

Kristen Knupp  
Falmouth  
LD 209

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327 Foreside Road  
Falmouth

Senator Chipman, Representative Williams, and Members of the Transportation Committee:

My name is Kristen Knupp and I am a resident of Falmouth. I am writing to testify in strong support of Rep. Bell's proposed amendment to LD 209, "Resolve, to Direct the Department of Transportation to Implement the Recommendation of the Portland to Auburn Rail Use Advisory Council."

Having this rail trail through my community would be an incredible resource for me, my family, and my community.

My family and I would use the rail trail to enjoy nature in our community, get much-needed exercise, and to visit other communities by bicycle. We have teenage children who would love to bicycle more, but cycling on the roads is risky. They would enjoy the possibility of discovering new areas on a safe path, away from road traffic.

We would use the rail trail year-round, on weekends as well as during the week, because we are retired. We would also love to take our guests, many of whom enjoy nature and staying healthy, to show them another side of our community beyond the usual tourist sights.

In addition, in my opinion, it is very important to have access to nature as it benefits our overall health and mental well-being. After being locked down for many parts of the last three years, I think we have all realized the importance of being connected to nature and of active fitness for our mental and physical well-being. This would benefit our community in addressing these needs.

Furthermore, this would help us to break our dependence on cars. It would be so nice to have access to nature and an active leisure activity without needing to use the car. We live in a beautiful area, but we usually have to drive somewhere for our recreation, and this trail would provide access to nature without needing a car.

We would love to explore our area as well as nearby communities by bike. I could see us cycling to Portland, Yarmouth, Freeport or beyond for a coffee or lunch, and as such, it would benefit surrounding communities as well as our own. The rail trail would provide a wonderful resource that is currently lacking in our community.

Thank you.  
Kristen Knupp