

February 13, 2019

To Transportation Committee of the CT General Assembly:

I urge you to support **S.B. 775**, establishing the Central Connecticut Loop Trail, a 111 mile mostly off-road bicycle route in the center of our state. The route passes through multiple towns including my hometown, Middletown.

This would benefit Connecticut voters because:

- It would increase tourism in our state. Currently, I will drive to Massachusetts to use some of their bike trails
- Getting people out and exercising is critical for their health. It decreases health insurance needs and costs
- Being outside improves people's mental health, especially in areas with trees. Research has shown that trees secrete substances that greatly reduce our levels of cortisol, a stress hormone.
- Having a feature such as this loop trail would be a positive selling point for people considering relocating to Connecticut.
- Finally, we as resident would have an additional reason to feel proud of being Nutmeggers.

Therefore, I urge you to support **S.B. 775**, establishing the Central Connecticut Loop Trail, a 111 mile mostly off-road bicycle route in the center of our state.

Thank you.

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