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Organization:

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Comments: Being over 50, exercise has always been a struggle. My wife and I tried traditional bikes about 15 years ago and despite trying several times I would find myself tired and out of energy somewhere in the middle of the ride. We just stopped going and the bikes sat unused. After hearing about electric mountain bikes, we started doing research and after a few months took a chance and spent a considerable sum of money on the purchase of two electric pedal assist only "Class 1"(read no throttle) mountain bikes. These have been the missing link to my struggle with exercise. I always look forward to it and know that if I get tired, I can turn up the assist and keep enjoying myself. Its not about going fast, its simply about going. Both my wife and I enjoy being in nature and are thrilled that the Forest Service is looking at opening up more trails to our bikes. Everyone I speak with who has these Class 1 bikes feel its a game changer for them and their exercise regimen. In addition, we are very cognizant about the importance of preserving the trails and sharing them with other hikers, bikers and horseback riders. Thank you for the opportunity to comment.