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| **Theme: Don’t ride too fast.** | **Respondents** |
| **14 (6M, 8F)** |
| **Responses:**  M I'm not I don't - I don't cycle fast. I'm not in a hurry, so I would keep - I see no reason to go faster than 15 miles an hour. Speed will only increase, I suppose, the chances of something wrong happening. (#19)  M Speed - You're not going to get to go fast, you know, even if you tried - but generally slower is safer. And, I think, don't be afraid to stop actually, if things start to get unsafe. Stop and get off, and at least you'll be a person standing in the road rather than another variable where someone you know, you could make a wrong move and get hit. (#12)  M I ride slowly, carefully, within the right speed and things like that. (#15)  F Right now, I'm just trying not to bike so fast. (#17)  M Be moderate. Keep your high speed to parks or areas where it's safe to bike at high speeds. (#21)  F Definitely cars - I just yeah like, cars, and, like, the conditions of the street, like the potholes and stuff, and people, like, yeah, that - and double - like, the double-parking, that I have to, like, go on the street in cars - so, to avoid that, I think, I just don't bike too fast…..  when there are, like, lots of people around me and lots of traffic, I just go, like, pretty slow I mean, not slow, but I - yeah, I try, like, to anticipate, so if there is anything, I can, like, hit my brakes and not crash, or hit anyone. (#2)  F I purposely don't go very fast either, because I think I would - that would be dangerous. But I do see people going, you know, zipping in and out and going really fast, which I think, especially if you get, you know - if you do collide with someone or a car, then your injuries are potentially going to be a lot worse. (#23)  F [Speed] Try not to concentrate on that. Safety is more important than, you know, trying to beat a light or a car or get to your destination. You just don’t know – like, New York is not just cars and, you know, pedestrians -- you have to be careful also because there are a lot of potholes, even in the bike lanes, so just proceed with caution. (#22)  F Don't feel like you have to race to get where you're going - it's not a race, you know, it's a form of transportation. (#24)  M Yeah, yeah, I know, I know - the quicker you go, the more susceptible you are for accident. (#14)  F So that's what I think of when I think of speed - going too fast and not being able to quickly stop and not being able to swerve. (#16)  F And the other is, you know, not to go too fast. You can't stop, because - You know, you can't stop on a dime on a bike. (#6)  M I think you should yeah - pay attention to speed, because speeding on a bicycle is just as dangerous as speeding in a car. Speeding is - going too - There is a too fast, I think - depending on the situation… (couldn't hear last few words)….. (#7)  F I just try to go slower and maybe just stop if there's, like, too chaotic intersection….. I try to slow down every time there's a car in the middle of the street. (#11) | |

Other comments:

M So I like to move at the speed everybody else is moving. So I do keep, like, a keen eye on - I keep - I try to keep my speed relative to everybody else's. I don't like to go too fast or too slow, because - there's almost - and that goes back to a little bit of the - what I was talking about earlier as a nuance. I feel that, as a cyclist, you can't be too shy and you also can't be too bold. (#5)

M Speed is - as much as possible! Like, you know, but be careful, and know - always be, like, sure that, like, whatever dangers you imagine could come up, you should be at a speed that you can appropriately deal with them. (#9)

M This is a tough one for me, because I do ride quickly. The thing is, though - I don't ride quickly everywhere - once I'm in - you know, I have a clear path ahead of me, I do like to build up speed but I would have to say, speed, don't give yourself enough time to stop safely, I would say. (#20)

M But if the traffic is slowing, or if I'm on a bike path, you know, I'm going - and again, I'm looking far ahead if - you know, if someone's walking a dog, and they're, you know - I'm conscious, I slow up to make sure that - you know, I don't want to run a dog over, you know, so yeah, again, you're just conscious of - I'm conscious of it, but I'm, you know - I'm trying to keep up with traffic. (#3)

F I mean, I guess you can go fast if, like, there's not that many people around, but, like, in busier streets, like, go slower. (#17)

M I think sometimes it can be risky to go too slowly - you know, it's better to have a bit more speed. (#18)