

Andrew Paradis  
Topsham  
LD 29

Hello, my name is Andrew Paradis, I am a resident of Topsham, and I am writing in support of LD 29.

I am a lifelong cyclist, having ridden all over northern Maine where I grew up (in Fort Kent), and all over the mid-coast where I now live and work. I regularly bike-commute (about 8 miles) to my work on the former Brunswick NAS. I've even ridden from Fort Kent to San Jose, CA, in a long bike trek that I certainly could have planned better, but from which I could not have derived more enjoyment and confidence.

As a former US Marine infantryman, my feet and knees aren't in top condition; we carried a lot of gear over long distances! Bicycling has been one of the few activities I can do that doesn't aggravate my accumulated injuries.

Having the Merrymeeting Trail available (minutes from my home) will help me ride more regularly, which will help me remain in better mental and physical health. Having the Merrymeeting Trail available will help me keep active and outside in one of the prettiest parts of our State.

Beyond myself, I know that the Merrymeeting Trail would provide the same kinds of opportunities for individuals and families to get out more and enjoy all the wonderful benefits of cycling.

Thank you very much for your time and attention, and please vote to pass LD 29.