

Submitter: Larry Thompson  
On Behalf Of: Climate Reality PDX  
Committee: House Committee On Climate, Energy, and Environment  
Measure: HB2571

February 7, 2023

RE: HB 2571 - Support

Chair Marsh, Vice-Chair Levy, Vice-Chair Levy, and Members of the House Committee on Climate, Energy and the Environment.

The Portland Chapter of the Climate Reality Project strongly supports adopting HB 2571 as an effective means to encourage the adoption of electric bikes with all the benefits electric bikes bring to our communities.

According to an April, 2021 study by researchers at the University of Miami, Ohio, electric bikes have significant health benefits while making biking more enjoyable and accessible to those who previously have been unable to ride a bike.

“The significant finding was that riding an e-bike for three miles at either a low or moderate assist level increased heart rate and metabolism that met exercise intensity levels recommended for health and fitness by the World Health Organization and the ACSM,”

“E-bikes can take away barriers that many people perceive when considering riding a bike for leisure, errands, or commuting including hills, long distances, or the perception that one is not strong or fit enough to ride,”

My neighbor is a regular cyclist but who would drive to work in her SUV as the hills were too steep for her to manage on a non-assisted bicycle. For a long time considered an electric bike but the expense was just too high. Eventually she did buy an electric bike and now rides to work and many other places. And she's far fitter for the experience.

I live in a suburban community and every time I see adults and children on an electric bike, which is a daily multiple occurrence, I remember that is one less car trip that pollutes our environment, creates a health risk and contributes to global warming.

Electric bikes avoid the expense of gasoline to fuel the ~99% of cars on the road today which have fossil fuel based internal combustion engines.

Electric bikes can be great for working moms, and actually all moms, giving them a break from driving their kids to school, extracurricular school activities, events, friends' homes, stores, recreation areas etc... Electric bikes are good for the environment, but they are awesome for moms (for dads too).

Given all the above and for many other reasons we urge the Committee to wholeheartedly support HB2571. Thank you.

Study Link:

<https://miamioh.edu/news/2022/04/acsm-2022-paper-of-the-year-awarded-for-e-bike-and-active-transportation-research-led-by-miami-kinesiologists.html>

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