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First name: Todd

Last name: Wiersum

Organization:

Title:

Comments: I am one of many riders that have lost the ability to ride like I used to due to age, health, or lack of time. I have met an 80 year old that was out riding on an ebike. He said that before the ebike he just couldn't make it up any hills and since he has been riding he lost 40lbs of weight and spends a lot more time outside. Although I am not that old, my target heart rate at 47 years old is much lower than it once was and it is nearly impossible to keep my heart from running in the red zone without an ebike. The same applies to young kids....while they love riding they do not have the strength to climb up large hills. I added a motor to my 7 year olds bike and he is able to regularly ride 10-15 miles and can tackle 1000 vertical feet. Ebikes have so many positive impacts on people and in my opinion ZERO negative impacts on our trails. They should absolutely be allowed any where bikes are allowed.