ABSTRACT

This study examines various motives for participating in the sport of cycling. Past research on the sport of cycling has mostly been limited to physiological studies of elite cyclists. However, research on marathon runners and triathletes reveals a long list of possible motives for participation. Approximately 1,200 male and female cyclists completed an adapted version of the Motivations of Marathoners Scales (MOMS) that measured psychological motives, physical motives, social motives, and achievement motives. As a group, cyclists endorsed goal achievement and health concerns as reasons for cycling. Parametric and non-parametric statistics revealed that male cyclists were more likely to endorse competition than female cyclists and females were more likely to endorse weight concern, affiliation, and self-esteem as reasons for cycling. Competitive cyclists were more likely than non-competitive cyclists to endorse goal achievement, competition and recognition as reasons for cycling. Non-competitive cyclists were more likely to endorse weight concerns and affiliation as motives. Road cyclists were more likely to endorse goal achievement and competition while mountain bikers endorsed life meaning as a motivation for cycling. Potential applications to research, coaching, and training in the sport of cycling are discussed.