

Data Submitted (UTC 11): 9/1/2020 8:20:29 PM

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Organization:

Title:

Comments: I just retired from the Navy and my family settled in Harrisonburg a year ago. While in the Navy I spent the majority of that time stationed at NSN, after growing up in SW Virginia, near Damascus, VA. During that 20 years one of the things I missed the most was mountain biking, and having easily accessible trails to ride. In my opinion there is no more therapeutic cardiovascular activity. It is a great mind clearing exercise that gets you outdoors. You can't be thinking on much else while you ride other than picking your line and remaining upright. The more trails the greater the popularity MTB gets and the better the opportunity that our youth will also pick up a great hobby, to include my children. Thanks for the consideration, this will be a great asset to our growing MTB community.