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| **Theme: Avoid distraction from listening to an audio device.** | **Respondents** |
| **11 (7M, 4F)** |
| **Responses:**  M Don't have your music in your ears at all - don't have anything in your ears at all. Because you need as much, you know - as much of your periphery sensors as possible. (#1)  F I'm not plugged in, I'm not you know, no earbuds, no -- you know nothing that would decrease my ability to hear what's going on around me. Because I fi-- I think that that's to me hearing what's going on behind me. You know, does it sound like a truck or a school bus? I know I'd better try to, you know, make as much room as possible. Does it sound like some jackass with his, you know, foot on the accelerator, gunning it? You know, those are all really important clues, so - (#24)  F Don't space out, like, don't listen to music. (#17)  M Sometimes I, you know, listen to music but it's probably kind of smart not to listen to music. (#18)  M I certainly don't believe in having headphones. (#19)  M [Please describe things you have seen other bicycle riders do that you consider to be dangerous.] I guess the only thing I will say is using headphones, like over-ear headphones. I think that's just the only thing I could complain about with bicyclists. (#12)  M I do not put headphones on. (#3)  M I never wear headphones because I feel that that's a major distraction as well. (#20)  M If I'm listening to music, I have one headphone in and one out, so I can hear traffic around me. (#21)  F I just thought about his now also people who, like, listen to headphones which, again, I'm guilty of, but I usually put it just, like, in one ear, so it's not, like, completely -- noise isn't completely eliminated. So I would say definitely, like, if you're doing that, do that or don't listen to music at all. (#22)  F Not listening to music although again, when there's no traffic I am as guilty of having earphones or earbuds in, but I would (unintelligible word), not - not - I would be putting it on low volume, you know, not being completely, you know, surrounding so you can hear what's going on. (#23) | |

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| **Theme: Avoid using your phone and/or texting while riding.** | **Respondents** |
| **5 (4M, 1F)** |
| **Responses:**  M I don't have my phone anywhere -- like, I don't -- I have it sometimes mounted on my on my bike if I don't have a watch on, I mean, and I only use it for a timekeeping device, but I do not talk on my phone, I do not listen to my music, I do not, like, use a GPS on it. If I have to, like if I have to take my eyes off the road, I will pull over and look at my phone if I, like, look at a map or GPS or something. (#1)  F People are on their cell phones and biking, like, they literally have their cell phone in their hand, they're, like, watching something or texting and then cycling, they're not paying attention to anything, and, like, that's dangerous…..  Don't use your phone please do not be on your phone while you are commuting, like, unless it's, like, some sort of emergency -- or get, like, a bike I don't use my phone, but I've seen some cyclists use it's, like, a bike holder - like, a phone holder for bikes. (#16)  M I've seen cyclists text while cycling, which I think is completely insane. (#19)  M Parked cars - If you are aware and paying attention, they shouldn't be a problem, but if you're texting and not paying attention, you could run into one, which - fully on you - you shouldn't have been texting or distracted. (#21)  M Do not be distracted, do not answer your phone or look down to your phone.  And, yeah, just try not to be distracted. I've witnessed a person text-messaging while riding and flipped his bike over because he wasn't aware that there was a lady crossing with a young child in front of him slammed on the brakes, flipped over. (#20) | |