

Data Submitted (UTC 11): 10/10/2020 12:02:05 AM

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Organization:

Title:

Comments: I have been regularly riding mountain bikes for many years. Now that I am approaching my 60s, it has become apparent that I need an electric bike (e-bike) to continue to enjoy riding. I turn off the motor when I am riding on flats and downhill, as many do, but I need a little bit of assistance for the long climbs that are necessary when riding in the mountains. I ride a Specialized Levo SL class 1 e-bike that allows me to sync with a heart rate monitor and set my bike to automatically turn on and adjust the motor as needed (without exceeding 20 mph) to keep my heart rate at, or below, a certain level. This is the type of innovation that allows many older riders, and riders with health conditions, to continue to enjoy riding and to get the exercise and fresh air that we all need. I fully support permitting class 1 e-bikes on all trails where other bicycles are permitted. Thank you for your consideration.