

# *Shasta Bike Challenge Survey Results 2020*

## **As a result of participating in the Shasta Bike Challenge...**

- ✓ 89% had fun
- ✓ 86% encouraged someone else to ride their bike
- ✓ 65% plan to continue riding their bike more
- ✓ 60% rode their bike more often
- ✓ 57% bought supplies such as new tubes, helmet, clothing, or bike gear
- ✓ 51% rode their bike longer distances
- ✓ 27% replaced some driving trips with bike trips
- ✓ 27% saved money by driving less
- ✓ 21% paid for a tune up or bike repair
- ✓ 13% bought a bike
- ✓ 8% rode a bike to work for the first time or more often than they use too

## **As a result of Stay at Home Orders during the Shasta Bike Challenge...**

- ✓ 81% biked more for exercise
- ✓ 72% biked more for mental health
- ✓ 15% biked more for transportation
- ✓ 14% biked more for errands
- ✓ 9% had no change in biking frequency
- ✓ 8% could not bike as much as wanted
- ✓ 3% felt uncomfortable biking
- ✓ 2.5% biked less

## **Why do you ride a bike?**

- ✓ 96% for physical health
- ✓ 94% for fun
- ✓ 83% for mental health
- ✓ 66% to be with friends
- ✓ 46% to be with family
- ✓ 37% to help the environment
- ✓ 30% for transportation
- ✓ 16% to save money

## **How did you hear about the Shasta Bike Challenge?**

- ✓ 44% Participated in past
- ✓ 35% Employer or Workplace
- ✓ 34% Friend or Family Member
- ✓ 17% Social Media
- ✓ 1% Enjoy Magazine
- ✓ 0.8% North State Parent Magazine

*\*\*252 participants completed the survey*

