

south lakes

workplace cycle challenge

4th September to 9th October 2014

South Lakes Workplace Cycle Challenge: 4th September – 10th October 2014

Feedback questionnaire

As a participant in the 2014 South Lakes Cycle Challenge we would very much welcome your feedback on how this fun competition panned out, and whether you have any ideas for improvements. Please complete this short questionnaire, which should take no more than a few minutes, and return it, via email, to Jo Cleary (jo.cleary@clearystevens.co.uk) by **Friday 17th October**.

The names of all those who respond will be entered into a prize draw, with the winner announced prior to the awards ceremony on the 23rd October, and invited to that event to collect their prize. The prize is a pair of tickets for a film of your choice courtesy of Oxen Park Cinema Club (<http://www.oxenparkcinemaclub.org.uk>), which will be forwarded if not collected at the ceremony.

Please click in the appropriate boxes to indicate your response to questions with multiple-choice answers. Click in the top left corner of boxes to enter text.

1. Did the Challenge encourage you to cycle more during the five weeks of the competition compared to the weeks before?

Yes, a lot	<input type="checkbox"/>	1	Not really, my cycling activity stayed about the same	<input type="checkbox"/>	4
Yes, a fair bit	<input type="checkbox"/>	2	No, my cycling activity went down	<input type="checkbox"/>	5
Yes, a little	<input type="checkbox"/>	3			

2. Will the Challenge encourage you to cycle more once it is finished?

Yes, a lot	<input type="checkbox"/>	1			
Yes, a fair bit	<input type="checkbox"/>	2			
Yes, a little	<input type="checkbox"/>	3			
Not really, my cycling activity will return to what it was before	<input type="checkbox"/>	4			
No, my cycling activity is likely to go down below the level it was before	<input type="checkbox"/>	5			

3. What were the **three** most significant factors that encouraged you to take part in the Challenge? [Mark up to three boxes]

Appeal of a competition	<input type="checkbox"/>	1	The environmental benefits of cycling	<input type="checkbox"/>	6
Aim of winning a category / prize	<input type="checkbox"/>	2	Encouragement from colleagues / friends	<input type="checkbox"/>	7
Saving money	<input type="checkbox"/>	3	Trying something new	<input type="checkbox"/>	8
Getting fitter	<input type="checkbox"/>	4	Being part of a team	<input type="checkbox"/>	9
The enjoyment of cycling	<input type="checkbox"/>	5	Other (please state below)	<input type="checkbox"/>	10

4. How did you find out about the Challenge?

A direct email from the organisers
A work colleague
A friend / family member

₁
₂
₃

Local media (e.g. newspaper or radio)
A poster / flier
Other (please state below)

₄
₅
₆

5. How easy to use did you find the Cycle Challenge website?

Very easy
Fairly easy

₁
₂

Not very easy
Not at all easy

₃
₄

Do you have any suggestions for improvements to the website?

6. How did you rate the information you received via email during the course of the Challenge?

Very useful / interesting
Fairly useful / interesting

₁
₂

Not very useful / interesting
Not at all useful / interesting

₃
₄

7. If it is repeated in future, how could the Cycle Challenge be improved?

8. Do you have any other comments about the 2014 South Lakes Cycle Challenge?

9. What other measures / initiatives do you think would encourage more people to cycle for everyday trips, e.g. to work, shops, school, etc. in South Lakeland?

10. What other measures / initiatives do you think would encourage more people to cycle for leisure trips in South Lakeland?

11. What gender are you?

Male ₁

Female ₂

12. How old are you?

20 or under

_1

41-50

_4

70+

_7

21-30

_2

51-60

_5

31-40

_3

61-70

_6

13. If you would like to be in with a chance of winning the prize draw, please provide your name and either a phone number or email address

Thank you for your time completing this survey