

ROAD DIARIES:

thoughts on cycling while female.



a project by Bud Tymczyszyn

“LESS CARS, BETTER STREETS, MORE LIGHT AT NIGHT, SMASHING PATRIARCHY, CAPITALISM AND RACISM :)”

FORWARD:

As a man, I was hesitant to start a project about women and bicycling. I had read a lot of fantastic materials online and in print about women and cycling—and inspired by those materials, I was interested in asking some questions to my female friends about their experiences riding a bike in their cities. However, I worried about whether I was the appropriate person to do such a project. I worried about my gender influencing the questions, process, or outcome. After encouragement from my professors, classmates, and wife—I decided to post my questions (edited by friends) online and see what would happen.

Over the course of a few days it received over 140 responses from at least four countries—as well a long string of emails expressing interest and offering encouragement. The responses are heartfelt and fascinating—and as informative as they are diverse.

The next 6 pages represent my own artistic processing of the responses—my own process for framing and understanding the information in front of me. Of course, this involves my own lenses, perspectives, and biases—which are naturally present in the questions as well.

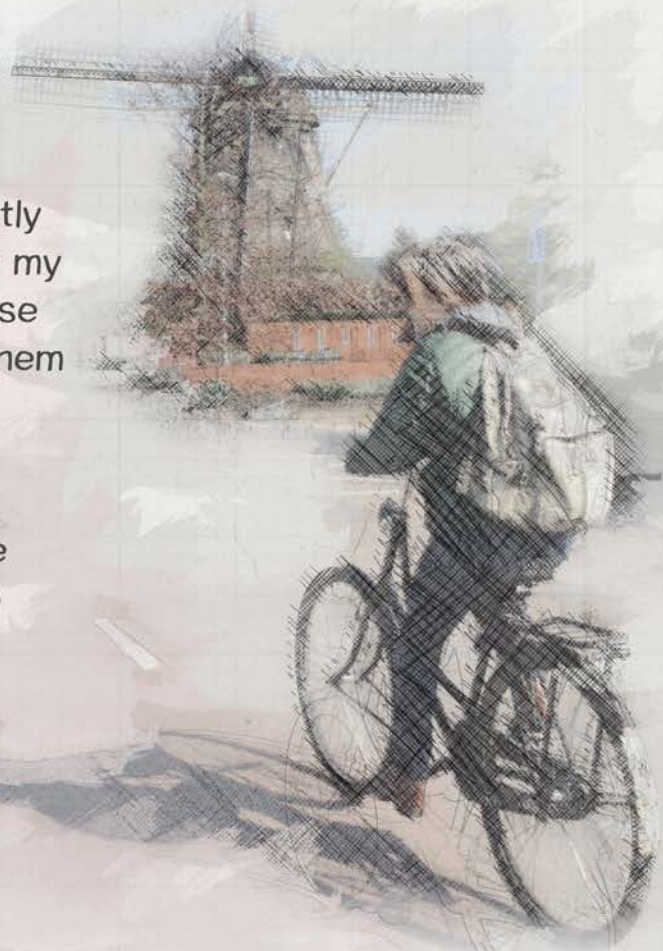
I have also provided the raw survey responses—37 pages in total—at the end of this project. I believe they are vastly more interesting in their raw form than in my own renderings and representations. Please read them and feel free to make use of them in your own discussions, understandings, and projects.

This was an incredible learning experience for me—and I owe a debt of gratitude to the women who reached out with their honest responses, encouragement, and skepticism alike. Thank you.

Bud Tymczyszyn

Grad Student - Urban Planning

Ball State University - Muncie, IN



Most men (including my husband) don't realize how much women, particularly moms, do during the day. My trips are rarely simple (just going from A to B) and it can be tough to accomplish everything (take kids to day care, get to work, be an employee, make doctors and other appointments for kids, do grocery shopping, pick kids up, get home, make dinner, etc. Do it all again). I think men have simpler days and schedules than women. Not that they aren't busy, but women and moms still are expected to do more than men. And trying to do all of that on a bike is damn near impossible.

So when men at my office make comments like "oh why didn't you bike today? too rainy for you?"

I want to say "actually, no.

I just drove my kid to the doctor,

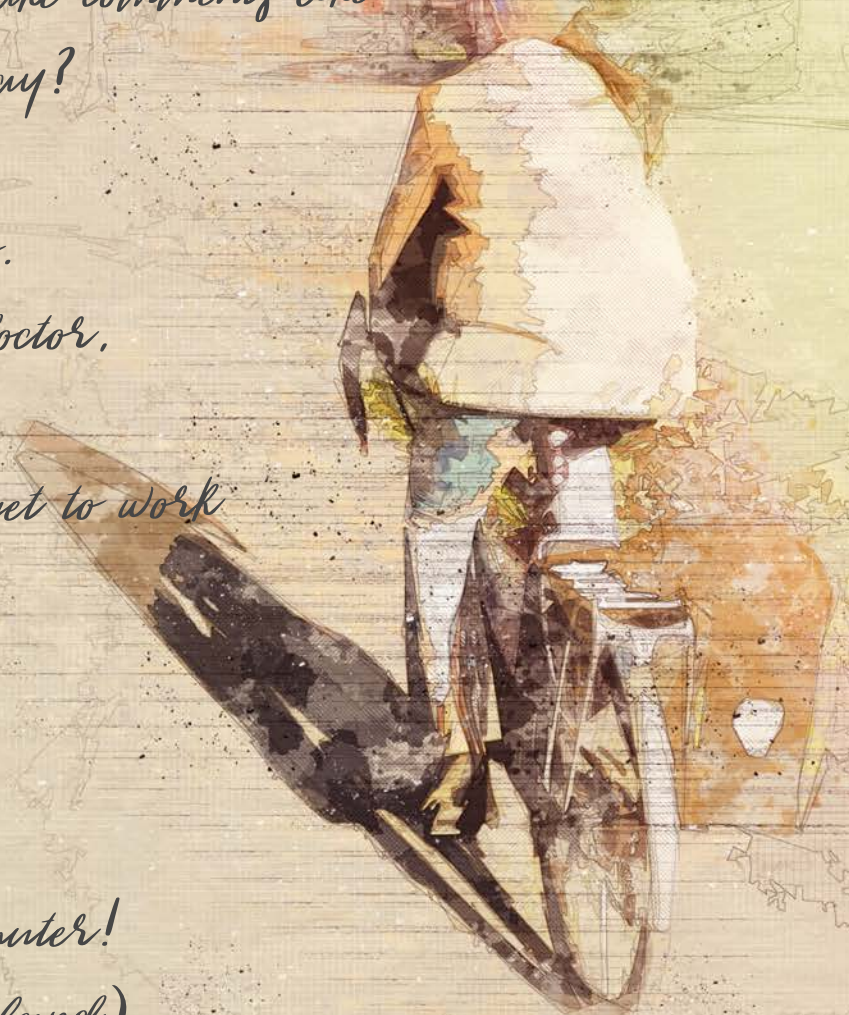
took the dog to the vet,

drove as fast as I could to get to work and look half presentable,

and after work I have 3 other errands to run."

And I'm an avid bike commuter!

(12 miles every day in Portland)



I wish I could help men understand that riding a bike makes me feel vulnerable because I am exposed and already doing something that is a little uncommon.

I also wish that I could help men understand that in feeling vulnerable I am highly aware of my own body and that unwanted attention puts me on edge and is demeaning.

We are just as capable and strong.

That urban riding is not a race, that it's not about who has the fanciest bike and biking gear and who can go the fastest.

I'm not riding for you to check out the curvature of my ass. I'm riding because I like to. It's how I get around. It's the speed I like to go.

It's fun;
get out of your motor vehicle and

JOIN IN THE JOY

Don't mansplain.

We've been told our whole lives that bicycle maintenance is a man's job.

I'm perfectly capable of fixing my own flats!

Knowing that I have enough physical strength to get around and go really fast. :)

fresh air and sunshine.

freedom!
zero fucks.

A feeling of being healthy and strong.

feeling air on my skin

seeing the cityscape and being part of it

feeling my body following the ups and downs of the path.

Everything!
The speed,
the small size,
the exercise,
the motion of pedaling,
the non-existent carbon footprint,
the wind in my hair!!

Pure freedom.

It's the perfect speed of life.
It lets you experience the elements and the world you are a part of.
In a car you become isolated.
An observer and viewer.

On a bike you are a participant.

WHAT HOLDS ME BACK?

Feeling like I can't fix it
when something goes
wrong.

riding in a skirt or dress

I ride a lot slower than most
folks so I get self-conscious
when riding with others.

NOTHING.

Not enough spaces to ride with my child

nothing holds me back
nothing.

cat calls
cat calling
cat calling

Getting honked at

Fear of being especially targeted by aggressive drivers because of the potential perception of weak or more vulnerable than male cyclists

I may not choose to bike to work on days when I have child transport duties.

I definitely see other women struggle to get into riding and I think there is a lot of power in women-only or dominated spaces where other women-identified folks can feel at ease.

I have never found a bicycle seat that was comfortable for riding long distance.

Most seats I have ridden are patch grabbers.

The only thing that is uncomfortable about riding a bike is the seat.

Not knowing comprehensive bike maintenance to rely when problems arise.
the feeling of not being a bike enthusiast,
elitism in biking world

...it's the presence of men that makes me afraid to ride a bike.

As a woman, is there anything that holds you back or makes you feel uncomfortable about riding a bike?

Nothing about being a woman makes me feel like it's holding me back from riding. Nope. Not really.

No. No. No. No. no. No! nothing gender-specific.

No. No. No. Not really no. Not "as a woman." No. No. Not Really.

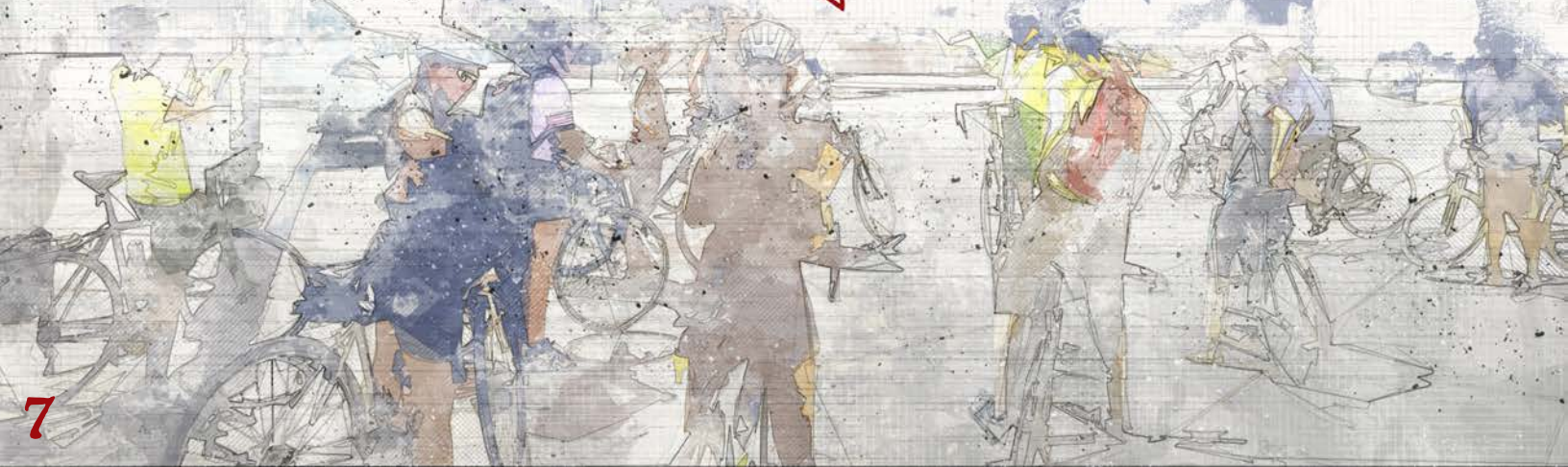
No. No, nothing specifically because I'm a woman. Not specific to being a woman, no. No.

I don't feel like anything holds me back but my own interests and time. No. There never really has been, no. Not really.

Not due to gender. No. No. Not generally. Nothing holds me back ever no. No. NO.

42 responses mention physically separated infrastructure.

More lights, not brighter lights. designated bike lanes. **Physically separated** facilities (**separated** bike lanes, multi use paths). More lighting. More bike lanes and bike - friendly signals. better attention by the city to paving. a great bike path. Independent bike lanes. Bike lanes. Infrastructure accommodation (e.g. **buffered** bike lanes). Designated bike lanes **with posts**. More bike lanes. **Protected** bike lanes, signs and street markings for bikes. Dedicated bike lanes, sharrow s. A designated bike lane and possibly posted signs. Well defined bicycle lanes. **PROTECTED BIKE INFRASTRUCTURE**, good wayfinding. I prefer **buffered** bike lanes, green lanes and most of all...**protected** bike lanes. **Protected** bike lanes. More bike lanes in heavily trafficked areas. Better street lighting at night. **Separation** from high-speed or high-volume traffic. Being **free from traffic**. safe bicycle facilities like wide bike lanes **outside the car door zone**, **protected** bike lanes, and prioritized bikes over car traffic. bike lanes maintained. **Protected** bike lanes. bike lanes with barriers. more bike lanes! **Protected** bike lanes. If more **protected** bike lanes were created and intersections would be designed to make crossing cyclists safer. More bike lanes. More **protected** infrastructure. More **protected** bicycle lanes. Better cycle lanes. Better **buffers** between main streets and bike lanes. **protected** bike lane. **protected**, dedicated infrastructure. Better infrastructure. More **protected** infrastructure. Path lighting. a connected network of bicycle facilities. **Physical barrier** or a **buffer** from cars. Off road and **separated** facilities for bikes. more **separated** bike lanes, more lighting. bike lanes, street lights. Better lighting and **dedicated** bike lanes. adequate infrastructure - cycletracks! Better bikeways, bike-only paths, bike lanes, narrower streets, better street-cleaning of bike lanes. Just safer, easier routes in general. better bike infrastructure. well-fit paths, etc. Creating more space (for example bike lanes). Well paved streets, good lighting. Better lighting on smaller streets and more bike lanes on less crowded streets. Bike lanes. More **protected** bike lanes. Better infrastructure design and implementation of complete streets policies. **Separate** bike paths, **buffered** bike lanes, signs saying 'bike may use full lane. Change lanes to pass.' more bike infrastructure. Wide **protected** bike lanes. More bike lanes, traffic calming projects. Having more **protected** bike lanes. More consistent lighting. Well established bike paths and bike specific traffic facilities. more *flat* bike lanes. I don't want to constantly go up and down curb aprons to get to, or in order to stay on, the bike path. safer roads, more bike paths. More **separated** bike infrastructure on main thoroughfares. **Bike paths inspired by the ones I've ridden in Denmark or Amsterdam**. More cycle paths. Safe roads to ride on in winter... on bike lanes. Bigger cycling lanes that are not hidden by parked cars and more of them. In my point of view, every road should have a space dedicated for bikes. better streets, more light at night. Better, **separated** cycling infrastructure. Better infrastructure on suburban roads. more bike lanes, more signage about bikes. More **protected** bike lanes.



Q.1: As a woman, is there anything that holds you back or makes you feel uncomfortable about riding a bike?

- Riding at night, or on the same side of the road as a bunch of loitering men
- I ride both bicycles and motorcycles, so as far as bicycles go, not really. I've never encountered anything that would prevent me from riding a bicycle. Frankly, if there was something I wouldn't care, but I know that it is a hard situation for some. Now, with motorcycles.. there's definitely "those looks" I get. I'm a petite person as well, so visually it's not the norm. Sometimes those looks make me feel self-conscious, but I know that I have every right to ride my bike regardless of who I am or what I look like.
- possibly when riding in a skirt or dress or wearing heels
- Storms
- Aggressive traffic; Not enough spaces to ride with my child
- I feel uncomfortable when men or women cat-call when I am on my bike. I also feel very vulnerable around fast moving vehicles, especially when they speed up near me. Sometimes I am held back from riding a bike because I don't want to mess up my hair or I want to wear something feminine like a skirt or dress and riding a bike is inconvenient.
- Nothing about being a woman makes me feel like it's holding me back from riding bikes but living/near a small urban setting I find it hard to share the road with cars. I have had many occasions of cars speeding up, slowing down directly behind me and then zooming around yelling some profanity at me as well as a few occasions where I have had glass bottles thrown at me. This is what makes me nervous to get on my bike day to day.
- Lack of appropriate gear (lights, helmets, warm clothes). Feeling like I can't fix it when something goes wrong. I also ride a lot slower than most folks so I get self-conscious when riding with others. Plus things getting stolen off my bike. Lack of safe storage options.
- I get harassed occasionally by people yelling nasty things at me. I'm as likely to have "faggot" yelled at me as actual woman - specific hate words.
- Nope
- Not really. Internally, nothing holds me back or makes me feel uncomfortable. Externally (e.g., whether drivers or other bikers would perhaps behave differently toward women vs. men), I'm not even sure that my sex is identifiable when I bike, especially in the winter (with all of my unisex winter gear).
- I feel uncomfortable riding a bike near traffic. As a runner, I have been skimmed by several vehicles, and I feel that on a bike I may put myself at even bigger risk.
- I have never found a bicycle seat that was comfortable for riding long distance.
- No
- Not really unless if I want to wear a skirt that day. But usually I put on spandex shorts underneath and tie up my skirt.
- Fear of being especially targeted by aggressive drivers because of the potential perception of weak or more vulnerable than male cyclists (on top of being more vulnerable than drivers), or even as some one it is more socially acceptable to intimidate or denigrate than men. The need to bring passengers sometimes.
- Most seats I have ridden are crotch grabbers. Also found bike riding to be hard on my knees. (Maybe my bike size is incorrect.)

Q.1b: As a woman, is there anything that holds you back or makes you feel uncomfortable about riding a bike?

- No!
- No
- No, for me it feels safer than walking but less safe than driving a car.
- Getting honked at, wearing a dress/skirt, getting hit by a car (as a human)
- Poor and dangerous road infrastructure
- No.
- nothing gender-specific. I feel uncomfortable sharing the road with motor vehicles
- no
- Being called at, stared at, sexualized while riding
- Living in the mountains is not conducive to riding a bike.
- No
- No
- Being over 50 now, I am disinclined to speed down rocky hills or ride in any way that might cause injury.
- Riding my bike in the late night and early am sometimes give me pause (see answer below). That said, I tend to take precautions and be aware, and I still bike at night and the early am.
- Drunk Friday-Saturday car drivers.
- Catcalling
- Street harassment, when I have to wear clothes for work that are hard to bike in
- Yes. More people aren't doing it, so it still feels a little bit "fringe" and not entirely "normal", especially amongst my demographic. Moving vehicles feel threatening to me as does the threat of being doored by people getting out of parked vehicles which are often in the bike lane. I feel kind of at the mercy of people driving large trucks and distracted, hurried drivers.
- Safety (personal and physical)
- No
- Sometimes clothing. Active wear seems most appropriate for the riding, though not necessarily for the destination.
- I may not choose to bike to work on days when I have child transport duties. My teen does not yet drive herself.
- Not comfortable riding a bike in auto traffic.
- I'm hesitant to ride my bike late at night. My threshold, if I have lights and reflective gear, is around 8 pm for going across town on my own.
- Not really, but I'm a frumpy white lady over 50 that rarely gets noticed.
- Sometimes mountain biking, men like to strike up a conversation to flirt or give advice when all I want is to enjoy my ride. I understand why some women bike with head phones on.
- A man said to me, "bitch, I should slap you." when I was riding.
- Not knowing comprehensive bike maintenance to rely when problems arise. the feeling of not being a bike enthusiast, elitism in biking world
- The feeling of vulnerability from collisions with motor vehicles.
- no.
- Not "as a woman" but general attitudes of people driving cars: "Get off the road!" etc.

Q.1c: As a woman, is there anything that holds you back or makes you feel uncomfortable about riding a bike?

- lack of bike lanes
- Riding a bike and looking "presentable" on the other end is a challenge for me. I don't care about what I look like while riding the bike, but it often stops me from commuting somewhere where I will be meeting people on the other side.

I also just don't find riding a bike that comfortable. I can do it just fine, it's just physically not my favorite. I have really poor circulation in my hands and feet and even during mild weather, it can be debilitating. I often criticize myself for being a wimp while other people bike around in much harsher conditions!

- Traffic safety and lack of adequate shoulders or bike lanes in traffic.
- No, I feel comfortable on a bike.
- Yes, riding in traffic.
- No.
- no
- Not really. I have to consider what I am wearing, though.
- I get ogled and/or catcalled a lot on my bike here in the South. Sometimes I get very uncomfortable approaching a group of men or even just one man who is standing idly on the side of the road.
- Mostly the lack of safe bicycle lanes in the city.
- No
-
- Bad drivers (mostly male) aggressive/verbally abusive/ physically threatening drivers (always male). Other cyclists getting in my way because they are all over the place/trying to overtake but not quickly enough and end up 'boxing in' against oncoming traffic
- As women, there's a constant fear of the boogie-man rapist. This sits in the back of my mind any time I am exposed while traveling alone (not surrounded by cardoors). But, this only permeates about 10% of my consciousness. In all actuality, the only reason I don't ride more is because I'm really uncoordinated and am afraid I'll wreck and die.
- As superficial as it sounds, outfit choices is one thing-- I would not ride a bike in a dress/skirt. Also I feel like it puts a hinderance on how late I can stay out-- I do not want to ride my bike in the dark due to lack of lighting and other safety issues
- If I wear skirt while riding a bike, I feel uncomfortable. So I tend to not to wear skirt to work, most of the times. I always wear something long that hides my curves.
- Street harassment
- No, nothing specifically because I'm a woman
- Being cat called while riding makes me feel uncomfortable an unsafe, but does not keep me from riding my bike.
- Riding in a dress or skirt can feel scandalous, even with spandex shorts on underneath. Honestly, as superficial as it sounds, the hardest part is arriving to work and trying to maintain a professional appearance. Wearing a helmet while keeping my hair from not looking crazy once I arrive is still not something I've figured out. In the summer, I get crazy sweaty, and without any kind of locker room in the office, I feel pretty gross throughout the rest of the day. I usually bike less in the summer

because of this

Q.1d: As a woman, is there anything that holds you back or makes you feel uncomfortable about riding a bike?

- Being catcalled / grabbed / otherwise harassed while biking.
- road rage
- Drivers ... not specific to my gender. I have received the occasional cat call but nothing too offensive. I fine LESS harrassment riding my bike.
- I like to ride on low traffic streets
- Not specific to being a woman, no. But the dangerous, haphazard bicycle infrastructure in Indy does.
- Safety on the street - from traffic - is always a concern. I can't say I feel more strongly about this as a woman.
- The threat of being attacked while riding on a dark path. The disgusted and uncomfortable feeling I get when I'm stopped at a traffic light and get catcalled by a dude in the car next to me. And the threat of being raped while stopped at a gas station, campground or restaurant (when I'm bike touring). So to sum it up, it's the presence of men that makes me afraid to ride a bike.
- No
- Speed of vehicles on the road; topography (biking downhill from my house and then not being able to get back uphill); biking on what are nice trails, but that are secluded
- I don't feel safe, not only from motor vehicles but from creepy men on bike paths.
- I started riding because I am introverted and wanted to have the the freedom and ability to leave any social setting in college. No one rode bikes at my school and everyone walked in massive groups or drove together. Bicycling started as an escape and now has become in part my career, teaching and supporting other people to ride. I don't feel like anything holds me back but my own interests and time. I definitely see other women struggle to get into riding and I think there is a lot of power in women-only or dominated spaces where other women-identified folks can feel at ease.
- Traffic, in a word
- Sure. I feel unsafe biking at night sometimes and I feel uncomfortable biking in a skirt, even sometimes when I have shorts under the skirt!
- Cars, Cat Calls, Flat tires caused by glass in the road, dark streets.
- I bike mostly for transportation. When my kids were younger I biked with them to school. I felt the routes weren't safe. I have been working steadily with my city over many years to improve those routes. It has been a very slow slog. We need more money for safe school routes.
- Cat calling
- dangers of traffic
- Main thing that holds me back is fear of getting hit by a car. Second would be weather and the time needed to get from point A to point B. In terms of woman-related things: If I'm wearing a skirt it's less convenient to bike. If I have to dress up for something, it's inconvenient (hair etc.) but not a major issue. If I had a child, my concern for their safety would be a big factor as well.
- There never really has been, no. I always just used bikes for recreation, until coming to classes in Muncie, and even then it isn't necessary for me to ride a bike to class.
- No, only when I'm wearing a dress.
- Coldness in the winter

Q.1e: As a woman, is there anything that holds you back or makes you feel uncomfortable about riding a bike?

- People harassing me from cars
- I sometimes get nervous riding at night down small neighborhood streets that are not well lit.
- The seat can be uncomfortable.
- The seats are uncomfortable.
- Not usually but I did ride a racing bike for a while where your feet are locked in. Not being able to unlock quick enough was a fear.
- For commute / general transportation: aggressive drivers and the overall physical danger of being on the road (e.g., being hit). For recreational purposes, nothing comes to mind.
- Not really
- Not due to gender
- No
- Automobiles.
- I am cautious of riding alone since women have disappeared. Have to schedule rides around others
- No
- Aggression from drivers
- I worry about being hit by a car or being grabbed by someone.
- Rude drivers
- Not really other than there are certain roads in will not ride solo.
- I'm a trans woman so I don't feel comfortable riding a bike since I'm pre-op. Essentially there isn't a way for me to effectively conceal what needs to be. Also my face gets really cold and my hair blows in my face.
- Not generally, the only time I would feel uncomfortable is wearing a skirt and riding a bike; so I avoid riding then.
- I am concerned about mechanical issues and safety.
- Nothing holds me back ever
- The only thing that is uncomfortable about riding a bike is the seat. I feel very confident in riding. I know that if something were to happen while riding (flat tire, etc) I would be okay.
- I can't wear certain types of clothing. I get cat called if I wear certain types of clothing while riding. I get cat called if I wear normal clothes while riding just because I am more out in the open on a road.
- In all seriousness, sometimes I don't like my backend being all exposed to every driver and pedestrian I pass.
- Being yelled at, or when a car passes too close
- In the summer, some people (especially men) stare inappropriately when I wear my usual clothes (sometimes skirts and dresses) while riding my bike rather than "work out" clothes. I also feel that men who biking often think there are in better shape and know the city better and either make comments or act in a dominant way, cutting in from of me at a stop sign, even though I've been consistently faster on the bike lane.
- no
- No
- no

Q.1f: As a woman, is there anything that holds you back or makes you feel uncomfortable about riding a bike?

- The speed and closeness of traffic when street riding - I avoid busy streets and times of day when there are high traffic volumes. I try to wear bright clothing, wear a helmet and have lights on my bike, but I really enjoy going places just dressed "normally", in skirts, heels or "average" clothes, but sometimes choose to drive because I don't want to change. I just don't think drivers see me if I wear regular clothing.
- Sweating a lot. And wearing a helmet, which intensifies the sweat and bad hair.
- Street harassment in my city is very frequent.
- Not really anymore, but it took a long time to get comfortable
- cat calls, people in cars being aggressive and not being taken seriously
- No.
- Lot of snow accumulated in the streets, icy streets.
- As an older woman I sometimes get taunted or made to feel it is not appropriate for me to cycle
- hell no.
- I'm afraid that young men in muscle cars will try to run me off the road
- That people are gonna look at me like a creepy sweaty hippie (but i ride My bike anyway)
- Honestly no, I'm not giving limits to my self on anything related to biking because of my gender.
- No.
- Not really, apart from the fact that the streets in my city are super shitty..
- There are certain clothes I don't like to ride my bike in (very short shorts, dresses unless I wear shorts under, etc) because I feel like I'll get catcalled--other than that, no.
- Sometimes I'm just way too tired to get along with the catcalling, so I'd rather go by cab or by public transit. In such situations, I probably wouldn't go on foot either. And it doesn't happen much, but sometimes my outfit also hinders me from biking (short or tight dresses/skirts) - when I want to wear something that's not "bikeable", I'd rather chose another way of transportation. That also happens when I have to go to specific destinations and the way is only made of heavy traffic ways and I need to fight space with motorcycles or buses.
- No
- nope, i do it every day for commuting. i don't own a car and feel empowered when riding my bike.
- Intimidation when fixing or riding my bike
- Not in general. I currently lack fenders on one of my bikes, which means I don't ride it in the rain. But once I put a fender on, that shouldn't be an issue anymore.
- When I am expected to appear professional, it is sometimes uncomfortable to transition from bike rider to business woman.
- I do worry about standing out on the street and everyone looking at me who is driving by. I feel like they can see me but I can't see them. I have been cat called while walking on the street but not on a bike. Mainly I'm scared of getting hit by a car.
- Riding a bicycle on streets has become more uncomfortable due to increased traffic speeds and other moving violations, debris, motorists and other people riding bicycles who don't respect bicyclists or abide by the laws.
- The cold weather. Dangerous weather.
- No there is not.

Q.1g: As a woman, is there anything that holds you back or makes you feel uncomfortable about riding a bike?

- Going really slow, especially on hills- up AND down. Going out alone for a long (road) ride without a pump or extra tube. Trying mountain biking because of the slow factor/competitive nature.
- cars et others vehicules

Q.2: Are there areas in your town where you feel uncomfortable or unsafe riding a bicycle? If so, what might cause these spaces to feel this way?

- Some of the side streets in downtown because of the aforementioned loitering men & along the greenway
- With bicycling, yes. Unfortunately there seems to be some creeps I've encountered on my own street. I've had one guy slow down in his truck in order to ask if I wanted a ride, which might just be coincidental that I was on my bike. Lack of lighting for night riding, uneven terrain, lack of an actual space for a bike on the road are all issues everyone faces, but I feel that since I'm a woman I have to be extra careful at night and people carry over that idea that "women can't drive" with bicycling, so sharing the road is difficult sometimes. Overall, since this is a college town I would say it's a little more expected from everyone to ride a bike at some point.
- lack of lighting and defined bike spaces and no buffers from the street
- At night, when my lights are not working, narrow streets in double lanes for bicycles only
- Too much traffic with high speeds; No physical separation from motor vehicles; Too dark
- I feel unsafe riding my bike in neighborhoods where there is very little foot traffic and/or bike traffic and where there are no bike lanes or fast moving vehicles. In Muncie, some of these spaces are Madison street and Memorial where there are wide streets with no bike lanes, fast moving traffic, lots of driveways and parking lots for cars to pull in and out of and no bike lines. I also feel uncomfortable riding my bike in areas where I have received unwanted attention for doing so in the past - this may be because I'm female, white or privileged or just may be the norm in the areas where I am uncomfortable because I am an outsider.
- See above answer. There are few bike lanes or paths. If I had it my way I would love paths everywhere. Missoula Montana has a great bike path/lane system that I enjoy!
- Busy roads with no shoulder, when I feel forced to get on the sidewalk. I really like clearly painted but not curbed in bike lanes. I like to ride where I feel visible. I avoid curbed lanes because I feel like I can't maneuver out of way if I need to. I also avoid high pedestrian traffic areas because I don't like being catcalled at while riding.
- Places where there is no shoulder, no bike lane, and very fast traffic. Such places are unavoidable on my daily commute. They are dangerous for men and women.
- Dedicated bike lanes on busier roads would be so excellent. In my town, drivers don't seem to know how to pass riders safely, and that is nerve racking.
- I try not bike in neighborhoods that I'm not familiar with, especially at night. I bike to and from campus and in the nearby neighborhoods all the time, all year round, and at all hours, ranging from 6am early morning commutes to work and 2-3am returns home after a super long day. Lighting and width of the road are things I take into account. For example, before Morrison was re-done (i.e., before the nice wide sidewalk was put in), I especially avoided that road because cars go really fast, there was almost no shoulder, and there wasn't much lighting. I don't mind biking on busy roads like Tillotson or McGalliard because there are two lanes for vehicular traffic, so cars have room to move over, and for part of McGalliard there's a really wide shoulder to ride on. For me, the key is to behave like a car: Follow the rules of the road, be visible, and be aware.
- I feel unsafe riding a bike in heavily trafficked areas.
- I live in the mountains and the roads are very curvy and narrow making riding a bicycle unsafe. That is one of the reasons why I haven't been into biking for years.

Q.2b: Are there areas in your town where you feel uncomfortable or unsafe riding a bicycle? If so, what might cause these spaces to feel this way?

- Busy streets
- Busy roads with high speed traffic. I am afraid I will get hit.
- There are places with no through roads except high speed arterials with lots of potholes and cracks. Especially where no accommodations are given to cyclists in a road's design, I fear aggression from drivers who may feel surprised to have to change lanes or slow down when they come up from behind me, and may feel justified in challenging my right to use the road and to be given safety.
- Cars don't seem to give cyclist the right of way downtown or in midtown areas. Think part of the problem is the bicycle lanes seem to compete with car lanes. Think there needs to be more PSA to educate drivers and bicyclist on road safety.
- I particularly don't love when bike lanes are along 2-lane or wider car thoroughfares because if I need to turn left, I have to cross 2+ lanes of traffic and my experience has been that cars are less aware of my as a cyclist on these roads than single-lane roads.
- The lack of sidewalks/ biking lanes in my small community makes me feel unsafe when approaching cars get so close to me when I'm riding
- I don't ride in the dark or through run-down, areas.
- Areas without bike lanes/protected areas
- Most of the roads in my town are unsafe for bicyclists. In particular, the main thoroughfares are 6-lane wide and are catered to autos that drive up to 45 mph and the roads have no regard or protection for bicyclists.
- If so, it's the bad traffic.
- Yes, but again, nothing gender-specific. I feel more unsafe on roads with motor vehicles driving at speeds that are likely to kill me if I'm hit.
- no
- Most areas-- live in a big city with cars that are not good with cyclists, no cycling culture
- As I said, I live in the mountains. The roads are narrow and winding making it unsafe to ride for the most part.
- When the road is too narrow (2 lanes - no space on side) and there is not enough room for both car and bike. Or it seems that way. And the same in cities when there is no designated bike lane - road on one side, curb-side parking spaces on the other side.
- Cars going to fast
- Riding in traffic makes me uncomfortable.
- There are spaces when we lived in SLC where I would feel uncomfortable riding alone at night as a female. Also, I would commute to work in the early am on a bike path (Jordan River Bike Trail) where there was a lot of brush/foilage and intermittently people camp out there. I would always carry pepper spray in my pocket and I never rode with headphones on. Now, living in MT, there really aren't a whole lot of places I feel uncomfortable in the urban setting. That said, I always carry pepper spray in my pocket - for potential human and animal encounters.
- High speed/traffic-crowded wide boulevards.
- Neighborhoods that I'm not familiar with
- Yes. Little to no bike infrastructure, poor lighting, fast traffic, high crime (or perception of high crime), bad wayfinding signage

Q.2c: Are there areas in your town where you feel uncomfortable or unsafe riding a bicycle? If so, what might cause these spaces to feel this way?

- Roads that don't have a designated space for bicycles doesn't really feel comfortable to me. Large, busy intersections are particularly intimidating as are stretches of roadway where there are bike lanes, but the speed limit (or speed of cars) is over 30 mph. I also hate sharrows and don't feel like drivers understand what they are about.
- Traffic, speeding cars
- No
- Industrial areas that are not well-lit at night.
- Fast arterials without adequate bike facilities. The speed, volume, and proximity of traffic is uncomfortable in these spaces.
- Wherever there is traffic, automobiles period.
- Across the Caltrain tracks when it is dark. Many trains go through during the evening commute hours and I would be uncomfortable crossing the tracks in the dark or rain (slippery).
- Once in a Whitehall neighborhood - too many pitbulls, broken glass on the street. Southwest side - too commercial, bad roads, fast speed limits and too many trucks. Also, generally trying to ride East/west in Columbus - not enough bike lanes or bike lanes not maintained. Also, multi-use paths can be dangerous with walkers or pet owners wearing headphones, letting pet leashes block the path.
- Most roads are unsafe, there is very little knowledge by drivers of bicycles and how to act around one.
- 5th ave. There is a new warehouse that makes this unsafe. Also, this area does not understand the importance of 2-wheeled transportation.
- crowded busy streets with no bike lanes
- Narrowish busy streets where motor traffic is going fast (over 25mph).
- no
- Yes, traffic exceeding the posted speed limit.
- poor lighting at night and lack of bike lanes
- Any place where I know people are parking short term or the streets are narrow. I am super cautious of getting doored by people not being mindful.
Streets where bikers are not usually riding. Streets less trafficked by other riders make me feel like I'm more of a prominent presence or a nuisance to the cars.
- Yes.
- I feel unsafe when there is no bike lane on a busy street.
- In traffic where there is no bike lane I am afraid I'm going to be run over.
- Run-down areas of town or riding at night. I avoid both.
- no clear cycle lanes
- I would not feel safe in the more crime-ridden areas.
- There are not many bicycle facilities in my city, and much of the road system consists of high-speed, high-traffic volume roads. I feel unsafe on those roads because of the speeding traffic and because many people here do not seem to think that bikes are allowed in the road.
- On major urban roads, because there is little dedicated bicycle space and no protected bicycle lanes.
- Yes. Spring water corridor without a companion. There is a homeless encampment on it and there

have been multiple reports of harassment of cyclists and one rape of a runner.

Q.2d: Are there areas in your town where you feel uncomfortable or unsafe riding a bicycle? If so, what might cause these spaces to feel this way?

- The Road because of aggressive/dangerous (mostly male) drivers. The road because of terrible road markings. The road because of terrible cyclists.
- Yes. These are areas of town where crime rates are high, or people (potential catcallers) hang out in public spaces.
- McGaillard Road, due to how it caters to cars and the high speeds they travel at
- If there isn't any share the road sign or a bike lane, I feel uncomfortable. Also the left turns make me nervous.
- There are some areas with high rates of violent crime where I feel uncomfortable. There are a few blocks with high rates of loitering where I have gotten a lot of street harassment- it makes me feel uncomfortable to ride by these areas where I can expect to be harassed.
- Major streets without bike lanes or sidewalks, like McGalliard, W. Jackson, parts of Morrison. Narrow side streets with potholes. Sidewalks with obstructions (light poles) or curb drop-offs (what's the word for smoothed out curbs at intersections??)
- I feel most unsafe when I'm riding in an area that is low traffic, but has a construction site or group of men hanging around and they make comments/cat call. I know I could probably out pedal someone who wanted to take a cat call further, but it is unsettling.
- Not really-- I'm usually only biking in and around downtown
- The amount of people downtown increases harassment there. Areas that combine poor bike infrastructure with high speeds make me feel unsafe in a different way.
- riding in heavy traffic; riding by the homeless shelter with people lined up outside
- Yes. Mostly centered around street design, traffic, and lighting. I am pretty comfortable in most neighborhoods but I tend to steer clear of certain areas where there are traffic issues, street crime, etc., if I'm alone or it's late at night
- The following three things: aggressive drivers, lack of bike infrastructure or guidance, and aggressive cyclists.
- Emotionally, no, but again, there are dangerous areas caused specifically by the infrastructure, like the S curve at 46th and College. Whoever designed that wants cyclists to die.
- Places where cars tend to switch lanes and speed.
- Yes " I live in Seattle, Wash., and riding on dark paths at night when there aren't many others riding makes me feel unsafe. The Burke-Gilman Trail and Interurban Trail are both dark at night with only a few sections of lighting. It's harder to see people who might take the opportunity to jump you, and hard to see obstacles like tree roots or rocks. I also feel uncomfortable being so close to cars at a stop light. Most of the bike lanes in Seattle are very close to cars, and I often feel trapped.
- Yes, too many lanes of traffic, high speeds and no safe way to make left turns..
- Yes. Speed of cars, secluded areas/lack of others around
- Yes. We have a trail corridor that is wooded, isolated, and not patrolled by police. There are many homeless encampments in the woods, and many of the men who populate those camps are threatening. This is not my perception. I have been menaced multiple times: a man tried to intercept me last winter, and a man chased me the previous winter. In the winter now, because there are

fewer people on the trail engaged in so-called "right use," I choose to ride on the streets and take my chances with motor vehicles.

This public space is mediated by men who engage in behavior outside of accepted norms, which puts me on alert that they might be more prone to committing an act of violence against me. I realize people without homes have a right to go somewhere, but I also have a right to be in public space and have a reasonable expectation of safety.

Q.2e: Are there areas in your town where you feel uncomfortable or unsafe riding a bicycle? If so, what might cause these spaces to feel this way?

- I don't feel unsafe riding anywhere in my town, though I would feel less safe walking in some neighborhoods. Most of my safety concerns are related to traffic-- volume, speed, negligence, etc. I see a very clear difference in the way drivers treat me when I am wearing more feminine clothes than when I look more like a rec rider or am dressed more androgynously.
- Yes, riding across or along high volume roads, drivers passing too close
- I often feel threatened by cars, but assuming that you mean interpersonally unsafe -- Not during the day, but at night I feel uncomfortable on side streets sometimes also on large deserted streets.
- Yes, poor lighting at night causes me to consider riding on another street, but I have my own bike lights.
- Charleston/Arastradero Road--a former four-lane arterial that is used by 16-20,000 cars per day and hundreds of bicyclists, many of whom are commuting to eleven nearby k-12 schools. We have been working for 14 years toward completion of a badly needed road diet. A paint trial has been completed, but the built improvements which will provide real safety always seems to be "a year away." We need to get this project done.
- Yes, lighting/visibility, no bike lanes
- roads with high speeds & inadequate infrastructure
- Areas with lots of cars and poor bike infrastructure. Areas that are super dark at night, if I don't have a strong bike light.
- There are places where I am not comfortable riding my bike alone, at least at certain times of the day, because they are statistically unsafe places. There are places I wouldn't want to ride my bike because there is too much vehicular traffic. But for the most part I feel pretty safe on a bike, safer than on my feet.
- Not really, but if there were more bike lanes and more space for bicyclist it would definitely be more comfortable and safe.
- places that are dark and have lots of potholes because I would be afraid to fall, or roads where cars whizz by too close
- Being verbally threatened
- Lack of dedicated bicycle lanes.
- It is very hilly.
- Pretty much anywhere off campus. There are no right of way areas, and traffic is spastic.
- Yes, in areas with lots of traffic.
- Roadways with high traffic volumes/speeding cars. Otherwise, generally, the areas I feel unsafe walking, I feel unsafe riding a bicycle. These are areas that are not very pedestrian friendly - no

storefronts, car-centric, no inviting spaces, little lighting, narrow sidewalks/shoulders, etc.

Q.2f: Are there areas in your town where you feel uncomfortable or unsafe riding a bicycle? If so, what might cause these spaces to feel this way?

- It is becoming increasingly dangerous to ride on the road. But this is not a female issue
- Driver aggression, roadway design that doesn't accommodate cars and bikes particularly well
- Lightly traveled country roads. The seclusion makes me feel vulnerable to being attacked.
- Streets where bikes and cars share the same lane, and cars go over 20 mph.
- High traffic areas - more safety in numbers
- Busy roads, unsafe neighborhoods (crime)
- Aggression from motorists
- Remote areas can be frightening.
- No
- Yes narrow roads in town with no bike lanes and heavy traffic.
- I live in DC and the layout and traffic are a mess (I have a bachelor's in planning so I'm allowed to say that :P). It gives me anxiety just thinking about driving a car in it, literally got a ticket the first time I tried.
- Yes, there is a lack of sidewalks.
- There are some areas I would not ride alone and would not ride in the dark.
- East Jefferson. YOU KNOW WHY.
- I choose not to ride on roads that are busy or do not have a shoulder. If there was a bike lane that was clearly marked, I would absolutely ride on these same roads. There are areas of Indianapolis that I choose not to drive, I would not ride my bike in those areas either. I choose not to drive in these places due to crime rates, etc and I would not ride my bike there as well.
- I feel unsafe in certain neighborhoods where people cat call. I feel unsafe when there's not a protected bike lane.
- Anywhere with 5 lanes of traffic, no sidewalks, and lots of stoplights. It just doesn't feel safe.
- Near the 40, near the 10 (University/St-Jacques), peel and wellington
- Yes, anywhere that is badly lit for a long stretch.
- Unsafe on some big streets (st-laurent...)
- No bike path, high traffic roads, roads that are not well maintained (potholes)
- Yes, on some busy street with a lot of cars and holes in it
- Yes, multi lane streets where I have to cross lanes of traffic to get where I need, especially when these are higher speed (30+MPH) or high volume areas.
- Yes-- areas where there's too much traffic and not enough space for bikes.
- Yes, in bad neighbourhoods I fear about getting mugged and I am often catcalled, both things make me feel very unsafe.
- I feel unsafe with unsafe or aggressive drivers, whic unfortunately can occur anywhere
- center of town
- No.
- On big boulevards (I try to never ride on Parc or St-Denis), under viaducs (I always take the shared sidewalk, too many deaths occured there :(.
- I feel safer on cycle paths.

Q.2g: Are there areas in your town where you feel uncomfortable or unsafe riding a bicycle? If so, what might cause these spaces to feel this way?

- i feel unsafe riding my bike in the winter, pretty much anywhere. Otherwise, I feel very safe riding my bike in Montreal
- On main streets in the suburbs, aggressive drivers honk, yell, or try to hit me
- Any narrow street or when the speed limit exceeds 50km/h
- On my bike I feel kinda invincible in areas where I would feel less safe walking
- Yes. I hate to ride downtown because there are too many cars, pedestrian or even other bikes that don't pay attention to what's around them. I feel like everyone is stressed and that I have to be "bigger", more visible and that I have to impose myself on the street. Or else, no one would let me pass. Some cycling lanes also make me feel unsafe. Especially, when the cycling lane is between the sidewalk and the parked cars.
- One of the bikepath is really dark and isolated in Montreal, I always try to go really fast when I'm riding there at night and sometimes I'm scared someone would hide there and attack me.
- Lack of cycling infrastructure makes me feel less safe--but I do still ride in those areas.
- Yes, but those areas are also the ones where I'd feel even more unsafe walking or by car/public transit. I feel much more safe when I'm on a bike than on any other way of transportation, specially walking.
- Not in my own city, but I have felt uncomfortable while biking in other cities when I was in isolated areas that had no street lighting.
- a bit when riding on busy streets or through areas of high volume. also the overpasses can be daunting. many people avoid them but sometimes i go these routes b/c it's quicker!
- Yes, repeated past history of encountering angry/overbearing cyclists or catcallers there
- No
- Spaces without bike lanes or where I am crowded by cars make me feel uncomfortable
- I don't like riding in industrial areas mainly because there isn't a lot of traffic and you don't know who is hanging out there. Underpasses and near highways are also scary usually because of extra car traffic, but there can be a higher chance of homeless travelers that look untrustworthy.
- I live in a low income, high crime neighborhood in St Louis and ride in all areas of the metro. On many occasions I feel uncomfortable and/or unsafe riding because of the poor and deteriorated street conditions in most areas of the City. Street repairs and routine maintenance are long overdue, thus raising concerns for flat tires. Of course, there is not bicycle dealer/store in this area. I have experienced 7 flat tires this year alone, and finally purchased tire liners to prevent flat tires. Typically, I am the only woman of color I see riding for miles, until I get closer to the University neighborhoods close to Forest Park. Then, rarely perhaps one other. I would feel more comfortable seeing other women of color of any age riding along my route.
- The downtown eastside in Vancouver. Poverty and addiction scare me.
- It is not smart to ride in places with high crime rates.
- Just on busy streets, even when there is a bike lane.
- cars and others vehicules, speed of vehicules

Q.3: What would help you feel more comfortable riding a bike?

- More lights, not brighter lights, but some places like the greenway have none whatsoever. even if it isn't supposed to be used at night, many do.
- Less stares, to be quite honest. Acceptance. This isn't a physical thing, the bicycle is not a form of sexual satisfaction as some people may believe. Just let me ride my bike in peace!
- designated bike lanes
- If other drivers and pedestrians would give us consideration (first degree)
- Physically separated facilities (separated bike lanes, multi use paths)
- I would feel more comfortable if there were more people outside walking and biking around in general; if all drivers gave me extra space and drove slowly by me; if there were a lot of bike signs showing men and women on bikes making drivers and other bikers aware that we have a right to the road; if bike lanes were more plentiful and cars were required by law to concede to pedestrians and bikers. I would feel more comfortable if I did not receive unwanted attention and cat calls on my bike; if there were advertisements and billboards promoting biker awareness and also promoting women on bikes. I would feel more comfortable if bike-transportation awareness had been included in general education growing up just like drivers ed.
- More lighting for night time biking. Sometimes where I live, being a woman and riding at night can feel scary
- More info on bike maintenance and basic bike info. I've been riding for years and still don't really understand shifting properly, bike repairs, bike maintenance. More bike paths, not just lanes. Separate, straight forward but visible routes that don't meander unnecessarily. More bike lockers in the city or indoor bike parking options.
- More bike lanes and bike - friendly signals on my routes.
- One of the best purchase I've made is a helmet mirror. It makes me feel way more safe.
- I think I have everything I need: reflective clothing, helmet, protective gear for the winter (and other seasons), a rear-view mirror on my helmet, multiple lights on the bike itself and a light on my helmet. I find that drivers have been respectful for the most part and seem to appreciate that I make it easy for them to see me. If Muncie had bike lanes, of course that would be pie-in-the-sky, but even if we never get bike lanes (beyond the few we now have downtown), I'll still continue to happily bike everywhere. Beyond that, I think the only thing that would make biking in Muncie more safe is better attention by the city to paving (i.e., fixing potholes).
- Maybe a tracking device or emergency way of notifying someone that something is wrong (if I don't have my phone on me).
- I was in Seattle and rented a bike and went on a great bike path that was flat, wide and went on for miles. It was really fun and never felt uncomfortable.
- Independent bike lanes

Q.3b: What would help you feel more comfortable riding a bike?

- Bike lanes
- Infrastructure accommodation (e.g. buffered bike lanes), driver education about cyclists safety and rights, better looking rain gear options, more research into pudendal nerve injury prevention for female cyclists.
- Designated bike lanes with posts that prevent cars from entering the bike lanes and harsher penalties for drivers that don't give right of way to cyclist.
- More people on bikes! The more of us there are, the more familiar car drivers are with us being on the road!
- More bike lanes/sidewalks
- More streetlights
- Protected bike lanes, signs and street markings for bikes
- Dedicated bike lanes, sharrows...really any effort is better than what is available now.
- I probably need more neon gear to stand out in traffic.
- More people on bikes; fewer people in motor vehicles.
- having an ebike for the hills ;-)
- The end of patriarchy
- I always felt comfortable riding a bike when I lived in the South Bay of Los Angeles and could ride on the strand.
- A designated bike lane and possibly posted signs to remind drivers that there is a designated bike lane.
- I can't think of anything
- Well defined bicycle lanes.
- Bright headlights, letting people know where/when I am biking, carrying pepper spray that's accessible, not wearing headphones when I bike. These are all practices I've implemented, and I still bike as a main form of commuting.
- Less motorized traffic
-
- PROTECTED BIKE INFRASTRUCTURE, good wayfinding
- I prefer buffered bike lanes, green lanes and most of all...protected bike lanes. I wish more people were out and about on bikes because I often feel alone and isolated with most people zooming by in cars.
- Protected bike lanes, slow speeds, enforcement of traffic laws
- Practice!
- More bike lanes in heavily trafficked areas. Better street lighting at night.
- Separation from high-speed or high-volume traffic.
- Being free from traffic.
- If the places I was going to provided safe bike parking facilities in a well-lit area (at night) and if the roads provided safe bicycle facilities like wide bike lanes outside the car door zone, protected bike lanes, and prioritized bikes over car traffic.
- Educated drivers being more aware, bike lanes maintained (no gravel!) More

secure parking places at destinations.

Q.3c: What would help you feel more comfortable riding a bike?

- Protected bike lanes.
- bike lanes with barriers
- bike shops that are more welcoming to newbies, alternative bike routes or bike pathways
- Speed limitations that were enforced.
- I feel comfortable
- Better enforcement of and respect for traffic laws; people remembering that driving too fast or while distracted is highly dangerous and the seconds it costs are far less than the potential damage a collision can cost.
- more bike lanes!
- Protected bike lanes.
- If more protected bike lanes were created and intersections would be designed to make crossing cyclists safer.
- I can't think of any ideas.
- More bike lanes.
- Safer drivers!
- respect from the car drivers
- Lots of other people riding bikes.
- More protected infrastructure on high-speed roads, and less street harassment
- More protected bicycle lanes.
- Less pink shit in women's cycling gear. More clothing and gear options for mountain biking. I usually have to buy boys gear which sometimes doesn't fit the best.
-
- Better cycle lanes and more driver awareness - many drivers are not aware of the highway code as it relates to cyclists in the uk. Better protection from aggressive drivers (police never do anything even with a reg)
- If I was stronger and more coordinated.
- Better buffers between main streets and bike lanes
- Surrounded with more bike riders would help me.
- Lower rates of violent crime and street harassment and protected bike lanes.
- Remedies for the street and sidewalk issues listed above. And, more bikers on the road and more of a biking culture would make drivers more used to seeing us and accepting us as part of the traffic. I think there are quite a few recreational riders in Muncie who use the greenway, but not so many commuters or "errand riders". I ride to church, to yoga, to the grocery store, to campus - all relatively short rides where I can figure out a safe route. I love the new sidewalk on Morrison, and I like the roundabout.
- More people, especially women, riding would make me feel more comfortable. I think when riding a bike is more of a norm and there is a more present

bicycling community I will feel safer.

Q.3d: What would help you feel more comfortable riding a bike?

- Washroom/locker room at the office
- Destruction of the patriarchy. (ie men not feeling unchecked power over those of other genders)
- protected bike lane
- protected, dedicated infrastructure.
- Common courtesy.
- Better infrastructure and better education. I see both cyclists and drivers that don't follow traffic rules associated with biking.
- More protected infrastructure; more people on bikes; more people on bikes acting predictably; motorist courtesy
- Path lighting, more people riding their bikes. It would help if men stopped being such dicks.
- Easy way finding and a connected network of bicycle facilities
- Physical barrier or a buffer from cars, but not being isolated from the roadway
- Police presence on this corridor, faith that the police would prosecute motorists who do stupid things that hurt or kill people on bikes, housing for the people who menace me on the trail.
- More women riding all types of bikes. I am interested in trying mountain biking and or cyclocross, but the only people I see as teachers and role models in these sports are men.
- Off road and separated facilities for bikes
- More people out riding bikes, more friendliness and safe actions from cars, more separated bike lanes, more lighting.
- bike lanes, street lights, more bicyclists
- Completion of the Charleston/Arastradero Plan. I have to use this road every time I leave my house to go anywhere.
- Better lighting and dedicated bike lanes
- adequate infrastructure - cycletracks!
- Better bikeways, bike-only paths, bike lanes, narrower streets, better street-cleaning of bike lanes. Just safer, easier routes in general.
- Just in general, better bike infrastructure would make me feel more comfortable riding a bike, well-lit paths, etc.
- Creating more space (for example bike lanes)
- Well paved streets, good lighting, cars that respect bikes
- People being more respectful of me
- Better lighting on smaller streets and more bike lanes on less crowded streets.
- Just doing it more often.
- Bike lanes.
- Less car traffic
- Strength in numbers - more cyclists and pedestrians

Q.3e: What would help you feel more comfortable riding a bike?

- More protected bike lanes
- Bicycle fatalities and injuries caused by drivers to be prosecuted as crimes. Better education and attitudes about shared roadways. Better infrastructure design and implementation of complete streets policies.
- Riding in a group or well lit bike paths
- Separate bike paths, buffered bike lanes, signs saying 'bike may use full lane. Change lanes to pass.'
- I love biking. Totally comfortable about almost all aspects of riding
- more bike infrastructure, education of drivers that bicyclists have same rights to the roads,
- If motorists were better at sharing the road
- I feel much safer in a group
- Wide protected bike lanes
- More bike lanes, traffic calming projects and better informed and patient drivers.
- On a bike I feel pretty fragile, like someone could just come up and get me. Also I'm really tall and considered very attractive so when I'm on a bike I stick out like a sore thumb and it makes me uncomfortable. Short answer: gender equality.
- If more people learned bike safety.
- Better knowledge of the mechanics.
- A HUGE bicycle seat and someone else pushing the pedals
- Roads that are wider, drivers that are more aware of the laws, and drivers that actually drive the speed limit and give space to a biker. It is not about being a woman it is about being a bicycle rider. A car vs. a bike - the car will always win.
- Not having people cat call me. Not having to worry about that. Having more protected bike lanes.
- In my town, I don't even think a bike lane would make me feel safer or more comfortable. The "commercial" end of town was laid out in a strip and designed for cars. Anything that isn't a car is in the way.
- Less cars, reduced speed for cars, feeling I don't have to fight for my right to be where I am riding my bike
- More consistent lighting and a more mutual respect on the road.
- Less cars, more bike lanes
- Well established bike paths and bike specific traffic lights/green turn boxes. More education for cyclist and car drivers. More enforcement of cycling and automotive highway rules
- less car on the road
- I feel most comfortable on multi- use paths, dedicated on road bike facilities, and slower residential streets. But they usually don't go where I need to, or I still have to traverse multi lane or high speed roadways.

Q.3f: What would help you feel more comfortable riding a bike?

- more *flat* bike lanes. I don't want to constantly go up and down curb aprons to get to, or in order to stay on, the bike path.
- If there was less catcalling and drivers were more careful and less distracted by their phones.
- More awareness by cars of the rules of the road (eg. Passing bikes at 1.5m)
- safer roads, more bike paths
- More separated bike infrastructure on main thoroughfares.
- More information, conscientization and awareness rising about bicycle riding among the car drivers. Stricter laws that would keep drivers from overtaking us with only one foot of distance, or opening door on us. More cycling roads cleared of the snow in the winter. Bike paths inspired by the ones I've ridden in Denmark or Amsterdam.
- More cycle paths. Bike mechanics who would be less snotty and patronizing and listen to me when I describe a problem so they would fix it the first time around.
- Safe roads to ride on in winter... on bike lanes
- If there were serious consequences for drivers who hit cyclists
- more education with car drivers
- Money to do proper repairs
- Bigger cycling lanes that are not hidden by parked cars and more of them. In my point of view, every road should have a space dedicated for bikes. The traffic law should put more emphasis on the fact that bikes have their place on all the streets, not just on the cycling lanes. More law enforcement on car drivers who have dangerous behavior toward cyclist.
- Less cars, better streets, more light at night, smashing patriarchy, capitalism and racism :)
- Better, separated cycling infrastructure
- No catcalling and more respect (aka no aggression) from drivers, specially motorbikers and bus drivers.
- Better infrastructure on suburban roads
- more bike lanes, more signage about bikes,
- To learn how to deal with confrontation, misogynistic or otherwise, when riding; and for there to be less of it to deal with in the first place
- I feel very comfortable riding a bike.
- More protected bike lanes. Better driver understanding of best practices when passing.
- More comfortable seats! My crotch and bony butt always get so sore. Also, more bike traffic away from car traffic so I don't feel like I stick out on the streets when I'm alone.
- I had my bike adjusted to my body mechanics, and my riding experience has been dramatically improved. That means I ride longer distances and enjoy more time in the saddle. The saddle is one of the components I need to find a

more comfortable style, along with bike shorts. I've had several styles recommended to me, and will likely give the Terry brand a try. Secondly, my husband was hit by a car (hit & run) this summer while riding his bike, and seriously injured. He made me more comfortable riding a bike. We haven't been able to ride together since June. Lastly, I prefer riding on trails whenever possible. I've reduced my time riding in the street, and increased the joy I experience on the trails because I can pay attention to nature, etc. instead of traffic.

Q.3g: What would help you feel more comfortable riding a bike?

- Secure bike parking. Theft-proof
- I'm already comfortable riding.
- Knowing how to fix a flat on the road (I can do it at home). Gear education for going up hills. Being more okay/less competitive with myself when people pass me- especially people who are riding in full get-up when I'm just riding for transportation.
- Low speed limit, separate bike lanes, secure zone to turn left

Q.4: Is there anything that you wish you could help men understand about what it's like for you to ride a bike?

- nope
- There is no difference between you riding a bike and myself. None. We're both either riding recreationally or trying to get somewhere.
- riding in a skirt or a dress can be quite difficult
- Same as for non cyclist women
- Most men (including my husband) don't realize how much women, particularly moms, do during the day. My trips are rarely simple (just going from A to B) and it can be tough to accomplish everything (take kids to day care, get to work, be an employee, make doctors and other appointments for kids, do grocery shopping, pick kids up, get home, make dinner, etc. Do it all again). I think men have simpler days and schedules than women. Not that they aren't busy, but women and moms still are expected to do more than men. And trying to do all of that on a bike is damn near impossible.
So when men at my office make comments like " oh why didn't you bike today? too rainy for you", I want to say "actually, no. I just drove my kid to the doctor, took the dog to the vet, drove as fast as I could to get to work and look half presentable, and after work I have 3 other errands to run." And I'm an avid bike commuter! (12 miles every day in Portland)
- I wish I could help men understand that riding a bike makes me feel vulnerable because I am exposed and already doing something that is a little uncommon. I also wish that I could help men understand that in feeling vulnerable I am highly aware of my own body and that unwanted attention puts me on edge and is demeaning.
- We are just as capable and strong. Most men I know understand that but there are always the few that seem to be missing that knowledge
- I don't own a car. I'm not riding for you to check out the curvature of my ass. I'm riding because I like to. It's how I get around. It's the speed I like to go. My existence is not for your viewing pleasure or judgement.
- It's okay for women to sweat a lot.
- No, actually. I've never felt misunderstood as a female bike rider.
- I can't think of anything specific to being a woman. The main thing I wish I could convince others of is the need to wear a helmet no matter how short of a distance one is going, which applies to both men and women. It would be really interesting to know (I've never researched this, so I have no idea) if men are more likely to wear helmets or if women are (or vice versa), and why that's the case.
- Riding a bike in a skirt/dress is extremely complicated. I feel like I am tangled or about to flash everyone at any second, but it provides a nice breeze in my lady bits.
- Well, at least they figured out that women do not want a bar across their bike.
- Well. When I was younger guys would shout "ass" comments and even try to

slap . Very disturbing and dangerous

Q.4b: Is there anything that you wish you could help men understand about what it's like for you to ride a bike?

- Guys stare at girl's asses and get cat called. Hell that happens even when we walk. It's just a fact of life. There's really no difference between walking and biking, but I'd like guys to know that whenever women are in public we get catcalled and it becomes very distracting so please stop.
-
- Think our anatomy or "internal" genitalia in comparison to men's "external" genitalia does influence seat comfort. Also the angle of our hips to our knees is a bit different which may contribute to some knee discomfort.
- not that I can think of.
- No
- Not sure,
- We have similar concerns--being safe and seen while bike riding.
- That urban riding is not a race, that it's not about who has the fanciest bike and biking gear and who can go the fastest.
- No, not really.
- It's fun; get out of your motor vehicle and JOIN IN THE JOY
- no
- That women exercising is sexualized, our bodies are stared at as we wait for lights or crossings, we are on "display" and not just free to move. Its annoying as hell.
- Not that I can think of right now.
- Is that possible - ha! Maybe women are more conservative/safety minded/cautious/not as daring as men?
-
- A comfortable seat and posture are essential for me to enjoy riding.
- I think these concepts are well understood in most circles.
- Put them on a bike for commuting, one month in a row.
- I'm not just worried about being hit by a car, there are many other factors of fear for women riding a bike.
- I will go out of my way (I'll ride longer and further) for a more enjoyable, safer route.
- I might be a little bit slower or more timid in certain situations and that makes feel more vulnerable. I'd like to be able to ride next to or with someone. I don't like the way many men (some women, too, but mostly men and boys) behave on bicycles in ways that perturb drivers...running stop signs and other behaviors that make them seem unpredictable. I think drivers end up being angry at other cyclists in response.
- That women are treated differently, whether on a bike or not, and it isn't usually for the best. I'm a middle-aged woman who is often yelled at with

sexual slurs while biking. I was also hit by a driver who admitted he saw me. I'm cut off more, yelled at more, and in more danger than my male partner when I bike, imo

Q.4c: Is there anything that you wish you could help men understand about what it's like for you to ride a bike?

- No
- Women generally do not have as much natural muscle strength as men and cannot always challenge themselves at the same rate as men.
- We need showers at work.
- No.
- No. I'm a pretty confident rider most of the time.
- I'm perfectly capable of fixing my own flats!
- Don't mansplain.
- We've been told our whole lives that bicycle maintenance is a man's job.
- catcalling when im riding my bike is rude and not wanted
- More women in general cycling and being represented at all levels of the industry and sport. A higher profile of successful women in the cycling industry.
- Women like pretty colors for bikes and accessories. Women want to be treated as knowing what they want.
- It's not always a race. Group rides with primarily men usually turn into hammer-fests and seem to have an undercurrent of competition, which makes it less fun for recreational cyclists.
- not really
- The idea of taking up space definitely has consequences on a bike. I feel like male riders feel okay claiming their three foot bubble, but women feel less comfortable asserting their rights as bikers.
- That when they are in a car and I am on a bike, it makes me feel targeted and incredibly unsafe for them to drive aggressively or assume the right of way (when they don't legally have the right of way) in a hostile manner.
- No
- For me riding a bike has never been how far or fast I go.
- This question has nothing to do with cycling for me.
- what kind of a question is that?? We face the same challenges here, so if you want to understand how it is for me to ride a bike - start cycling.
- No.
- Men are often shocked when I tell them that I am ogled or catcalled on an almost daily basis. How would you feel about being sexualized every time you rode a bike?
- The major issues have to do with feelings of safety. Riding in traffic may be okay for some men, but not for most women. If you want to get women to ride bicycles in greater numbers, you need to build protected bicycle lanes.

Q.4d: Is there anything that you wish you could help men understand about what it's like for you to ride a bike?

- Mainly that not everyone on a bike is about competition and racing. Some of us just do it for fun.
- I want to help support this project but I've found this survey difficult in itself to navigate. The way its structured is particularly challenging. It seems like a lot of this information already exists through past research as well. I think there's something about the way its structured from a "I'm a man, you're a woman, you don't do things how I do them, explain yourself" sort of narrative of the survey makes it particularly alienating to complete. It is great that you are trying to act as an ally and help more women feel comfortable in their own town cycling but I think there's a better way to structure this and ask these questions to create a safer space built on mutual understanding that will yield better honest results.
- Just because I'm wearing a dress that doesn't mean I'm slow. Just because I'm cycling faster than you, that doesn't mean I'm trying to 'beat' you or 'show off' or 'force a race' - If I'm faster it's a combination of having a better quality bike designed for the road and have a higher level of fitness. Most female cyclists don't seem care about overtaking other cyclists - I barely even register their existence until they try to overtake me then immediately brake in front of me. Pay attention to the road e.g. slowing traffic ahead, instead of concentrating purely on 'overtaking' women for your own ego. I see many near-misses from these behaviours because a male cyclist isn't concentrating on anything but the cyclist they are behind. FYI as a control I often cycle in baggy 'male' clothing and rarely have the same problem, even on the same bike and route, weather conditions etc so I know it's gender related. That and the comments 'for a girl' or 'Oh...I thought you were a guy...'
- Not really. Except boob bounce. This can be uncomfortable. And when riding alone , it feels unsafe (see responses above).
-
- It is not only riding a bike, I wish there was a way to help men understand women.
- I would like for them to understand that street harassment is part of a patriarchal culture that damages everyone and divides the working class, preventing us from uniting over our common interests.
- No
- Like with a lot of other things, I wish men would understand and acknowledge that even though riding a bike is something men and women both do, women can have a much different experience.
- I don't think many male bikers recognize some of the inconveniences women have to deal with trying to bike commute to work. I don't want to bike in my work shoes (flats or heels) which means that I need to bring a change of shoes to work. I often wear skirts or dresses to work, meaning that for some outfits, I

can just wear spandex underneath, but for others, I need a whole change of clothes (pencil skirts don't make for easy peddling). Then, to not have crazy looking helmet hair, women often need to spend time fixing their hairstyle. Bike commuting just seems so much more convenient for men who can typically just pop a helmet on and off without having goofy hair, wear the same shoes to work that they wear biking, and don't have to worry about changing into their pants once they get to the office. I know these are small issues, but it definitely feels like it adds up, and I'm sure it's a huge reason why many women don't bike commute.

Q.4e: Is there anything that you wish you could help men understand about what it's like for you to ride a bike?

- I wish men knew that when they position themselves in front of me at a red light that I stopped at first, I assume they don't do the same to men and only make that move because they think I'm going to ride slower than they do...(which is not true). It's insulting and annoying.
-
- Just having all drivers being more kind and patient
- Aggressive cycling is as hurtful to the movement as driving. If you want to foster a culture of inclusion, then it important to build a bike movement that is inviting.
- I'm sorry. I don't think there is a difference.
- I'm not here for your viewing pleasure. I'm just trying to get to work.
- I've talked to men who love riding in the dark, love riding when no one is on the trail. I wish they would understand how it feels to be a woman in public space. I wish more of our traffic engineers were women so they would take into account how women interact with public space and trails in a different way than men do.
- That I experience sexual harassment simply for existing in public space. When I assert my right to ride my bike and take the lane I get called at "fucking bitch" on the regular.
- Areas that seem like nice, tranquil places to bike in are often times secluded from the roadway or areas with people around. I have to balance wanting to bike in these places with the fear of being attacked.
- This question makes me angry. Why is it my job to help men understand anything? Women are telling you stuff all the time. Pay attention.

That said, I'll try to answer: you have no idea what it is like to have your right to be in public space constantly threatened. I was first catcalled while out for a walk when I was 11. I am 42 now, and it hasn't stopped. When will it?

- Anyone on a bicycle is an ally and all types of bicycling are legitimate. Also not everyone is interested in gear/bike specs. But mostly, patriarchy and the power that comes with listening deeply (this is not limited to conversations

with men about bikes though).

Q.4f: Is there anything that you wish you could help men understand about what it's like for you to ride a bike?

- My joy stems from more than bragging about equipment and riding fast.
- Nothing comes to mind
- I wish men would understand that it is a simple machine, and I don't need your mansplaining to narrate my bicycle maintenance. Also for all the cat callers no you can't go for a ride or borrow my bike, would you say those things to a woman driving a car? Or your mother?
- Try riding in a skirt and a pair of heels. Also, most bikes come with a men's seat which is too marrow for a woman's pelvis. Try riding your bike with a narrower set that constantly irritates your genitals. Ouch. Bikes should come with an optional men's or women's seat.
- No
-
- I don't have kids, but I think men are probably less attuned to the need for safe bike routes for kids than maybe women are. If we had better bike paths to schools, for example, kids could be more self-sufficient, which has a big impact on parents as well.
- I don't think there is anything I need men to know about riding a bike because, like I said, I don't do it very often and when I do it's just for pleasure so there's not a whole lot of pressure or competition there.
- No I don't really see the difference.
- My seat positioning really does need to be different than yours. Getting my vagina smooshed is the worst on a bad seat! Riding my bike is not about being super intense for me, it is about having fun and enjoying the ride. So if I dont want to be intense as fuck while riding, that doesn't mean i am not strong or not a good biker. my focus is different.
- How empowering but scary it can be. Especially after dark.
- Not really
- No.
- The cat calls.
- No
- That it's practically identical to men . . . ? This seems like an odd question - personally, most of the factors that prevent me from riding a bike have nothing to do with my gender (length of trip, topography, availability of bike storage, etc). I want to be safe when I bike so I'm going to avoid unsafe roadways or areas that I perceive as unsafe. I'm more cautious- I would rather be safe then sorry when it comes to deciding when and where I ride but I feel like that's more of my personality rather than because I'm female.
- I really don't feel any discomfort in the biking community with men or women
- Any form of comment based on physical appearance (even intended as a

compliment) is inappropriate. Horn honking is incredibly distracting and creates unsafe situations.

Q.4g: Is there anything that you wish you could help men understand about what it's like for you to ride a bike?

- That women are as capable of cycling as men are.
- No.
- Nothing. The men I ride with encourage me to be cautious. They understand me and my biking needs
- No
-
-
- No
- I am riding because I love to ride - not for unwanted attention, unsolicited advice, or catcalls.
- Well I'd start with the concept that men don't get ogled nearly as much as women and don't have to worry about being attacked as much. I lived as a dude for 20 years, any guy who thinks men have it harder is an ignorant piece of shit. Even the guy friends I still have don't understand. They have never had someone undress them with their eyes or sing to them while on the train (I take the Metro to work).
- I don't see how the experience would be different for men and women.
- I think many men have similar concerns, but do not express them.
- Just because we are riding a bike doesn't mean we want to ride you
- I have never thought about this, I have honestly never thought about the fact that there is a difference between a woman riding a bike and a man. We both have to pedal up the same hill - how is that different?
- I wish that they understood that a woman is more vulnerable to sexism on a bike because of the toxic masculinity in our culture that celebrates men talking about women without the woman's consent.
- No.
- No matter what you wear, men feel free to tell me how pleasurable or unpleasurable my appearance is to them.
- In any other form of transportation, we ended up getting stuck in uncomfortable situations that we can't escape. By riding a bike, we are redeeming a part of the public space since biking often feels a lot more safe than walking alone and/or taking public transportation and risking situations of harassment. Therefore, it feels even like a big attack when we face similar situations while doing something that should be empowering us.
- to the annoying men in cars screaming at me: I'm not here for you
- That we enjoy it just as much and are just as kick ass... this isn't just a man's sport
- no

Q.4h: Is there anything that you wish you could help men understand about what it's like for you to ride a bike?

- I don't think is necessarily a "man" thing", but I don't ride to go really fast, I do it for the enjoyment, the exercise, and to help create a healthier community and environment. I do feel more people should walk or bike for transportation, because it keeps us and our communities healthier, and frankly, slows us down so we can enjoy our surroundings - I personally think we move too fast at times!
- No.
- That most women hate being catcalled and harassed, even if they think they like it. It makes us feel afraid and angry.
- It's just the way I get around
- like being in a boys club
- No.
- Not sprinting like if every ride was a messenger race IS ALSO OK. Also, there is something difficult for them to understand, because they probably didn't learned to behave with restraint as a child, like i did. When one of my male friend is crossing a street in front of a car going quite fast or a car that doesn't look like it's going to let us pass, I hate when he tells me, once i finally cross and join him after the car passed, «You have to IMPOSE yourself and the car will let you pass» : it's not something that I've been taught, to impose myself, to be assertive. It's hard for me to be assertive and to act with assertiveness, it's something that I try to learn slolwy by riding bike. In those situation, while you are just being assertive, I see it as I am doing a risky manoeuvre. It's hard for me (for us as women ? I don't want to generalize my experience, but I think it's something common among women) to be assertive in the traffic, when lots of my male friends enjoy the trill that it gives.
- I just wish they would shut up and let me ride.
- I don't see much of a gender bias in riding a bike. I think they already understand how amazing it feels to ride a bike.
- I just wish they made an effort to empathize with other road users, or that they seriously feared losing their car or licence if they hit someone
- its just like it is for them.. And i dont need any help from a man to ride or fix My bike..
- Maby more about what it's like for me to repair my bike in local diy bike repairs spaces: not to assume at first that I don't know tools or guys playing seduction games
- Is it possible to make them understand that they are not alone on the streets and that they don't own the streets? Even men on bikes have this kind of attitude...
- That I wish I would'nt need to be scared at night
- I am a confident cyclist and mechanic but my knowledge is constantly called into question which is very frustrating.

Q.4i: Is there anything that you wish you could help men understand about what it's like for you to ride a bike?

- The vulnerability a woman feels because of catcalling. And how annoying it is to be oppressed while riding just because you're a woman and allegedly more fragile (men telling you to get off the road in that condescending way, for example.
- That I'll get treated differently when I go into bike shops
- not really. i feel great riding a bike and do not experience much discrimination. it's more with being a bike MECHANIC where the discrimination shows up.
- Nothing that doesn't apply outside of riding a bike
- The things I want men to understand are more about being a woman in the world generally speaking. I want them to understand how their unwanted attention and focus on physical appearance makes women feel cheapened, unsafe, and objectified. I want them to understand that we are conditioned from an early age to avoid potential harm and that this influences what we do everyday in all sorts of situations. I want them to know that we are raised feel bad about our bodies (and they don't help!) and that riding bikes can help us to work through that. I want men in the bike industry to actually value women as riders and not pander to us. Take us seriously.
-
- I don't know if this applies to all men and women, but compared to my husband, I am a lot more cautious and wary while riding in the streets so I have a hard time keeping up with him. He will zip around turning cars, thread the gap between cars when crossing streets, make sudden changes in direction. I like to try to follow the rules of cars, so car traffic can predict what I'm going to do.
- I ride for enjoyment, physical fitness, recreation and transportation. I am not competitive. I prioritize function and comfort over style and the need to impress others.
- I know how to fix my bike, mechanic knowledge is not male. I am able bodied and able minded
- I'm not really sure what to say here, but I'm really just fine with riding and have never been affected by being a woman.
- My legs just don't go that fast; I've never been able to ride uphill quickly. I am scared to go fast downhill, on streets or on dirt paths.
- Biking is my life, happiness and freedom. It has nothing to do with exercise

Q.5: What do you enjoy about riding a bike?

- don't have to pay for gas/parking but it is still a quick form of transportation
- A bicycle is a fun way to exercise and satisfying when you look at just how fast you're going. A motorcycle? Everything, honestly. It's a pretty big thrill.
- being outside and being able to go farther than just walking
- feeling air on my skin, knowing how much time it will take me to go where I am going, being able to go anywhere at any time autonomously, being able to park anywhere, seeing the cityscape/landscape and being part of it, feeling my body following the ups and downs of the path, the endorphines flowing for the hour following a 1/2 hour ride or longer... being able to have my bicycle (saddle bags and basket) carry my shopping and not my arms.
- It's my only "me time" where I can be alone, get exercise and fresh air. It's much cheaper than driving to work and paying to park.
- I love the type of exercise that I get from riding a bike. I love that while biking we interact with our natural environments and our communities and that we can maintain conversations with other bikers.
- Everything! The speed, the small size, the exercise, the motion of pedaling, the non-existent carbon footprint, the wind in my hair!! Pure freedom
- It's the perfect speed of life. It lets you experience the elements and the world you are a part of. In a car you become isolated. An observer and viewer. On a bike you are a participant.
- Exercise, frequent positive social interaction with people along the way, avoiding being trapped in a car, no anxiety about if the tee will be parking
- The freedom! The wind in my face. Knowing that I have enough physical strength to get around and go really fast. :)
- Everything! It's exercise, meditative, centering, good for the environment, helps disconnect from work on the commute home more than driving car, saves \$ on gas, doesn't contribute toxins to the air like cars do, is fun, etc. etc. =)
- When I'm riding a bike, I find it hard not to hum or sing. It feels so liberating to have the wind in my face and be surrounded by fresh air.
- It is fun! Also I am in my mid 60's and riding a bike is easier on the body than running. I like that I can ride a bike to do errands and get exercise and not have to get into my car and waste gas.
- Freedom. The air blowing in my face. Natural
- yes
- It is nearly free and is a huge relief for my finances, I get good exercise, a feeling of agility, better perception of the places I'm biking through than if I were looking through a window at higher speeds.
- Feeling the smoothness of a ride on a designated bike lane/ trail. And the fact that it is "humanpowered".
- The convenience and freedom of mobility! Being able to get door to door and not deal with parking, traffic, etc. the piece of mind that I get from fresh air

and getting my heart rate up, the pace of travel that allows me to notice things I wouldn't notice otherwise.

Q.5b: What do you enjoy about riding a bike?

- I enjoy riding because it makes me feel free & in control. When I'm riding, I'm responsible for my decisions & actions and I love that feeling
- Being outdoors, light exercise, ease of transportation.
- It is good exercise, I have a decreased impact on the environment, and I don't have to find parking!
- Cheap option, exercise, and better for the environment.
- Everything!!
- Fresh air, sunshine, biking through car-free areas and enjoying the nature, getting from A to B faster than walking, that I can use my trailer to easily carry things people with cars can't, feeling engaged with the world around me, cheap/easy way to get daily dose of exercise, showing up places happy and with my blood pumping and alert and ready to start the day.
- fresh air, exercising, sometimes speed, being green,
- Freedom! (when you can get it)
- I like the feeling of being outside, moving at a quicker pace than walking, and the freedom riding a bike offered me when I was very young and did not have a driver's license.
- The freedom of the outdoors, sightseeing, and exercise. In some cases, easier to get around in a city, except for worrying about getting hit by a car. Incites good endorphins.
- Getting exercise
- Being outside in a beautiful setting, enjoying the ride and destressing.
- Accessibility, decrease on emissions, being outside, purposeful exercise, experiencing surroundings in a more intimate way.
- The air, the time-space perfect combination, the lasting energy, joy and good humor it lends to daily life.
- I feel free! I feel independent and alive. Biking has changed my life
- Just about everything. Cheap, convenient, good for my body, good for the planet, reduces traffic congestion, allows me to feel more connected to my community.
- I love being outdoors and connected with people and my surroundings. I love the smells of the trees and flowers and sounds of the birds. I also love not being "stuck" in traffic jams like when I drive. I love feeling like I'm being a good citizen and polluting less when I chose to ride my bike. Also, it feels a little rebellious to ride around in my suburban/urban environment when most women and moms my age are driving around in SUVs and luxury cars. I have the freedom to chose how I want to get around for every trip I make because I know how to bike and I'm good at it.
- Freedom, not using gas, feeling strong

Q.5c: What do you enjoy about riding a bike?

- Haven't ridden in years, but it's great to feel the wind in your hair while cruising around.
- Self-powered mobilization is liberating and freeing.
- It has multiple health and wellness benefits. It is a gratitude practice. It brings me closer to the community as it fosters social interactions. My bike commute is sometimes the only exercise I get in a week.
- Have always enjoyed bicycle riding. It's a pleasing way to go from point A to point B. There's the exercise element as well.
- exercise, wind, freedom, connection with nature (birds chirping, Fall leaves, rainbows), passing car traffic congestion
- Freedom, staying fit, feeling like I'm reducing my carbon footprint.
- Everything - the convenience, the fun, the freedom
- freedom. zero fucks.
- using alt transport, getting places down town faster, not having to pay for parking
- A feeling of being healthy and strong.
- Independence, freedom, engagement with the community & neighborhood, ability to connect with all types of people with biking as a common interest.
- Freedom, endorphins, fresh air, seeing a place from different eyes and a slower speed.
- freedom! no need to worry about parking (for the most part)
- It's free! It's efficient! It's fun during warmer weather.
- Exercise, solitude, sight-seeing, experiencing the sights, sounds and smells of the outdoors.
- Feeling free.
- The most fun I had riding a bike was with my son when he was young.
- Exercise, challenge, riding fast and exploring.
- it enables me to get everywhere more quickly, it gives me independence from bus timetables and the feeling that I am not contributing to traffic jams and air pollution while I am cycling.
- It's quick and fun.
- Moving my body; traveling slow enough to take in the world around me; the bike community; doing something good for my planet; not polluting the lungs of my fellow community members; saving lots of \$\$\$\$ compared to owning a car; almost everything!
- I feeling of freedom and ease of getting from place to place without stress.
- All of it. The freedom it gives me from the car. The ability to see the woods in another light. The exercise aspect. I'm genuinely happier when I'm on a bike
-
- Being outside, exercising, discovering new places, learning new skills (both technical handling skills and theory e.g. mechanics, navigation) pushing myself
- The ability to both burn energy/calories and not burn fossil fuels.

Q.5d: What do you enjoy about riding a bike?

- It's sustainable and a great way to get exercise during your usual commute.
- being outside
- The sense of freedom, saving money, and not polluting.
- I like being outside, the fresh air, the aerobic exercise, and not burning gasoline.
- I love the freedom of being on a bike, for transportation and for recreation. I feel powerful and strong on my bike.
- The flexibility and convenience, especially compared to trying to finding parking downtown
- Everything! The lower environmental impact, the endorphins from exercise, the freedom from train schedules, the salty sweat, the bike community, the personal empowerment!
- freedom from car, fresh air and being outside
- Freedom, ease, exercise, efficiency.
- Its fun, cheap, good for the environment, and both solitary and social.
- Exercise, no fuel pollution
- Fastest way to get to work, inexpensive, exercise
- I enjoy riding a bike because I feel safer bicycling than walking on the same dark paths or streets. Whether real or perceived safety, knowing I can outrun danger on my bike is empowering. I love the financial freedom bicycling gives me to travel around the city (and the country). I love that I can fix my bike. And in general, riding a bicycle brings me a lot of joy. It's just plain fun to pedal up hills and breeze down them, to coast along flat trails and open countryside, and to explore new places.
- Autonomy, connection to nature and place and community
-
- It brings me joy.
- Everything-- fresh air, exploration, saving money, getting exercise without having to feel like I am working too hard or wasting energy on a treadmill, learning to maintain my own bike, looking badass when I am out in the bad weather or riding up a big hill.
- I enjoy the experience of taking things in more slowly, feeling connected to my environment, and the expansiveness of thought.
- I love how biking is like flying. Also love to get exercise while getting where I need to go. I like using my body and seeing the streets at bike speed.
- The ease of transportation, the wellness factor, riding in skirts in the early summer, equality of a human powered machine
- Wind, being connected to my community and my kids, quiet, knowing that I'm not spewing emissions and noise and creating congestion. Biking is fun...and convenient-- as long as bike parking and a safe route is available where I want to go.
- Being active, sustainable transportation, seeing the neighborhood from a

different perspective

Q.5e: What do you enjoy about riding a bike?

- it feels like flying; it's like joy translated into movement
- Exercise, feeling like I'm part of the city, not using fossil fuels, no need for parking, the wind in my hair - haha
- I enjoy the freedom it gives me to go further than on my feet and to not have a car to get everywhere. I enjoy riding bikes in groups of people for leisure activities and riding for long amounts of time. I like feeling like a part of a community as I'm riding my bike, especially in Muncie, because I know there are many other people who advocate for bicyclists and this makes me want to ride my bike even more.
- I love being outside and experience things in a different way than you would while driving.
- Freedom to go anywhere, park anywhere for free, connection to my breath, mindfulness, late night friendship conversations, seeing more things than in a car, playfulness
- How amazing the motion feels. How independent it allows me to be without owning a car.
- It's fun, makes me happy, and is an easy way to combine transportation with moderate exercise.
- I like being outside and the ability to see things differently than from a car.
- Freedom and the wind in my face.
- Being in the open air enjoying the environment and getting exercise.
- Freedom, price, exercise. And, lets face it, out of all the possible transportation options, riding a bicycle is the most fun
- Exercise and it's much easier to get around.
- The challenges of riding further and faster, developing skills as a cyclist.
- Speed, feeling of freedom, being part of nature
- I'm able to exercise at the same time as I am commuting to work. I save money by not owning a car. I can bike to work faster than if I took the bus. I don't pay for parking.
- I feel so strong. It's fun. Climbing hills makes me feel strong and confident.
- Freedom, exploring my community, fun, riding with others
- Exercise, feeling free
- The freedom and the feeling of being a badass after a long ride
- Being a part of the surroundings, not being an onlooker from inside a metal box.
- Exercising outdoors and riding to take care of myself physically and mentally - and how empowering that is!
- Being able to avoid traffic but go faster than walking. Also it's a cheap and sustainable alternative. However I don't think I will ever do it regularly until the bike infrastructure is on par with the Dutch, otherwise I'm just scared about

getting hit by a typical American motorist. Metro4lyfe

Q.5f: What do you enjoy about riding a bike?

- I enjoy going fast and being able to feel the wind in my face.
- I like the rural scenery when riding from our house and riding with friends.
- The wind blowing in my hair
- The quiet. I love that it is quiet and I can reflect on the day/week. I also enjoy the fact that at the end of the ride I actually went somewhere, saw pieces of the world that many do not see, and was able to enjoy them at a speed that I could actually SEE them and not just see the blur from a car window.
- I enjoy the freedom, the exercise, the ability to get around without using fossil fuels.
- I like being physically active, and that I get a better chance to really see my environment. You miss so much when you're confined to a car.
- The wind blowing my hair, freedom, going faster than cars, the sound made by the contact of fresh snow and my tires
- There is a great feeling of liberty and empowerment that comes with riding a bike. You can go anywhere, anytime and at your own pace. I also feel safer getting around at night on bike in comparison to walking and even public transportation.
- freedom
- Feeling of freedom and power. Amazement at where my two legs can bring me.
- The speed and the sensation of floating
- I love the recreation and relaxation of it, and the utilitarian nature of cycling - it provides a transportation option that is healthy, physically active, and good for our communities environmentally and economically.
- The feeling of freedom, movement, wind, and wind in my hair.
- I love the freedom, that it's the fastest way to get to my job, the exercise makes me more relaxed and it's cheaper than the alternatives.
- Everything! Fresh air, seeing the city, keeping fit, taking care of a machine, getting where I'm going quickly, etc etc etc
- freedom
- Freedom and independence
- Being free from the bus schedules, the wind and sun and rain on my skin, empowerment that riding make me feel, the feeling of being safe whenever and wherever when i'm moving around.
- Everything - I have been a passionate cyclist since I was four - 69 years ago. I ride about 5000 km a year, about half in an urban setting and half on bike trips with my husband. I love both, it allows me to see the world at my speed, gives me time and space to think about what I see.
- the exercise, the speed, I love passing people, biking in nature is the best, i enjoy the smile that's on my face, the ease of getting anywhere, whenever i

want.

Q.5g: What do you enjoy about riding a bike?

- I set my own pace and have my thoughts to myself
- eco friendly barely free and healthy way to go anywhere.. The wind, the sun...
The bike :)
- Being free, fearless, pushing my capacities and explore my surroundings
- Freedom!!! Not having to wait for the bus/metro or having to wait for someone to give me a ride. Being able to go anywhere I'd like at any time I like. And it's really faster than walking (and I hate running). Not being stuck in traffic all the time is also a plus. And being autonomous and active in my movements. And also that it's cheap and that I can repair my bike myself when it breaks. I can do it myself! More autonomy yeah!
- The feeling of freedom, move around for free in my city, when I'm riding during winter and the city is all snowy and chaotic, the fact that doing some physical activity is good for my health and helps me manage my anxiety
- It's quick, fun, practical, good for the environment, good exercise, lets me ride past potentially uncomfortable situations on the street (catcallers etc), cheap, don't have to worry about parking, lets me connect with my environment.
- The feeling of freedom, power and safety I get when I'm on a bike. It compensates all the annoyance sometimes I go through.
- Convenience, freedom, low cost, environmentally friendly
- being outside, being in public, not using gas, not paying for a car, getting places quicker, going through neighborhoods, being able to fix things myself and/or cheaply, taking my child to school/work everyday on the back, being active...
- I enjoy getting where I need to go quickly and inexpensively, I like learning how to fix and maintain my bike, and I like using it for fitness
- The speed, the efficiency, the fun. When my bike fits me well, it is a joy.
- The sense of freedom and joy I feel while riding.
- I love the fresh air and sense of freedom when traveling somewhere. This can be hard to enjoy if you are coughing on car exhaust or worrying about being hit.
- I enjoy the fresh air while experiencing the exhilaration of moving through space. The bicycle has given me confidence since adolescence to use my strong legs to power the bike to many places I go. I enjoy the bike's convenience as alternative to my car, and the ease of parking close(r) to my destination. I enjoy biking because it's environmentally responsible.
- Speed, fitness, convenience
- I enjoy the workout and when the wind is at my back!
- Good exercise, human-powered energy. I can get places quickly and avoid traffic. It's faster than walking and sometimes faster than driving.
- Everything