

Edward Teufel  
Falmouth  
LD 209

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20 Veronica Lane  
Falmouth, ME 04105

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

My name is Edward Teufel 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.

Although our Maine towns are wonderful places to live, in general they are not walker friendly. The lack of sidewalks really limits the ability to walk or bike safely. Having access to a trail such as the one proposed would be a great benefit for our daily family walks.

Most importantly, it would provide the thousands of residents of our community a resource to get out and exercise more. I have been a cardiologist in the Portland and Augusta areas for 24 years, and spend much of my time encouraging people to walk more, as daily walking decreases the risk of heart disease as much as quitting smoking. Every day I hear people say that there is no place safe to walk. I saw first hand a significant increase in my patients exercise routines when the Hallowell-Gardiner rail trail was built. I know the same thing will happen in the Portland to Freeport area as well if we build this trail. This will have a direct, positive health benefit for our community as has been shown in many towns around the country that have built similar trails.

Thank you for your consideration,  
Edward Teufel