museum
- Half Moon Bay (long ride)
- CERES Environment Park, East Brunswick
- Birrarung Marr / Federation Square, city
- Melbourne Zoo
- Bundoora Park
- Fire Services Museum
- Heide Museum of Modern Art
- Scienceworks Museum
- Other
- Other

Please name/describe

**9. Mums (& Dads) on Bikes rides always fall on Father's Day in September. Where should we go? Choose your preferred three.**

- Children's Garden at Botanic Gardens
- Diamond Valley Miniature Railway
- Port Melbourne Beach
- Melbourne Museum
- Half Moon Bay (long ride)
- CERES Environment Park, East Brunswick
- Birrarung Marr / Federation Square, city
- Melbourne Zoo
- Bundoora Park
- Fire Services Museum
- Heide Museum of Modern Art
- Scienceworks Museum
- Other
- Other

Please name/describe

## 8. COMMUNICATION

### 1. How did you find out about Mums (& Dads) on Bikes?

- Darebin BUG
- City of Darebin
- Magazine/newspaper article
- Bicycle Victoria
- Internet
- Friend
- Can't remember
- Other

Please specify

### 2. What are your reasons for being on the Mums (& Dads) on Bikes email list?

- To find out the details of upcoming rides
- To find out about other cycling events
- To get ideas of child-friendly destinations
- To inspire me to go cycling with my children
- To inspire me to cycle
- So that I can let other people know about the rides
- To find out good bike routes
- I don't want to be on the email list - please unsubscribe me
- Other

Please specify

### 3. Approximately how long have you been on the Mums (& Dads) on Bikes email list?

- Two years
- One year or more
- Six months or more
- Less than six months

### 4. Do you cycle more since joining the email list?

- Yes
- Unchanged
- No
- Not sure

### 5. Has your physical activity level changed since joining the email list?

- Increased
- Stayed the same
- Decreased
- Not sure

### 6. Has the physical activity level of your family changed since joining the email list?

- Increased
- Stayed the same
- Decreased
- Not sure

**9. MORE INFORMATION**

1. Do you have any other comments?

2. Are you happy to be contacted if further information is required?

Yes  
 No

3. Would you be prepared to attend a focus group discussion to explore these issues further?

Yes  
 No

4. What days and times suit you best to attend a focus group discussion?

	Morning	Afternoon	Evening
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. Your contact details, if you agree to be contacted for further information or to attend a focus group discussion.

Name   
Email address   
Phone Number

**10. THANK YOU**

Many thanks for completing the survey.

Please contact me if you have any queries, comments or suggestions.

Happy cycling, Kathy

9489 4275

0410 667 634

kbrunning@bigpond.com

www.darebinbug.org.au

## **Appendix C**

Questions asked at the first focus group, held Wednesday 26 August, follow, numbered pp 24-25.

## **MUMS (& DADS) ON BIKES FOCUS GROUP – Wednesday**

1. Introductions – what are the names and ages of your children and how do you cycle with them?
2. Information/background on Mums (& Dads) on Bikes
3. Information on this focus group & the findings
4. Discussion agreement & housekeeping
5. YOUR EXPERIENCE OF MUMS (& DADS) ON BIKES
  - i) What first interested you about Mums (& Dads) on Bikes?
  - ii) What do you like/value about the rides?
  - iii) What do you like about the emails?
  - iv) What motivates you to attend Mums (& Dads) on Bikes rides?
  - v) What are the barriers to attending Mums (& Dads) on Bikes rides?
6. CHANGES
  - i) Has your car use changed since you started attending Mums (& Dads) on Bikes rides or receiving the emails?
  - ii) Has the amount of cycling you do changed since you started attending Mums (& Dads) on Bikes rides or receiving the emails?



## **MUMS (& DADS) ON BIKES FOCUS GROUP – Wednesday**

- iii) Has the amount of cycling you do with your family changed since you started attending Mums (& Dads) on Bikes rides or receiving the emails?
- iv) Has the physical activity level of your family changed since you started attending Mums (& Dads) on Bikes rides or receiving the emails?

### **7. IMPROVEMENTS TO MUMS (& DADS) ON BIKES**

- i) What changes do you think would improve Mums (& Dads) on Bikes rides?
- ii) What destinations would you like the rides to go to?
- iii) What changes do you think would improve Mums (& Dads) on Bikes communications?

### **8. ANY OTHER ISSUES?**

### **9. THANKS**

## **Appendix D**

Questions asked at the first focus group, held Saturday 29 August, follow, numbered pp 27-28.

## **MUMS (& DADS) ON BIKES FOCUS GROUP - Saturday**

1. Introductions – what are the names and ages of your children and how do you cycle with them?
2. Information/background on Mums (& Dads) on Bikes
3. Information on this focus group & the findings
4. Discussion agreement & housekeeping

1.45 –  
2.05

### **5. YOUR EXPERIENCE OF MUMS (& DADS) ON BIKES**

- i) What first interested you about Mums (& Dads) on Bikes?
- ii) What do you like/value about the rides?
- iii) What do you like about the emails?
- iv) What motivates you to attend Mums (& Dads) on Bikes rides?
- v) What are the barriers to attending Mums (& Dads) on Bikes rides?

2.05 –  
2.25

### **6. CHANGES**

- vi) Has your car use changed since you started attending Mums (& Dads) on Bikes rides or receiving the emails?
- vii) Has the amount of cycling you do changed since you started attending Mums (& Dads) on Bikes rides or receiving the emails?

## **MUMS (& DADS) ON BIKES FOCUS GROUP - Saturday**

- viii) Has the amount of cycling you do with your family changed since you started attending Mums (& Dads) on Bikes rides or receiving the emails?
- ix) Has the physical activity level of your family changed since you started attending Mums (& Dads) on Bikes rides or receiving the emails?

2.25 –  
2.45

### **7. IMPROVEMENTS TO MUMS (& DADS) ON BIKES**

- x) What changes do you think would improve Mums (& Dads) on Bikes rides?
- xi) What destinations would you like the rides to go to?
- xii) What changes do you think would improve Mums (& Dads) on Bikes communications?
- xiii) What do you think of the name: Mums (& Dads) on Bikes?

### **8. ANY OTHER ISSUES?**

### **9. THANKS**