

ONLINE JOURNALING EXAMPLE

We provide 2 examples (with one being a template) to reference, so that you can create an online journal suited for your situation.

The first example focuses on older adults of 50 years+ in the US, to learn about their bicycling experiences and preferences. This larger dataset of approximately 400 journal respondents is part of a larger “50+ Cycling Survey” of older adults in the US of almost 3,000 respondents. You can see the journal questions of this linked below:

Active Seniors Cycling Survey Journal - Summer 2020

Cycling Seniors Survey

Thank you for agreeing to complete an online journal for at least two cycling trips you make during the next month. We recommend that you bookmark the link to this online journal so it's easy to find again.

This online journal form is designed with pre-populated answers and open-ended questions. It should take about 10 minutes to complete and is accessible on your home computer, a tablet, or smart phone.

Please complete three starter questions about you.

1. Please indicate your age.

- 50 to 55
- 56-60
- 61-65

Active Seniors Journal example: See [here](#) for online link, [here](#) for static version

On the following pages we give some sample responses from the survey. The full results and analysis of the journals for the 50+ Cycling Survey will be available via the Mineta Transportation Institute as of Summer 2021:

<https://transweb.sjsu.edu/research/2112-Cycling-Past-50>. You can also reference this AARP (American Association of Retired Persons) article on the project: <https://www.aarp.org/livable-communities/getting-around/info-2020/50-plus-cycling-survey.html>.

The second example is a template made by BUX in collaboration with the 50+ Cycling Survey’s author. This version is similar to the first example but focuses more explicitly on the experiential aspects of people’s ride. Access it [here](#).

ONLINE JOURNALING METHOD

50+ Cycling Survey

PROFILE 1

	Age: <i>71-75</i>
	Gender: <i>Female</i>
	Date of the trip: <i>23/07/2020</i>

Do you cycle regularly now?

Yes

What was the trip purpose?

Recreation in a group

What time did you cycle?

1 – 2:25 p.m.

About how far did you cycle?

More than 12km (7.5 miles)

How does this distance compare with what you'd planned to ride?

It was about what I had planned

Did you ride in a bike line?

Yes

How safe and comfortable was the bike lane?

Somewhat safe and comfortable

What worked well for you on this cycling trip?

Biking/hiking trail was not terribly busy and was mostly wide enough to maintain physical distancing for preventing covid-19.

What did not work so well for you on this cycling trip?

Accidentally entered one way street against traffic...with cars coming at me.

You may have biked through places where you didn't feel especially safe or comfortable but did so for the sake of ease. Describe that place.

Rural road with wide shoulder...heavier traffic with large trucks and cars going quite fast, also suburban road with no shoulder and cars/trucks not always maintaining 3ft when passing.

You may have avoided biking through places because you didn't feel safe or comfortable. Describe the places that you avoided.

Douglas Trail during daytime on weekdays...isolation when cycling alone makes me fearful for personal safety.

ONLINE JOURNALING METHOD

50+ Cycling Survey

PROFILE 2

	Age: <i>66-70</i>
	Gender: <i>Male</i>
	Date of the trip: <i>10/10/2020</i>

Do you cycle regularly now?

Yes

What was the trip purpose?

Recreation in a group

What time did you cycle?

From 12 p.m. to 1:15 p.m.

About how far did you cycle?

9km (5.6 mi) – 12km (7.5 mi)

How does this distance compare with what you'd planned to ride?

It was longer than I had planned

Did you ride in a bike line?

No

How safe and comfortable was the bike lane?

-

What worked well for you on this cycling trip?

Slow and steady, listened to audiobook.

What did not work so well for you on this cycling trip?

Crossing main road at crosswalk. Drivers think they are nice to stop on a highway to wave us on, but they increase danger to both of them & us.

You may have biked through places where you didn't feel especially safe or comfortable but did so for the sake of ease. Describe that place.

Highway without shoulder.

You may have avoided biking through places because you didn't feel safe or comfortable. Describe the places that you avoided.

Congested city streets.