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Organization:

Title:

Comments: I am 71 years old and have been riding a mountain bike for the last 31 years. Thirty months ago I had a total knee replacement and felt my mountain bike riding days maybe over. This would have been a great loss to me. Shortly after, I bought an eMTB and was very pleasantly surprised. It is a Class 1 eMTB that I ride almost exclusively in "eco" setting. Since the purchase of this bike, I've ridden 3,800 trail miles; almost as much before my surgery. In doing a careful comparison of the data from pre-eMTB and post, I find the eMTB (in "eco" only), required 30% less energy (calories burned) to complete the same ride. In a subjective analysis, I'd say the eMTB provides no assistance in the downhill, very modest aid on level terrain and significant aid on the hill climbs. In comparing my heart rate, I can see that the eMTB shaves-off the highest heart rates, thereby making it possible for older riders like myself to enjoy the trails we once enjoyed.

I don't know how much longer someone my age is going to be able to ride but I am extremely thankful for every day. It's not just the thrill of the ride, it's the beauty, serenity and overall joy I get when riding. In reading the "pros and cons" of eMTBs I've had several thoughts. First, in Europe I understand the eMTBs are limited assist to 17 MPH. Why can't we do this? Second, if riders of eMTB are abusing the advantages of pedal assist, could we have a class 1(a) and class 1(b) where the maximum assist is more like the "eco" but without any loss in range?

I certainly hope that those looking at limited and/or excluding eMTBs from public lands will consider some more creative approaches so that older riders like myself can continue to enjoy this wonderful activity.