

Dear Family and Friends,

I am getting ready to embark on a one of a kind outdoor adventure!

On September 7, I plan to participate in the Three Notch Century to benefit Northeast Passage. This is a 100-mile bike ride through the White Mountains in New Hampshire.

Northeast Passage is a program of the University of New Hampshire's College of Health and Human Services, and is an affiliate of Disabled Sports USA. Northeast Passage develops and delivers innovative, barrier-free recreation and health promotion programs.

I am hoping to raise \$1,000 to support this organization. I need your help! Every little bit counts.

There are several ways you can support my endeavor:

- Visit my personal online fundraising page, [www.firstgiving.com/](http://www.firstgiving.com/) \_\_\_\_\_ and donate online via credit card
- Mail a check, payable to  
Northeast Passage  
University of New Hampshire  
4 Library Way  
Durham, NH 03824  
Be sure to put my name in the memo line of the check
- Call Northeast Passage at 603-862-0070 to process your credit card over the phone.
- Sign up to participate in the Three Notch Century. Visit [www.threenotchcentury.org](http://www.threenotchcentury.org) for more information

All donations directly benefit the participants of Northeast Passage's programs and are tax deductible. If possible, please have all donations to me by \_\_\_\_\_ .

Thank you for your support of Northeast Passage!

Sincerely,