

From: [Sabrina J Shrestha](#)
To: [Carol Ann Desiderio](#)
Subject: Bike lanes in Malden
Date: Tuesday, September 5, 2023 12:51:21 PM

Dear Carol & City of Malden Leadership Team,

I am writing to express my wholehearted support for the implementation and protection of dedicated bike lanes within our city. As a concerned citizen who deeply cares about the well-being of our community and the environment, I believe that investing in bike lanes will have numerous positive impacts on our city's health, social connectivity, educational opportunities for our children, and our commitment to environmental sustainability.

Health Benefits:

One of the most compelling reasons to advocate for bike lanes is the significant improvement in public health they can bring about. Cycling is an excellent form of exercise that offers a wide range of physical and mental health benefits. By providing safe and accessible bike lanes, we encourage more people to adopt active transportation, which can reduce the risk of chronic diseases such as obesity, heart disease, and diabetes. Moreover, regular cycling can contribute to improved mental health by reducing stress and promoting a sense of well-being. The physical activity associated with cycling can also reduce air pollution-related health issues, further enhancing the overall health of our residents.

Fostering Family Connections:

Bike lanes have the potential to transform our city into a more family-friendly environment. Families can enjoy quality time together by cycling safely around the city, reinforcing bonds and creating lasting memories. Cycling offers a unique opportunity for parents to teach their children essential life skills and values, such as responsibility, independence, and road safety. Furthermore, having designated bike lanes ensures that parents and children alike can navigate our city without fear for their safety, making it easier for families to connect and explore together.

Promoting Basic Motor Skills for Children:

Implementing and protecting bike lanes will create a space for children to learn and practice basic motor skills like bike riding. In an era where physical activity and outdoor play are increasingly important for children's development, bike lanes can serve as a valuable resource. It is distressing to think that some children in our community, aged 8 and older, do not know how to ride a bike. Bike lanes offer a safe and controlled environment for them to learn these essential skills, boosting their confidence and independence.

Environmental Benefits:

The introduction of bike lanes aligns with our city's commitment to becoming more environmentally sustainable. By encouraging cycling as an alternative mode of transportation, we reduce the number of cars on our roads, leading to decreased air pollution and greenhouse gas emissions. This, in turn, helps mitigate the effects of climate change and contributes to a healthier environment for future generations. Additionally, investing in bike lanes can reduce our dependence on fossil fuels, leading us toward a greener, more sustainable future.

In conclusion, I urge you to consider the numerous benefits that the implementation and sustainability of bike lanes can bring to our city. These benefits encompass improved public health, strengthened family connections, enhanced educational opportunities for our children, and a more sustainable and environmentally responsible urban environment. By supporting bike lanes, we can make our city a better place to live, work, and play for everyone.

Thank you for your attention to this matter. I look forward to seeing our city flourish with the addition of safe and accessible bike lanes.

Sabrina J Shrestha

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