

What exactly is an E-Bike?

An e-bike is just like a regular bicycle with the addition of electric assistance. Sort of a bicycle on steroids! The pedal-assist is provided by a motor, powered by a Lithium Ion battery. E-bikes use one of 2 types of motors: A cadence sensor..... _____ motors..... The braking system, derailleurs, etc are exactly like on a regular bicycle and operate the very same way.

Who are E-bikes for?

Who *aren't* e-bikes for? Commuters, casual riders, folks who want to keep up with stronger riders, people who want to get where they're going without arriving sweaty... They are for anybody who would like a boost, a little or a lot, whenever they need it. Because they are a bit specialized to ride, we typically advise them for riders 16 year old or older.

What are the benefits of electric bicycle?

There are a great many benefits of riding E-bikes! Because the rider *does* get exercise, all of the recognized benefits of regular exercise apply. Additionally, they allow people who need to be careful not to over-exert. Cardio patients and others who need to limit their level of activity can do so safely with the help of electric assist. Those who have limb weakness or balance issues can manage nicely on an e-bike. They are the perfect next step for people whose age or health considerations make regular riding more challenging, but who wish to continue to enjoy bicycling.

We're all aware of the environmental advantages of bicycling. Saving of gas, emissions, and noise pollution are all good reasons for replacing some of our motor vehicle trips. And the added power makes carrying groceries, etc manageable.

And not to be overlooked are the mental health benefits of fresh air and exercise!

How much do E-bikes weigh?

The addition of a motor does increase the weight over a regular bicycle. However, the power assist makes up for the extra weight when riding. If it will be necessary for the rider to lift the bike, the extra weight should be taken into consideration. Additionally, it is a good idea to use a carrier/bikerack that is e-bike rated to hold the extra weight safely.