5653 adult cyclists who enrolled in the 2006 Taupo Cycle Challenge and provided an email address were invited to participate in the study.

2438 cyclists were enrolled in the study (43.1% response rate)

190 cyclists were recruited from the 2008 event newsletter

2628 cyclists completed the baseline questionnaire

38 overseas cyclists were excluded

2590 cyclists were resident in New Zealand

36 cyclists were excluded as their addresses could not be mapped

2554 cyclists were included in the analyses presented in Tables 1-3 (919 cyclists were resident in Auckland)

All cyclists were invited to participate in the follow-up survey in 2009

1537 cyclists completed the follow-up questionnaire (58.5% response rate)

11 overseas cyclists were excluded

1526 cyclists were resident in New Zealand

15 cyclists were excluded as their addresses could not be mapped

1511 cyclists were included in the analyses presented in Table 4 (557 participants were resident in Auckland)