

Media Relations

7th Annual Cycling Challenge Raises Money For Northeast Passage

August 19, 2010



DURHAM, N.H. – The seventh annual Three Notch Century to benefit the University of New Hampshire’s Northeast Passage program will be held Sept. 10, 11 and 12, 2010 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.

This year, Northeast Passage will host a group of Wounded Warriors through a partnership with Disabled Sports U.S.A and the Wounded Warrior Project. On the anniversary of 9/11, these 14 injured Veterans and members of the Armed forces will ride as a team using adaptive cycles.

Caption: Tyler Walker of Franconia cycles in the Three Notch Century. Credit: Steve McKinney, Big Dawg Images

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The route takes participants on a challenging and scenic ride through Franconia Notch, Crawford Notch and up and over the Kancamagus Highway.

The three- and two-day rides will start in Lincoln and proceed to the Flume and the State Forest Recreation Trail, consisting of approximately nine miles of rolling hills that crisscrosses the Pemigewasset River to Profile Lake.

In Crawford Notch, towering cliffs frame the road and several waterfalls dot this section of the route. A fast plummet downhill takes cyclists through Crawford Notch and into the hustle and bustle of North Conway.

Past the shops and through North Conway, Passaconway Road ends with a covered bridge, and cyclists begin to climb the Kancamagus Highway. The first 6 or so miles are relatively easy, riding past scenic pullouts and overlooks. The views open up as cyclists begin to climb and the summit makes the pain worth it – expansive views of the valley and sense of accomplishment for having made it this far! Again, another fast downhill will put cyclists back in Lincoln before they know it.

The one-day century option starts in North Conway and follows the same route, tackling the Kancamagus Highway first. This event includes overnight lodging and meals for those choosing to ride for three or two days and includes a celebration dinner in North Conway on Saturday, Sept. 11.

The Three Notch Century is sponsored by Martin’s Point Health Care 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 or call 603-862-0070. For more information on Northeast Passage, visit www.nepassage.org.

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Photograph available to download: http://unh.edu/news/cj_nr/2010/aug/bp19nep.jpg

Caption: Tyler Walker of Franconia cycles in the Three Notch Century.

Credit: Steve McKinney, Big Dawg Images

Watch a video of last year's Three Notch Century: <http://vimeo.com/12460747>

Media Note: Northeast Passage staff and participants will be available all weekend for interviews and photo opportunities. On Friday, Sept. 10, we will be riding through the Franconia Notch recreation trail, past the Mount Washington Hotel to the Appalachian Mountain Club's Highland Center in Crawford Notch. Please contact us at 802-598-8542 for specific times and locations.

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