

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/ _____ 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 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,