Table S1. Site by Group: Demographics, Neuropsychological Variables, and Outcomes

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Combined | | |  | Tour | | |  | Game | | | *p* (ANOVA) |
|  | ave | SD | n |  | ave | SD | n |  | ave | SD | n | (btwn: grp/site)b |
| ***Demographics*** |  |  |  |  |  |  |  |  |  |  |  |  |
| **age** | **82.2** | **9.7** | **64** |  | **80.6** | **8.6** | **34** |  | **84.1** | **10.6** | **30** | .002/.049 |
| 1 | 85.0 | 7.0 | 12 |  | 83.3 | 8.0 | 6 |  | 86.7 | 6.1 | 6 | \* |
| 2 | 86.8 | 3.0 | 5 |  | 85.5 | 1.0 | 4 |  | 92.0 |  | 1 |  |
| 3 | 84.3 | 5.6 | 9 |  | 83.8 | 6.7 | 4 |  | 84.8 | 5.4 | 5 |  |
| 4 | 86.4 | 7.1 | 14 |  | 84.7 | 7.6 | 7 |  | 88.0 | 6.7 | 7 | \* |
| 5 | 72.6 | 12.8 | 12 |  | 74.3 | 7.5 | 7 |  | 70.2 | 18.8 | 5 | \* |
| 6 | 80.8 | 9.6 | 12 |  | 75.0 | 10.3 | 6 |  | 86.7 | 4.0 | 6 | \* |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **education (yrs)** | **13.90** | **2.42** | **59** |  | **13.53** | **2.43** | **30** |  | **14.28** | **2.39** | **29** |  |
| 1 | 13.4 | 3.4 | 11 |  | 12.2 | 2.6 | 6 |  | 14.8 | 3.9 | 5 |  |
| 2 | 12.8 | 3.0 | 4 |  | 13.0 | 3.6 | 3 |  | 12.0 |  | 1 |  |
| 3 | 15.4 | 2.2 | 8 |  | 15.3 | 3.1 | 3 |  | 15.4 | 1.9 | 5 |  |
| 4 | 14.1 | 1.9 | 14 |  | 14.1 | 1.9 | 7 |  | 14.0 | 2.1 | 7 |  |
| 5 | 13.0 | 2.0 | 12 |  | 13.0 | 2.2 | 7 |  | 13.0 | 1.7 | 5 |  |
| 6 | 14.6 | 2.0 | 10 |  | 14.5 | 1.9 | 4 |  | 14.7 | 2.2 | 6 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **sex (% female)** | **60%** |  | **57** |  | **67%** |  | **30** |  | **52%** |  | **27** |  |
| 1 | 67% |  | 11 |  | 83% |  | 6 |  | 60% |  | 5 |  |
| 2 | 80% |  | 5 |  | 75% |  | 4 |  | 100% |  | 1 |  |
| 3 | 60% |  | 5 |  | 50% |  | 2 |  | 67% |  | 3 |  |
| 4 | 57% |  | 14 |  | 57% |  | 7 |  | 43% |  | 7 |  |
| 5 | 58% |  | 12 |  | 71% |  | 7 |  | 40% |  | 5 |  |
| 6 | 60% |  | 10 |  | 75% |  | 4 |  | 50% |  | 6 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **physical activity level** | **2.5** | **1.3** | **53** |  | **2.3** | **1.2** | **26** |  | **2.6** | **1.3** | **27** |  |
| 1 | 2.5 | 1.2 | 10 |  | 3.0 | 1.2 | 5 |  | 2.0 | 1.0 | 5 |  |
| 2 | 2.5 | 2.1 | 2 |  | 4.0 |  | 1 |  | 1.0 |  | 1 |  |
| 3 | 3.6 | .9 | 5 |  | 3.0 | .0 | 2 |  | 4.0 | 1.0 | 3 |  |
| 4 | 2.5 | 1.2 | 14 |  | 2.1 | 1.2 | 7 |  | 2.9 | 1.2 | 7 |  |
| 5 | 1.7 | 1.0 | 12 |  | 1.6 | .8 | 7 |  | 1.8 | 1.3 | 5 |  |
| 6 | 2.7 | 1.3 | 10 |  | 2.0 | 1.2 | 4 |  | 3.2 | 1.3 | 6 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **MoCA** | **21.0** | **5.0** | **60** |  | **20.6** | **5.6** | **33** |  | **21.6** | **4.3** | **27** | ns/.028 |
| 1 | 22.3 | 4.0 | 12 |  | 21.3 | 5.0 | 6 |  | 23.3 | 2.8 | 6 |  |
| 2 | 16.8 | 5.4 | 5 |  | 16.0 | 5.9 | 4 |  | 20.0 |  | 1 |  |
| 3 | 23.0 | 4.0 | 5 |  | 24.7 | 1.2 | 3 |  | 20.5 | 6.4 | 2 |  |
| 4 | 23.1 | 3.3 | 14 |  | 24.1 | 3.3 | 7 |  | 22.0 | 3.2 | 7 | \* |
| 5 | 19.1 | 6.2 | 12 |  | 16.4 | 5.9 | 7 |  | 22.8 | 4.9 | 5 | \* |
| 6 | 20.3 | 5.4 | 12 |  | 21.7 | 5.1 | 6 |  | 18.8 | 5.7 | 6 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **MCI classification (% MCI)** | **51%** | 29 | **60** |  | **47%** | 16 | **33** |  | **56%** | 13 | **27** | .016/.005 |
| 1 | 42% | 5 | 12 |  | 50% | 3 | 6 |  | 33% | 2 | 6 |  |
| 2 | 100% | 5 | 5 |  | 100% | 4 | 4 |  | 100% | 1 | 1 | \* |
| 3a | 20% | 1 | 5 |  | 0% | 0 | 3 |  | 50% | 1 | 2 | \* |
| 4 | 21% | 3 | 14 |  | 14% | 1 | 7 |  | 29% | 2 | 7 | \* |
| 5 | 67% | 8 | 12 |  | 86% | 6 | 7 |  | 40% | 2 | 5 | \* |
| 6 | 58% | 7 | 12 |  | 33% | 2 | 6 |  | 83% | 5 | 6 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Adherent** | **32%** |  | **62** |  | **31%** |  | **32** |  | **33%** |  | **30** |  |
| 1 | 50% |  | 12 |  | 50% |  | 6 |  | 50% |  | 6 |  |
| 2 | 20% |  | 5 |  | 25% |  | 4 |  | 0% |  | 1 |  |
| 3 | 33% |  | 9 |  | 25% |  | 4 |  | 40% |  | 5 |  |
| 4 | 50% |  | 14 |  | 57% |  | 7 |  | 43% |  | 7 |  |
| 5 | 25% |  | 12 |  | 14% |  | 7 |  | 40% |  | 5 |  |
| 6 | 0% |  | 12 |  | 0% |  | 6 |  | 0% |  | 6 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Baseline Executive Function*** | |  |  |  |  |  |  |  |  |  |  |  |
| **CtratioBApre** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 2.23 | .53 | 12 |  | 2.21 | .49 | 6 |  | 2.26 | .60 | 6 |  |
| 2 | 1.78 | .67 | 5 |  | 1.88 | .73 | 4 |  | 1.38 |  | 1 |  |
| 3 | 2.28 | .48 | 9 |  | 2.47 | .36 | 4 |  | 2.13 | .55 | 5 |  |
| 4 | 2.17 | .52 | 14 |  | 1.93 | .32 | 7 |  | 2.40 | .58 | 7 |  |
| 5 | 1.76 | .40 | 12 |  | 1.70 | .50 | 7 |  | 1.83 | .31 | 5 |  |
| 6 | 2.32 | .67 | 12 |  | 2.22 | .61 | 6 |  | 2.42 | .76 | 6 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **StrLanspre** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | .38 | .21 | 12 |  | .37 | .09 | 6 |  | .39 | .29 | 6 |  |
| 2 | .28 | .08 | 5 |  | .31 | .06 | 4 |  | .18 |  | 1 |  |
| 3 | .51 | .11 | 9 |  | .45 | .10 | 4 |  | .56 | .11 | 5 |  |
| 4 | .44 | .11 | 14 |  | .45 | .11 | 7 |  | .42 | .10 | 7 |  |
| 5 | .40 | .23 | 12 |  | .43 | .26 | 7 |  | .35 | .21 | 5 |  |
| 6 | .53 | .39 | 12 |  | .46 | .09 | 6 |  | .59 | .57 | 6 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **DigRatioBApre** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | .61 | .20 | 12 |  | .59 | .23 | 6 |  | .63 | .19 | 6 |  |
| 2 | .55 | .15 | 5 |  | .58 | .15 | 4 |  | .43 |  | 1 |  |
| 3 | .71 | .28 | 9 |  | .65 | .15 | 4 |  | .76 | .36 | 5 |  |
| 4 | .58 | .18 | 14 |  | .56 | .11 | 7 |  | .61 | .23 | 7 |  |
| 5 | .67 | .16 | 12 |  | .59 | .11 | 7 |  | .78 | .16 | 5 |  |
| 6 | .63 | .26 | 12 |  | .70 | .26 | 6 |  | .56 | .26 | 6 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Exercise Outcome*** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Ride frequency** | **20.7** | **26.6** | **61** |  | **18.4** | **22.6** | **32** |  | **23.3** | **30.6** | **29** |  |
| 1 | 28.2 | 26.4 | 12 |  | 19.5 | 18.8 | 6 |  | 36.8 | 31.7 | 6 |  |
| 2 | 12.4 | 26.1 | 5 |  | 15.0 | 29.3 | 4 |  | 2.0 |  | 1 |  |
| 3 | 20.6 | 25.6 | 9 |  | 13.0 | 16.9 | 4 |  | 26.6 | 31.6 | 5 |  |
| 4 | 31.1 | 37.5 | 14 |  | 36.0 | 31.1 | 7 |  | 26.1 | 45.1 | 7 |  |
| 5 | 18.9 | 15.5 | 12 |  | 14.9 | 13.7 | 7 |  | 24.6 | 17.5 | 5 |  |
| 6 | 2.0 | 1.5 | 9 |  | 1.0 | .0 | 4 |  | 2.8 | 1.6 | 5 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Miles** | **60.5** | **110.1** | **60** |  | **47.4** | **81.6** | **31** |  | **74.4** | **134.3** | **29** |  |
| 1 | 69.6 | 123.5 | 12 |  | 27.7 | 37.0 | 6 |  | 117.4 | 163.4 | 6 |  |
| 2 | 38.2 | 84.3 | 5 |  | 47.7 | 94.2 | 4 |  | .5 |  | 1 |  |
| 3 | 47.8 | 72.4 | 9 |  | 24.4 | 42.0 | 4 |  | 66.5 | 90.4 | 5 |  |
| 4 | 110.2 | 168.9 | 14 |  | 125.4 | 127.2 | 7 |  | 95.0 | 212.4 | 7 |  |
| 5 | 50.2 | 59.8 | 12 |  | 24.7 | 28.5 | 7 |  | 85.8 | 76.8 | 5 |  |
| 6 | 3.0 | 4.6 | 9 |  | .30 | .31 | 4 |  | 5.2 | 5.3 | 5 |  |
| a sample size includes only those with completed MOCA at this site (reduced due to missing data from administration error) | | | | | | | | | | | | |
| b \* indicates *p* < .05 for between group comparisons by site | | | | | | | | | | | | |