

Betsy Cyr
North Yarmouth, Maine
LD 209

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

My name is Betsy Cyr, and I am a resident of North Yarmouth, ME. 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."

My neighborhood is directly across the street from the proposed trail. My husband, two children and I are very active walkers, joggers, bikers, and cross country skiers. While our small, dead end street offers a safe area for these activities, we live directly off of North Road in a 45 mph speed zone, which in my opinion is the minimum speed cars travel along this through way. Occasionally my husband and I walk or jog along North Road, but we would never consider letting our children use this road for recreation or fitness. We would absolutely love and take full advantage of the proposed trail. Our neighbors, who we often see walking similar routes, would also take full advantage. It would be an asset to our community for a variety of reasons, most of which includes a safe way to be active outdoors for people of all ages and abilities.

My family and I would also use it as a safe way to bike to and from the nearby town of Yarmouth. We do not feel safe using our bikes along the main road because of the speed of traffic, but this would open all sorts of possibilities to reduce our carbon emissions and stay active. As a modest estimate, we would use this trail 3-5 times per week all year.

In addition to living nearby the proposed trail, I am also a physical therapist. I am a big advocate for inclusive outdoor recreation for all ages and abilities. Having this resource will provide many citizens with the needed access to safely be active outdoors. Those who have difficulties finding nearby accessible, level trails will have the opportunity to participate in meaningful recreation more frequently, which is so important for their physical, mental, and social well being.

Thank you so much for reading my testimony.