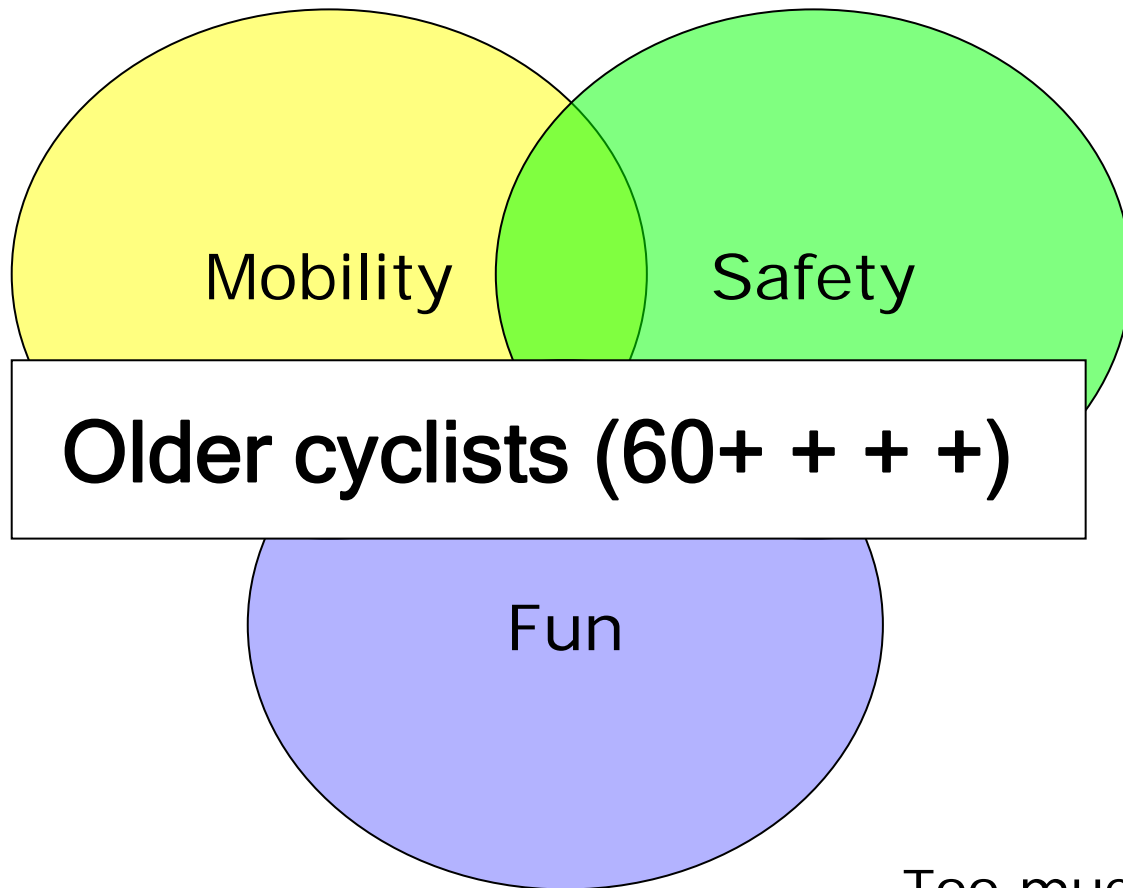


Cycling Cultures – A Kaleidoscopic View on Cycle Use IV: Needs of older cyclists – An approach towards diversity and tricycles

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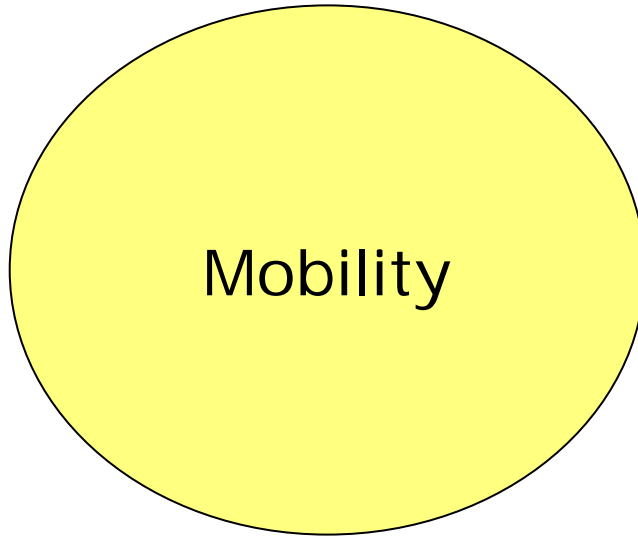
VeloCity 2013
Vienna, June 12





Too little diversity:
Not enough cycling cultures

Too much diversity:
Cycling cultures are
unrelated



Cycling

- Mobility option for persons of all ages
- Mainly related to „young“ and middle-aged persons
- But: Positive health effect at all ages

Danger and age

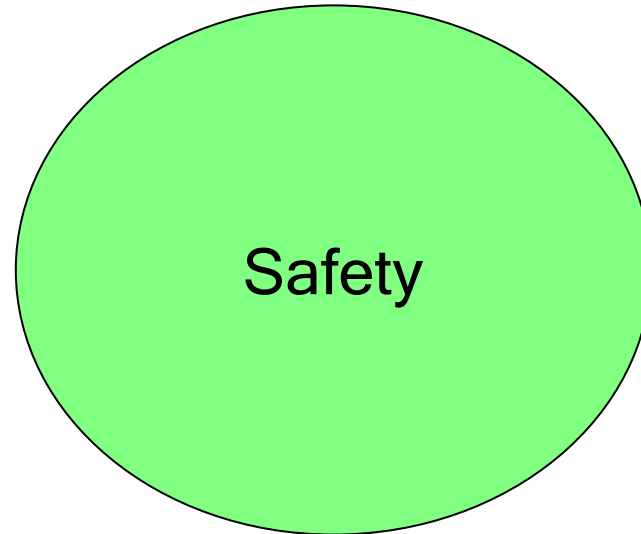
- Accident statistics: Cycling is dangerous for older persons
- Accidents more severe the older a person is

Needs of older cyclists

- Physical changes
- More difficulties e.g.
 - looking behind
 - keeping balance
 - (dis)mounting

⇒ Accident prevention more important

⇒ NOT discourage from cycling



Chances
which can be fun

Tricycles

Sports



Tricycles

Make tasks easier:

- Keeping balance
- Steering with one hand
- Turning round while cycling
- Mounting and dismounting (depending on type of tricycle)

Why are they not part of our cycling culture?

- Knowledge
- Infrastructure: cycling facilities, parking at night
- „There is a time to stop cycling“. One does not buy a new bike at the age of 80+
- They look odd. They look handicapped. They are not normal. Being stared at. Variety of bikes in the beginning of cycling: two, three, four wheels

Tricycles

should be an **option** for everyone in our cycling culture

- Practical
- Accepted



Combining sports and cycling

Experimental study, financed by the German Federal Ministry of Transport, Building and Urban Development: Structured sports training for older cyclists: <http://www.verkehrsverhalten.de>

Aim: improve physical performance of older cyclists:

- Flexibility
- Balance
- Physical fitness

Expected effects:

- Reduces experienced physical problems when cycling
 - Performance in cycle course better
 - Cycle more
- Cycling culture: Cycling **needs** physical fitness