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LD 404

As someone who has been through a triple heart bypass with complications recently, it's important that I stay fit and get regular exercise.  
Our road is dangerous and not a place I would walk, especially since I lost part of my right foot in the heart attack and recovery experience.  
There is no flat, even, ground next to the road even if I wanted to walk there and vehicles speed by sometimes pretty recklessly.  
It would be very good to have a place to walk, and even bike, that I felt was safe and was comfortable.