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## 5th Annual Cycling Challenge Raises Money For Northeast Passage

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## 5th Annual Cycling Challenge Raises Money For Northeast Passage

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August 20, 2008

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DURHAM, N.H. - The fifth annual Three Notch Century to benefit Northeast Passage will be held Sept. 5, 6 and 7, 2008 in the White Mountains of New Hampshire.

The Three Notch Century will challenge cyclists to conquer 100 miles in one, two or three days. Handcyclists and bicyclists can choose the number of days that matches their ability level and desired challenge. This event is designed for people of all abilities, including expert cyclists and people with disabilities. Each participant is asked to secure pledges or donations to benefit Northeast Passage's adaptive sports programs.

The route takes participants on a challenging and scenic ride, beginning at Loon Mountain in Lincoln and continuing through Franconia Notch, Crawford Notch and up and over the Kancamagus Highway. This event includes overnight lodging and meals for those choosing to ride for three or two days and will finish with a celebration on Sunday at Loon.

The Three Notch Century is sponsored by Martin's Point Health Care, Portsmouth Regional Hospital and WPKQ.

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

If you are interested in participating in the Three Notch Century, visit [www.threenotchcentury.org](http://www.threenotchcentury.org) or call 603-862-0070. For more information on Northeast Passage, visit [www.nepassage.org](http://www.nepassage.org).

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### Photograph available to download:

[http://www.unh.edu/news/cj\\_nr/2008/aug/threenotchcentury.jpg](http://www.unh.edu/news/cj_nr/2008/aug/threenotchcentury.jpg)

Caption: Participants in Northeast Passage's Three Notch Century.

Credit: Ken Watson

