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Comments: We have started a adaptive mountain bike program in Maine for people with a disability. We use a variety of types of mountain bikes including fat bikes, full suspension two wheel bikes, fat trikes, XC hand cycles, and downhill hand cycles. We use a large variety of trails including flow trails, downhill trails and XC trails to accommodate different level riders and to further our riders skills. We have started out not using e-assists based on building the program first before investing more, but have quickly discovered the many benefits of e-assists for riders with a disability and will be investing in installing them in the future. For many of our riders an e-assist could mean the difference of going for a casual ride or being able to challenge themselves on longer/more difficult rides. Our riders with e-assists are also able to maintain a common pace with other riders without over exhorting themselves too quickly. Mtb is a very social sport and riders want to be able to ride with friends and family without slowing them down or limiting the group to less challenging terrain. Although our riders have been able to overcome many obstacles without e-assist, many of them have had opportunities to use an e-assist resulting in overall better performance and enjoyment. Some adaptive riders may be limited in their motor functioning and need to rely on a e-assist to ensure they are able to endure a complete ride without having to need a rescue or assistance from another rider. It is my experience that when and if riders of all levels are educated in proper use of e-assists the impact for those riders are positive and responsible with the use of the equipment.