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I am writing to urge you to support the Casco Bay Trail along the unused rail line from Portland to Auburn. This trail would open up commuting opportunities for lots of people. I have been trying to find a safe place to do part of my commute by bike, but the roads to the Cumberland schools from the south do not feel safe to me on a bike. This trail would provide that option.

As a teacher, I am also eager for vastly increased opportunities for children to bike and walk for exercise, fresh air, and mental health. Off-road trails are many times safer than roads with cars going above 20 mph. Seniors also benefit greatly from access to safe mixed-use trails.

Biking and walking provide huge benefits to individuals and to society, in terms of health impacts, financial savings, and reducing greenhouse gases when trips decrease car use.

Thank you for your consideration.