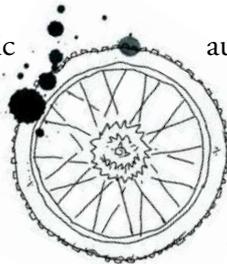


Why choose an Electric Bike?



Have you ever wished you could go further on your bike? Does riding up a hill terrify you? Do you wish you could ride to work but it's just a little too far? Then an electric bike could be your answer.

E-bikes offer all the fantastic health benefits of a regular bike but with the pedal assisted support from the motor when you need it. The pedal assist



automatically stops at 15mph, this means there's no need for a licence. They're also great for commuting too, a great way to reduce your carbon footprint and save you money at the same time.

THE TRUTH BEHIND ELECTRIC BIKES

Despite a boom in Electric Bike sales, or E-bikes as they're commonly known, some misconceptions about them still remain. Many people who could benefit from owning one could still be missing out, so we thought we'd give you all the information you need to make an informed decision!

They're not as expensive as you think.



People often look at the upfront cost of an electric bike and no further. While E-bike prices tend to start at about £1,000, which is undoubtedly more than a regular bike, in the long run they can be the most cost effective option.

That's because an E-bike is more convenient than a regular bike, so you're likely to use it more often. E-bikes are ideal for commuting because you can use the pedal assistance to help you ride longer distances, or get over tricky hills meaning you won't arrive at work all sweaty!

Cycling instead of driving means you'll save money on petrol and parking, plus your car will last longer due to a decrease in wear and tear. When you consider that you will get several years' worth of use out of your electric bike that upfront cost begins to look like a worthwhile investment. Raleigh also offers 0% finance across our range of E-bikes so you can spread the cost, so there's no need to break the bank.

You can get further



There's a huge misconception that you'll have to charge your E-bike regularly, but thanks to advances in technology they now last longer between charges. Some modern E-bikes can last for up to 110 miles on a single charge; however this is dependent on factors such as how often and at what level you use the pedal assist.

The type of motor or battery your bike has will also affect how often it needs charging and how long it will take to charge, so it's worth considering this when you're choosing what bike is best for your needs.

When you do need to charge your bike, all you need to do is plug it in and within a few hours you'll be good to go!

An E-Bike will improve your fitness levels

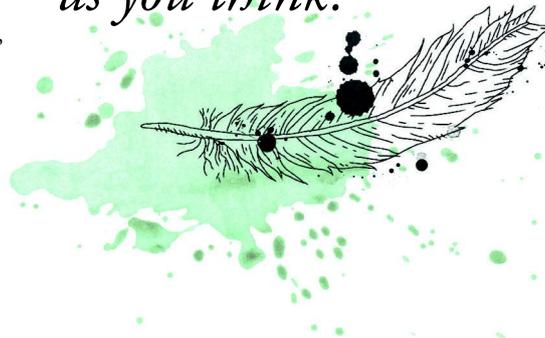


If you want a bike to get fitter there is no reason why you can't choose an E-bike. In fact, they can be a good choice if you are not yet confident about your fitness levels. You can choose to use the pedal assistance more often while you get back in to cycling, and then reduce it as you get fitter!

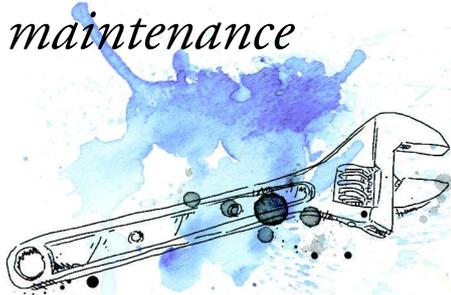
You'll be more likely to take on challenging rides too because you'll know help is at hand if you need it. So, E-bikes are a great option if you want the flexibility because how much effort you put in is entirely up to you.

Although E-bikes carry a little extra weight because of the motor and battery, it's barely noticeable. At Raleigh, all our bikes use lithium ion batteries which are incredibly light and efficient. You'll find many of our E-bikes have a sleek design and the motors are super discreet, with very little noise.

E-bikes aren't as heavy as you think.



E-bikes are low maintenance



All types of bikes need taking care of, even non-electric bikes. Caring for an E-bike is similar to a regular bike, with a few small exceptions such as being conscious not to drench it in water when you wash it.

As with a non-electric bike you should expect average wear and tear. Although very rare that something did happen to the electrics; if it did Raleigh would arrange to have it sorted for you.

So, if you're considering getting a new bike then rest assured there are plenty of good reasons to go electric.

Lucy's Electric Commute

Lucy is a Specialist Musculoskeletal Physiotherapist working in and around the Sheffield area. Lucy's daily commute doesn't just include a ride to and from the office; instead she spends a significant part of her day travelling from centre to centre to visit her patients across the Sheffield area.

"I'm not a newbie to cycling but commuting has only been something I've dabbled with in the past. This may be partly down to the fact that my commute is not as simple as riding from home to work then back again. A large part of my job is travelling between GP clinics and Health and Leisure centres across Sheffield to visit my patients.

Trying an E-bike

I'm lucky enough to have a friend who owns an Electric bike and kindly lent it to me so I could try it for my commute. Well, it was an absolute revelation! My previous excuses for not commuting by bike? Demolished! And, as the saying goes, there is no such thing as bad weather just ill-prepared clothing. The cold winter mornings and English weather didn't seem so bad when you're flying past traffic with the help of the power assist. Carrying all my kit to work has also been a breeze. With two panniers I can easily fit all of my kit in including my laptop.

On the way to work I turn up the pedal assist so I don't arrive sweaty. Then on the way home I use the eco mode so I can push on a bit. Now, I knew that a bike with the pedal assist would mean I'd arrive faster than my slog on the road bike, but on most days it was surprisingly quicker than driving especially when the schools are back. Win, win!



"The bike gets me to places around 30% quicker"



Weighing up the Pros & Cons of an E-bike

I had my suspicions that I would probably get fitter by using the E-bike. My theory was that I would spend more time in lower heart rate zones than on my usual commute therefore improving my cardiovascular fitness. The results? Not only do I feel fitter when I get back on my non-electric bike, but I'm beating my original route times which I record with a GPS device.



To satisfy my inner geek, I took my fitness tests one step further. At the start of my “trial” with the ebike I did a Wattbike fitness test which measures, amongst lots of other data, your average power output. I chose a 12 mins all-out time trial, which involves pedalling as fast as you can for the full 12 minutes. I repeated the test 6 weeks later, and to my delight I’d gained 10 watts. That equates to approximately a 5% increase in power output. Plus in terms of speed, the bike gets me to places around 30% quicker than my standard commuter.

The Verdict

I’d like to think that my patient’s experience is enriched too – I’m more energetic and mentally alert. I can also use my experience to encourage them (where appropriate) to consider ebikes highlighting the benefits it could offer. I’m a strong advocate of Physio’s promoting exercise, and cycling is the perfect exercise for most physio patients because it’s so low impact.

Clearly the cost of the bike is significant initially but over time it will pay for itself though the other gains start immediately. The money I’ve saved from not buying fuel and parking tickets goes straight into my new bike fund! So all in all I am sold and look forward to the arrival of my very own Raleigh electric bike to continue with my commuting. I might even get some longer rides in without all the baggage too!”