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Organization:

Title:

Comments: I am writing to ask for your help to support class 1 ebikes on USFS land. From my research ebikes are already considered non-motorized vehicles on department of interior land. A class 1 ebike is a pedal assisted bike with a governor of 20 miles per hour. This type of ebike will not move unless it is pedaled, there is no throttle or anything of that nature. I recently switched from an acoustic mountain bike to a pedal assisted ebike and it's amazing. I am able to ride twice as far and burn more calories than on my old bike and feel great while enjoying everything Montana has to offer. Ebikes have the bad reputation of being only for fat out of shape people that don't want to pedal. I can tell you from experience this is the farthest thing from the truth. While there are 2 other classes of ebikes that may have some type of throttle and a higher governed speed; like I said before class 1 ebikes only move if they are pedaled. Ebikes cause no additional damage to trails as they are essentially a regular mountain bike with a small "motor" in the hub of the pedals.

I religiously track my heart rate; whether I'm playing hockey, hiking, working out or riding my bike I track my heart rate. I enjoy tracking my heart rate to help keep me accountable and it's something I find fascinating. Below is a list of rides both on my old acoustic bike and on my new ebike that prove ebikes still provide a great workout. The best part of the ebike is your heart rate doesn't get tacked out and you can maintain your heart rate in the prime fat burning range. From my experience at my job I can attest to going on older citizens of Missoula that have died from heart attacks while riding their bikes. An ebike opens up the opportunity for a greater amount of Montanans to enjoy biking. Please see my lists of rides below.

#### Acoustic Rides

\*Saturday May 2, 2020 50 minute ride

oDistance 4.71 miles

oCalories burned 484

oAverage HR 148bpm

oAverage Speed 5.5mph

\*Sunday May 3, 2020 60 minute ride

oDistance 5.59 miles

oCalories burned 616

oAverage HR 144bpm

oAverage Speed 5.5mph

\*Sunday May 10, 2020 44 minute ride

oDistance 4.85 miles

oCalories burned 489

oAverage HR 144bpm

oAverage Speed 6.6mph

#### Pedal Assist Ebike Rides

\*Monday May 11, 2020 82 minute ride

oDistance 8.81 miles

oCalories burned 1,012

oAverage HR 137bpm

oAverage Speed 6.5mph

\*Sunday May 17, 2020 76 minute ride

oDistance 8.89 miles

oCalories burned 989

oAverage HR 135bpm

oAverage Speed 7.0mph

\*Monday May 19, 2020 75 minute ride

oDistance 7.83 miles

oCalories burned 966

oAverage HR 143bpm

oAverage speed 6.1mph

As you can see from my rides I'm still getting a great workout (if not better) on an ebike than I was on my acoustic bike. The main difference is I can go twice as far and maintain a lower heart rate. I can climb hills without being completely exhausted at the top, which means I can continue to ride for a longer distance. My average speed is within a couple miles per hour which means I'm not just "ripping" up the trails. I would really appreciate you supporting class 1 pedal assisted ebikes on USFS trails.