

Relationship of Riding Performance and Achievement of Amateur Bicyclists

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ABSTRACT

People paid more concerns and involvement to leisure with the growing of economy. With the rising price of gasoline and the caring of planet pollution, people start to ride bicycle as a transportation vehicle. More and more people ride bicycle as a leisure activity eventually. The main purpose of this study was to explore the relationship between cyclist's involvement, physical performance, psychological performance, and achievement after the riding activity comparing with three different challenging levels of route. This study applied the quasi-experimental design and a structural questionnaire to collect the achievement and involvement of a cyclist. The data physical performance were collected via an advanced GPS receiver, that recording the route, the speed, the slope, the heart beating rate, and the cadence rate every 10 seconds. The data recorded in the GPS receiver were downloaded for further analysis. The main findings of this study were concluded as followings: 1. The meaning of riding bicycle for most amateur cyclist was to increase the enjoyment and rich daily her/his life; 2. The more deeply involves in cycling activity, the more skill/knowledge for bicycle riding and maintenance the cyclist needs; 3. The riding experiment and ability of cyclist will reflect different physical and psychological performance when facing different challenges of route; 4. The heart beat rating decreased and the cadence rate increased when the more involvement that the cyclist shown; 5. The cyclist will gain more achievement with higher challenges of route.

Keywords : amateur bicyclists ; involvement ; riding performance ; achievements

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