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First name: Joel

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Organization:

Title:

Comments: Hello,

I'm an adaptive handcycle mountain bike rider. I was involved in a motorcycle accident in my teenage years resulting in a high level spinal cord injury.

I tried for three years riding non-assisted bikes partly because the technology wasn't available at the time and partly just being stubborn.

The lightest off-road handcycles are in the fifty pound range and go up from there. The heavy weight coupled with a body that functions poorly leads to a very strenuous outing with very little to show for it! I came to the conclusion that if I wanted to have functioning shoulder joints in my senior years that I needed to make a change.

The electric assist system has allowed me to double my mileage and ride at the same pace with others including adaptive riders. The other riders don't always have to stop and wait for me to catch up with the group. The social aspect of mountain bike is only a small piece of the puzzle but, in a world where you have been excluded from participating in a lot of different aspects, is a pretty wonderful feeling!

Sincerely,

Joel