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Comments: I have been a long-time mountain bike rider and was once against e-bikes as I thought of them as electric motorcycles. After finally trying one and realizing you still had to work hard to go fast and the assistance usually cuts off at a certain speed(20 mph). I had a much different opinion on them, afterwards.

The beauty of e-bikes is that they allow people with physical conditions to do things they wouldn't otherwise be able to do, like get out in nature and get some exercise.

You still have to do the work, but you get help where you need it. It's been nice seeing some older riders come back to the sport now that they have these options.

For others, it's a great way to get more miles in and it lets some people keep up with riders who may be in better condition than themselves. They don't do any more damage to trails than regular mountain bikes. I work on my local trails and haven't noticed any accelerated erosion since they've been introduced.