**Sentences: Electric Bike**

1. Getting an e-bike can dramatically increase how often you ride.
2. A survey was conducted recently with nearly 1,800 e-bike owners in North America.
3. Beforehand, 55 percent of respondents said they rode daily or weekly.
4. After buying an e-bike, that number soared to 91 percent.
5. It makes sense:
   * Even if you’re super fit, you still get tired (likely from training or racing).
   * Remounting your bike can feel like a chore.
6. If you have an e-bike, you can continue riding while giving your knackered legs a bit of a break.
7. You can also go faster.
   * This makes biking for longer trips more attractive, even when you’re pressed for time.
8. For those who aren’t frequent riders, e-bikes open up a whole new world.
9. While you may not be conditioned to ride 5-10 miles at a time, you can cover those distances easily with an electrical assist.
   * This is a great way to build endurance and confidence.
10. That same survey found that 94 percent of non-cyclists rode daily or weekly after getting an e-bike.
11. Name a type of riding, and there’s an e-bike for that.
12. If you have zero interest in an electric road bike, you may find yourself head over heels for a high-capacity e-cargo bike.
    * This can haul 400 pounds of stuff while still cruising at a cool 15 mph.
13. E-bikes are available in fat, cargo, commuter, recreational, hardtail, full-suspension mountain, and even performance road bike styles.
14. “People are buying electric bicycles as a way to reduce car trips,” Ed Benjamin, senior managing director at the consulting firm eCycleElectric, says.
    * The data backs him up.
    * 28 percent of survey respondents said they bought an e-bike specifically to replace driving a car.
    * Many other reasons were listed for wanting an e-bike.
    * These reasons include carrying cargo and kids, avoiding parking and traffic, and environmental concerns.
    * Buyers also indicated a desire to get out from behind the wheel.
    * Plus, you don’t need to change clothes or clean up when you arrive at your destination.
    * This is because you don’t have to work up as much of a sweat.
15. Consider, too, that more than half of all driving trips are shorter than 10 miles.
16. Some surveys report that the average single trip amounts to just 5.95 miles.
    * That’s a no-brainer distance to cover by e-bike.
17. The survey found that owners replaced 46 percent of their car commutes and 30 percent of their driving errands with e-bike rides.
18. CU researchers studied 20 non-exercising men and women.
    * The participants e-biked about 40 minutes three days a week.
    * They improved their cardiovascular fitness and blood sugar in just one month.
19. “Many people are not fit enough to ride long enough to get meaningful health and fitness benefits from biking,” Benjamin says.
20. “Put them on an electric bike and they can go out and ride for an hour and get a significant amount of exercise.”
21. The e-bike market has exploded in Europe.
22. The European Cycling Union announced that it will create a new racing circuit for e-bikes.
    * This includes e-road and e-mountain bikes.
23. The Union Cycliste Internationale included an electric mountain bike competition in the 2019 World Mountain Bike Championships.

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