



# WAM 50

## E-Bike Information

---

### What is an E-Bike?

- E-bikes are electric bicycles with a battery-powered assist that comes via pedaling or, in some cases, a throttle. When you push the pedals on a pedal-assist e-bike, a small motor engages and gives you a boost, so you can zip up hills and cruise over tough terrain.
- The harder you pedal, the bigger the boost, the faster you will ride. Most e-bikes come with a power switch that lets you adjust the boost setting from “eco” (low) to “turbo” (high), for when you want a little more oomph to help you up a steep hill.
- Batteries last anywhere from 35-100 miles before it needs a recharge. Where you fall in that range depends on the size of the battery and how much power the motor draws. If you ride around on “turbo” all day, you’ll run out of battery faster than if you run on lower, more economical settings.
- Stop and go with care. Because e-bikes are heavier and faster, it will take longer to slow down and stop. Squeeze your brakes well ahead of intersections. Remember that the bike will accelerate faster than normal.
- Source: Bicycling.com

### Are E-Bikes Allowed on WAM?

- Yes!

### Interested in test riding or looking at an E-bike?

- Visit any American Cycle and Fitness location to take one for a spin!