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Differences in characteristics of cycling event participants in Slovenia in years 2005 and 2006

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Abstract

The main aim of this study is to find out some characteristics of randomly selected cycling event participants in the years 2005 and 2006. A two day recreation and active lifestyle promoting event provided a cycling offer that corresponded to both sexes and people of different ages and psychophysical abilities. Randomly selected recreational cyclists (261) were asked to complete the anonymous questionnaire. The results show a small but statistically significant negative correlation ($r = -0.268$, $p < 0.01$) between the frequency of participation in physical/sport activities and age. Close to 50% of participants in 2005 were active 4–6 times per week and in the next year 39% of the contestants were as active. There is also a statistically significant positive relationship between frequency of participation in physical/sport activities and self assessment of health status in 2005 ($r = 0.319$, $p < 0.01$) and 2006 ($r = 0.311$, $p < 0.01$). Participants assessed their health as being good or very good in 83% (in 2005) and in 77% (in 2006). The coefficient indicates also a small but statistically significant negative correlation ($r = -0.219$, $p < 0.01$) between the importance of physical/sport activities and age. The knowledge of some characteristics of recreational cyclists could contribute to the improvement of mass cycling (and other) events and, at the same time, also to the development of cycling tourism in Slovenia which has excellent natural features for this type of activity.

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