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As a cyclist and commuter from Biddeford/South Portland, I fully support development and maintenance of a more expansive trail network in our region. Cyclocommuting has proven beneficial for me in the following categories:

- fuel savings
- fitness
- mental health
- work productivity
- time management (serves as a workout)

In addition to my personal benefits, I see a potential reduction in traffic for areas that may be served by a more expansive trail system. Furthermore, users will be directed through communities vice bypassing them on a busy interstate. This may be impactful on local economies, by exposing more people to the local communities. In addition to local benefits, these trails add interest for visitors, and offer the communities along them exposure.

Thank you!