



A WOMEN'S GUIDE TO BUYING, RIDING AND ENJOYING ELECTRIC BIKES



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WELCOME

- ▶ Thank you for taking the time to explore electric bikes for Women. Optibike has been selling electric bikes since 2007 and in that time we have seen many people change their lives.
- ▶ The most common comments I hear from customers are:
 - ▶ **“It is so easy to climb hills on an Optibike”**
 - ▶ **“We travel much further than we ever imagined” .**
 - ▶ **“We no longer need the car for many trips”**
 - ▶ **“This is the most fun thing I have ever purchased!”**
- ▶ These bikes enable you to explore solitary roads or go to the mountains. You can go to that special restaurant with a friend, or to a private lake just discovered.

“ I felt like a kid again”

- ▶ I wrote this short guide to help women understand what electric bikes can do for them and to help them make a good choice in fitting their bikes. This guide has been written from all the years of riding Optibikes with my wife and from experience with Optibike customers.
- ▶ Each person's needs are unique and it is best to understand some of the technology and capabilities of electric bikes before you go shopping. Best of luck in your travels.

Optibike Founder: Jim Turner



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SUE'S STORY

Instead of riding out into the prairie near Boulder, my husband and I often head into the mountains. The ride to Jamestown is about 16-18 miles straight up. I ride my Optibike and my husband rides his road bike.

We used to ride together and put in the hours back in the day on road bikes – and did 50 to 100 milers. It was a major part of our life. We once toured the perimeter of the south island of New Zealand for two months on road bikes with our panniers, our tent, and camped along the way. But with the passage of time and raising kids, the energy to do these kinds of rides became 2nd place for me.

I must say that when I realized that I could ride again with my husband using an Optibike and keep up with him, and go out on a beautiful, exhilarating, long sunny ride together

I fell to my knee's in gratitude for the romance that was rekindled.

This whole new bliss of body - soul memory, of being alive and sharing time together came back. Out in pristine nature, out in freedom of the breeze, the sun, and together.

And when I go out alone I love watching and being nurtured by the seasons as they change. Its sheer countryside seasonal wonder that is totally missed by being in a car.

All in one ride I see the chickweed blossom blue in masse, the milkweed popping its pod, the water of Left Hand river rise and swell with ice-melt, the wheat sway with wavy height, and hear the frogs chorus in unison in Spring.

The thrill of anticipating the next ride with my husband fills my week with joy. With me riding my Optibike, and my husband on his road bike, we are spending time together in a way I love, and our relationship continues to grow in new directions. I so look forward to these rides together. Optibike has become an exhilarating lifestyle surprise for me. Thank-you Optibike!

Sue

HOW TO EASILY LOSE 20 LBS ON AN OPTIBIKE

► **How to lose weight easily and with comfort on an Optibike**

- With an Optibike you can stay in your targeted heart zone with 100% control for a long time - on any terrain -
- Meaning...you can ride with a consistent pedaling and speed and keep your heart rate just a little above normal aerobic level - for a longer time period.
- This effectively develops your endurance, stamina, and strength, and **allows you to get in shape faster.**
- You will be in 100% control of the effort you wish to put out that day – not the hills, terrain, or wind - which lets you have joy, fun, exhilaration, and to be in your comfort zone with command.
- Because of this command and comfort in riding you will go out more often and use the bike for many reasons, as a lifestyle.
- Riding more often builds a momentum for your **metabolism to burn stronger** at a higher rate for a longer period of time.
- It then becomes very easy for the weight to drop off.
- In addition, the Bio Smooth™ Pedaling (see Bio Smooth page) of Optibike helps keeps your knees, back, and joints safe and healthy, so you can keep riding and stay comfortable.
- You can also use the bike for a 'training program' to hike up your metabolism for your own unique weight loss plan and lose weight even faster.
- You can combine exercise with commuting and errands and save time by doing both together.
- Personal power for the weight you desire can be achieved.

► **Anyone can ride this bike.**

BIO SMOOTH

- ▶ Optibike BIO SMOOTH™
- ▶ With a traditional bicycle, the riders legs are forced to push harder at the top of the pedal stroke. This can result in knee and hip misalignment and strain.. It also slightly fatigues the muscles due to the increase effort required. The result of this can be noticed with the legs feeling tired and sore after riding.
- ▶ The **Bio Smooth movement** of the patented Optibike Motorized Bottom Bracket (MBB) virtually eliminates this problem. The MBB runs in parallel with e rider and offer continuous force around the entire revolution of the pedal. This allows the rider to maintain a regular pushing with their legs and avoid extra fatigue and strain. It is like they are riding on air!
- ▶ The **result** is that Optibike Riders are able to ride at high aerobic levels, resulting in a great workout with less strain on their legs, muscles and joints. They ride further and longer and are able to get in better shape faster. They are often able to ride every day instead of a few times per week.



I typically ride 5 days a week along a paved 21 mile nature route with my Allroad. Before purchasing this bike, I struggled to ride my Raleigh bicycle about 4 miles a day. But this bike is a joy to ride!

Bottom line - **I've lost 10+ pounds in the last 4 weeks!** Also, I sleep like a baby every night. I used to have lower back pain (from a bulging disk), which kept me from riding more than 25 minutes a day. The Pioneer is so comfortable that I can easily ride for about 80 minutes - no problem. The battery range is more than adequate for my needs.

NO LONGER A WEEKEND WARRIOR WIDOW

- ▶ I have seen so many relationships where the couples no longer ride together, and there is friction as one person spends lots of time out riding.
- ▶ Now the spouse can use the electric bike and easily ride faster than the traditional bike rider. This really makes an amazing situation and rekindles a relationship.
- ▶ In fact, the regular bike rider will probably have a tough time keeping up with the electric bike rider. A great switch of roles.
- ▶ Suddenly both can go on long distance rides that only one went on before. More time together, more special moments to remember. Both having the time of their life at a pace they enjoy.



*We just got back from Hope , British Columbia. Did a 34 KM ride. Beautiful ride, it was outstanding. I love my Optibike Pioneer Allroad so much. Thanks again, it is worth every penny. I was able to keep up with my husband.
Noura*

OPEN UP CYCLING AGAIN

- ▶ Personal power comes from having a sense of internal control, of seeing ourselves as being able to alter or influence a situation for a positive outcome.
- ▶ Optibike gives you just this - a chance to gain a new dimension for the quality of your life – with independence, freedom, adventure.
- ▶ It opens up cycling again at a whole new level of possibilities for psychological and physical well-being.
- ▶ It becomes a chance to be something again in a lifestyle of fun, and it promotes your continued drive for fitness and growth with health and optimism.



HOW FAR CAN I GO?

- ▶ The short answer is from 12-100 miles depending on the electric bike model you buy.
- ▶ The distance you travel on your electric bike will depend on the following:
 - ▶ Your weight
 - ▶ How much you pedal
 - ▶ How hilly it is
 - ▶ Headwinds
 - ▶ The motor type
 - ▶ The size of the battery.
- ▶ All other things being equal, the **size of the battery** will determine the **distance** you can ride. The size of electric bike batteries varies greatly. Batteries range from 240 watt hours up to 1500 watt hours
- ▶ The standard battery on the Optibike R8 is 962 watt hours while on the Pioneer Allroad it is 400 watt hours. Since both these bikes have mid drive motors, the R8 will travel almost 2.4 times as far as the Pioneer Allroad, since the battery is 2.4 times as large.
- ▶ The R8 can travel at 20 MPH for over 3 hours!



COMMUTING WITH MY HUSBAND

My husband and I commute to work every day on our Optibikes faster and cheaper than we would in cars. We ride our R8 and Helia Optibikes in all types of conditions.

Light and agile, it is easy to slip through traffic, use bike lanes and then park for free directly in front of our destination.

The **Optibike climbs like a Himalayan Mountain goat**. In the hilly areas, the Optibike opens up options for local errands, enabling us to climb hills around our house without getting too sweaty and over exerting ourselves. This is great when you just want to run to the store or visit a friend.

On the road, the Optibike enables us to keep up with our serious road cyclist friends.



THE THRILL OF EXPLORING

Electric bikes travel faster and further than traditional bikes. This give you the ability to take the road less traveled and begin to explore the world around you.

- ▶ Trips of 20 or even 50 miles can be undertaken with ease.
- ▶ Each person riding on the ride is going at their own pace but can stay together.
- ▶ **There is no intimidation from a hill or head wind.**
- ▶ All riding is taken in stride. **No one is left behind.**
- ▶ Begin to plan your trips and adventure to go with anyone at any level and not feel intimidated.
- ▶ With the power of an electric bike, you can take the longer and safer routes.
- ▶ Enjoy the scenery, go where you like.



We are able to explore special places we could never reach by car.

E BIKES: A COUPLES LOVE STORY

- ▶ One of the greatest gifts of a long term relationship is sharing experiences and feelings.
- ▶ For many couples, as they age, it becomes more difficult to find common interests. This is often due to a physical limitation of one person.
- ▶ In our 50's and beyond, we often lack the strength we had in our youth but still have the desire to have new adventures.
- ▶ Electric bikes give you the power to adventure, share and explore again. You can share common experiences and continue to build life time memories.
- ▶ With an electric bike, **you control your experience**, hills are easily climbed at a level that is **comfortable for you**.
- ▶ **Each rider rides at their own pace**, yet they both ride together. How beautiful!



We just have a lot of fun riding our Optibikes. Almost wherever we stop, people will ask us about them because they are unique looking. We went up to the factory and took a test ride. That's all it took to convince us that Optibike was the way to go!

Kathy and Don

BIKES FOR WOMEN

- ❑ The Pioneer Allroad is a great entry level bike and works perfect for riders **on all types of terrain**. These bikes are great for **Women**.



- ❑ A **great combination** that many customers have purchased is the Pioneer Allroad for the wife and an R11 for the husband. The Allroad is smooth and easy to ride, while the R11 satisfies the need for thrills and speed.



- ❑ If you want to go the **longest distance** or are heavier in weight, than the Optibike R8 is the perfect match.



- ❑ If you are looking for a bike that is **easy to get on and off**, then the Pioneer City is your bike. This is another great bike for **Women**.



HOW TO CHOOSE THE RIGHT BIKE



- ▶ Optibike offers the **widest range** of electric bicycles in price and performance of any manufacturer. This insures you get the bike that is right for your needs. No compromises necessary.
- ▶ Factors to consider when choosing your E Bike:
 - ▶ Lifestyle and recreational use
 - ▶ Weight and/or weight loss needs
 - ▶ Distance to travel
 - ▶ Your physical ability
 - ▶ How fast you like to ride. Are you a thrill seeker and do you enjoy the flowers along the way?
 - ▶ What is your terrain? Are there hills and mountains to cross?
- ▶ Feel free to call or email Sue at Optibike for your unique needs. 303.848.8380 or sue@optibike.com



BATTERIES AND RANGE

- ▶ All other things being equal, the size of the battery determines the range of an electric bicycle.
- ▶ Most modern electric bikes now use light weight Lithium Ion batteries.
- ▶ Optibike pioneered Lithium batteries in Ebikes in 2008 and has developed many of the advances in batteries in use today.
- ▶ You will also hear the term amp hours used in electric bikes. Amp hours only tell half the story, as the voltage of the battery is also needed.
- ▶ The true capacity of the battery is measured in watt hrs. Watt hours is found by multiplying the voltage of the battery times the amp hrs.
- ▶ A battery with **more watt hours will go further.**
- ▶ Always compare electric bike batteries using watt hours.
- ▶ The Optibike R8 has one of the largest batteries available in an electric bike and won the Tour de Sol by riding over 100 miles in record time.



MOTOR SYSTEMS AND HILL CLIMBING

- ▶ There are two main types of motor drive system in electric bikes:
 1. Hub Motor
 2. Mid Drive (Motorized Bottom Bracket, MBB)
 - ▶ The hub motor is mounted in the wheel of the bicycle. Although simple to install, the hub motor is inefficient when climbing hills. The hub motor will often overheat on long hills and drain the battery faster, reducing range.
 - ▶ The **Motorized Bottom Bracket** system of the **Optibike** drives in parallel with the rider using the gear system of the bicycle to give the **best hill climbing ability**, regardless of steepness.
 - ▶ **The Optibike MBB can climb anything.**



Hub Motor in Wheel



ELECTRIC BIKE REGULATIONS

- ▶ Laws for electric bicycles vary by town and state.
- ▶ Generally, electric bicycles are allowed on all bicycle lanes on streets.
- ▶ Their use on dedicated bike paths or off road trails varies.
- ▶ Consult your local municipality for their regulations.
- ▶ In general electric bicycles are subject to the same regulations as regular bicycles.
- ▶ If you plan to ride at night, a headlight and taillight are required and should be purchased at your local bicycle shop.
- ▶ Helmets are often required.
- ▶ There is often a minimum age requirement of 16.



RIDING GEAR



- ▶ The following riding gear is recommended:
 - ▶ Properly fitted helmet
 - ▶ Bicycle Gloves
 - ▶ Eye Protection
 - ▶ Bright Clothing
- ▶ In areas with rapidly changing weather conditions, be sure to bring extra clothing.
- ▶ It is highly recommended that you carry a spare inner tube, basic tool kit, and tire pump when you ride.
- ▶ A water bottle for hydration is also a good idea.
- ▶ Use Sun Screen if riding in sunny areas.



E BIKE SECURITY



- ▶ Security for an electric bicycle is similar to a regular bicycle.
- ▶ You can use a good quality lock to lock your bike when out riding.
- ▶ It is also a good idea to add the bike to your house or car insurance. This will insure it in the case of theft or damage.
- ▶ It usually cost less the \$90 a year to insure an electric bicycle.
- ▶ The Optibike R series bikes have a special mount welded to the frame to accept a U lock for extra security.



MAINTENANCE

- ▶ Electric bikes require very little maintenance. Most components are standard bicycle components.
- ▶ The general maintenance is the same as a regular bicycle.
- ▶ The battery will last years with regular use. The battery should be charged after each ride.
- ▶ If you ride 3,000 miles per year, you will probably spend \$100 per year on maintenance.
- ▶ Below are some helpful tips to do before each ride.
 - ▶ Check the tires for proper inflation and wear (35 psi is a good pressure)
 - ▶ Be sure the brakes are in good working order and adjusted
 - ▶ Make sure the chain is lubricated
 - ▶ Have the battery charged
 - ▶ Check the throttle for free operation, prior to turning on the bike.



TO LEARN MORE

- ▶ To help people fully understand electric bikes, **"The Electric Bike Book"** is a great help for anyone thinking about buying an electric bike.
- ▶ Get yours free at: <http://electricbikebook.com>



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