

Data Submitted (UTC 11): 10/8/2020 1:12:54 AM

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Comments: As a long time cyclist and user of our National Forests, I am very glad the Forest Service is updating it's e-bike policy and rules.

I was able to use conventional bicycles for many years, and must now rely on an e-bike due to a medical condition and physical limitations. Contrary to myth and folklore, e-bikes make little difference in speed or safety of cycling, but most importantly allow many people (especially those over age 50) to continue their access to the outdoors.

I ride about 100 miles a week, and I've collected extensive data on my cycling with a GPS bike computer and my average travel speed is only one to two mph faster than I recorded with my conventional bike BUT still slower than the speeds I rode when I was younger. ROUTINELY, I am passed by younger cyclists. IN FACT, the majority of e-bike riders I see on bike paths and trails are of my age, meaning age 50 or greater. E-bikes keep us going. They do not tear up trails, make noise or cause any harm.

For many years, the federal government has treated e-bikes as bicycles and more recently, most states, cities and counties have adopted regulations to address e-bikes as bicycles. It is time the Forest Service does the same.