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Organization:

Title:

Comments: I've been an avid mountain bike rider for forty years. Since I retired four years ago, I've been riding daily. It's my only form of exercise. Exercise is one of the most important parts of my life - especially as I age. My cardiologist has recommended that I keep my heart rate lower than I currently do on my rides. This is very difficult to do while mountain biking.

I decided to rent an e-bike to see if that would help me ride with a lower heart rate. In researching e-bikes I learned they are prohibited on all Forest Service and most BLM bike trails. I was stunned to learn e-bikes are considered equivalent to motorcycles by the Forest Service! I rode motorcycles for years and I can tell you an e-bike is NOTHING like a motorcycle. An e-bike simply allows the rider to choose to supplement their pedaling effort. If you don't pedal, there is no boost. Other than the motor, an e-bike is identical in all other respects to a non-motorized bike. It doesn't cause any additional environmental or trail damage. It's just a bike!

I hope the people who are making decisions about where e-bikes can be ridden will simply take an e-bike out for a ride. It's really as simple as that. If they rode an e-bike, they would see they are no different than a regular bike as far as their impact on trails. I hope some day I can legally ride an e-bike on the same Forest Service trails I can ride a regular bike. This will allow me to ride bikes longer as I age and may even save my life by riding with a lower heart on the steeper sections of trails.