

# **Mary Munroe Seabrook**

## **"The Commodore Trail, Why Friends Matter"**

**Mary Seabrook** is fourth generation Miami native, Mary is the great-granddaughter of Commodore Ralph Munroe, for whom the Commodore Trail is named. She grew up riding her bike everywhere and has ridden with her daughters to school since they were one and three years old.

Her background is in public health/health promotion, and she believes that riding bikes and exercising on the Trail is a wonderful benefit to the mind, body, and spirit. She understands first-hand how the Commodore Trail connects neighbors and businesses and how it builds a valuable sense of community while reducing traffic and carbon emissions from cars.

Mary dedicates her time to improving her community through many local service organizations and schools, but her main job is improving the Commodore Trail, making it safe and user-friendly for all. She lives in Coconut Grove with her husband and two daughters just one-half block from the Commodore Trail.