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Organization:

Title:

Comments: I am 70 years old. And describe myself jokingly as an aging, deconditioned, former college athlete. Up until a year ago, I would enjoy riding my all-mountain mtb even though it was rather difficult on the grinding climbs. Well, all the limitations of aging have set in. The joys of riding have started to be overcome by the pains of aging. Recently I rolled the dice and bought an all-mountain e-mtb. It is a class 1 pedal assist. It has been a game changer, even a life changer. All I need is a little assist. I still climb at a cadence of 70 to 90 rpm. But, I get somewhere without being totally wasted aerobically and muscularly. I am still getting challenged physically, but I can enjoy the ride and get at least twice the distance and time in. My bike life is so much more enjoyable. Please open up all trails to level 1 pedal assist e-bikes. They open up so much more opportunity to people with certain limitations and have no more impact on the trails as similar mountain bikes.