

Data Submitted (UTC 11): 3/16/2025 7:12:26 PM

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Organization:

Title:

Comments: Hello, I'm a disabled brain injured person, and before I was injured, I would go out to Spencer Butte Mountain and trail run every day for many years and so I have so many happy memories of being in the woods and running, and even for my healing after my injury when I was in a wheelchair my Mom would just bring me there or other Nature places so even if I couldn't run just being out in nature and under the trees, it was so healing.

This is such an important cause to me because I feel like nature so important and healing in so many ways