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# Disabled Cyclists Tackle White Mountains Sept. 13-15 To Demonstrate The Abilities Of People With Disabilities

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September 9, 2004

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DURHAM, N.H. -- Northeast Passage at the University of New Hampshire, through its adaptive sports program, will host cyclists with disabilities on a three-day adventure Sept. 13 to 15, 2004, through the heart of the White Mountains.

The "Three Notches Disabled Cycling Expedition" will cover approximately 100 miles and 4,300 feet of elevation gain over three days. The bike route will be on dedicated bike paths as well as major roads.

Eleven riders will use arm-powered handcycles as well as traditional bicycles to complete the ride. Participants include Geoff Krill of N. Woodstock; Craig Gray of Scarborough, Maine; Karen Clark of Windham; Jesse Walker of Ossipee; Steve Osgood of Nottingham; Rich Herman of Manchester; Chris and Jeremiah Salter of Somersworth; Gladi Hartford of Concord; Jessie Nelson of Durham; and Tonya Knightly (hometown unknown at press time).

Day one of the expedition begins at Loon Mountain in Lincoln, covering 35 miles through Franconia Notch and ending at the AMC Highland Lodge.

On day two, cyclists will descend through Crawford Notch and into North Conway covering 25 miles and staying at the North Conway Grand Hotel.

Day three will cover a grueling 38 miles up and over the Kancamagus Pass and finishing up the ride at Loon Mountain.

"The name Northeast Passage originated as a metaphor for empowering individuals with disabilities to climb the mountain of barriers presented to them," says Dave Lee, cycling expedition coordinator. "The Three Notches Ride will be the embodiment of the Northeast Passage mission."

Event sponsors include Fisher Scientific International Inc., Handi-Coach Handicap Van Rentals, and Granite State Independent Living.

Each year Northeast Passage runs many cycling events from introductory clinics to organized rides to introduce people with disabilities to the options available for cycling. The adaptive cycling program offers the support necessary to cycle again with friends and family, as well as skilled instructors, avid cyclists of all abilities as volunteers, and equipment rental of more than 15 different adapted cycles to fit each individual's needs.

Northeast Passage, a nationally recognized leader in innovative therapeutic recreation services, delivers disability-related health promotion and adapted sports programs throughout New England. Founded in 1990, Northeast Passage collaborates with health care providers, schools, communities, and businesses to develop and administer more than 500 events annually. A service and research branch of the University of New Hampshire, School of Health and Human Services - Department of Recreation Management and Policy, Northeast Passage is an independently funded, not-for-profit organization.

Contact Northeast Passage at 603-862-0070 or visit [www.nepassage.org](http://www.nepassage.org) for more information.