

**From:** Judy Love <[lovestar33@outlook.com](mailto:lovestar33@outlook.com)>

**Sent:** Tuesday, July 28, 2020 8:36 AM

**To:** Kari Barber <[barber@gwregion.org](mailto:barber@gwregion.org)>

**Subject:** As an elder, 75, with a balance challenge that has caused me to fall...

I am an elder, 75, with a balance challenge that has caused me to fall & break bones & get bloodied. So, I walk slowly & carefully, & every day, 3 miles or more. I need to walk because my balance improves somewhat, & it's wonderful emotionally in these tough times, to walk outdoors in beautiful Fxbg.

I used to love the trails, but this summer I have become frightened by the bikers, & even some runners, zooming past me so fast with only inches to spare. No one has hit me, yet, but I'm scared one will, so now I walk on sidewalks across the street from the nearby trails, or in residential areas, And thank goodness I'm safe from all those bikers 🚲 & even some impolite runners 🏃 by walking in Old Mill Park. I wonder how many other elders are also avoiding the trails...

I understand that all sorts of motorized cycles, etc. are being considered for the trails. I wish that even bicycles weren't allowed, but for sure I wish only wheelchairs & baby carriages were allowed. Just whatever goes about the same "speed" as walkers/hikers, so walkers are not constantly startled or terrified or hit & hurt. How many times are people hit, I wonder.

... another issue for me on trails now, is that virtually no one wears a mask 😞 so if I'm on the trails, I'm dodging everyone closer than about 10 feet, because the information is that the heavy breathing runners & bikers leave more droplets in the air around them.

I'm sad to have to avoid the trails, but I'm in a vulnerable health age group. Again I'm sharing because I imagine I'm not the only one.

I think "bike paths" belong on the edges of streets, NOT shared with walkers, & people in wheelchairs, & babies in buggies with parents, etc !!! Totally different "energies"!

Thank you for accepting my input,

Judy Love

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From: Robert Keith Thomas <rkthomas2@gmail.com>

Sent: Wednesday, July 22, 2020 9:16 AM

To: Stacey Feindt <feindt@gwregion.org>

Subject: Re: New FAMPO Transportation News - What did the public have to say during the recent public comment period?

Would you please read this at the meeting on pedestrian access?

Statement on Pedestrian Access

Have any members of this committee ever tried to walk more than a few blocks from their homes? It is almost impossible to do unless one is willing to cross major highways or walk along the edge of heavily trafficked streets usually with no sidewalks. One can drive anywhere. but walk? The city and even more the countryside is cut up into pieces by highways. The counties are even worse. No effort is even made to preserve walkability. We are all trapped into narrow islands around our homes. This amounts to being in a kind of prison. Fampo should have as a major priority to build pedestrian trails or roads with sidewalks between all our islands, starting with ways to connect Stafford county with the city of Fredericksburg. Even within Fredericksburg city there are major obstacles. Ever try walking from Idlewild subdivision into town?

There is a price for this in human health, mental and physical. People are obese and physically weak in ways one only sees in this country.

Robert Thomas