

**AFTER THE RIDE BEGINS, EVERYTHING YOU NEED IS INCLUDED!**

- Deluxe accommodations (with massage therapists)
- Breakfast & dinner
- Support vehicles & sag-wagons at short intervals
- Refreshments
- Trans-NH T-shirts
- Fire Department escorts on final day
- The **Best Scenery** NH has to offer
- The rewarding & memorable experiences of helping individuals with neuromuscular diseases
- Riders who collect over \$1,200 receive official Trans-NH cycling attire

**IMPORTANT**

- Riders under 18 must request Board approval
- Helmets are MANDATORY – anyone **NOT** wearing a helmet will be asked to withdraw from the ride
- All riders must obey safety rules as established by State Motor Vehicle Laws
- The Board of Directors of the Trans-NH ride reserve exclusive right to reject, refuse or exclude any application by a rider or support crew member from the sponsored ride
- Register early!! The 3-day event is limited to 125 riders. All repeat riders have priority. All other applications will be processed on a first-come, first-serve basis.

**HOW CAN I LEARN MORE?**

You can call any of the following:

- John Carlson – 603.483.5886
- Bart Hemmerich – 603.465.7862
- Michael Roberts – 603.584.9392
- Pam Wright – 603.801.0243

Go to our website at [www.transnhbikeride.org](http://www.transnhbikeride.org)

**HOW DO I REGISTER?**

You must submit your application with a non-refundable registration fee by June 1. Fundraising must be completed and received by June 10<sup>th</sup>. With your application and paid registration fee, you will receive a rider package that contains suggestions on equipment, information about the ride and pledge sheets.

**SAFETY**

We want you to ride safely! You must wear a helmet! All riders must sign a waiver in order to participate.

**FUNDRAISING**

Each rider is personally responsible for submitting the fundraising minimum (varies depending on length of ride selected). The \$50 registration fee (payable by check or credit card) is not refundable and will be applied to your fund-raising minimum.

Riders must provide a valid credit card number to secure registration. Those registered riders who fail to obtain the fundraising minimum by the start of the ride will incur a charge against their credit card sufficient to meet the stated minimum (varies with ride length).

**CANCELLATION POLICY**

Rider cancellations will be accepted through June 15<sup>th</sup>. Cancellations not received by June 15<sup>th</sup> will result in a charge against your credit card sufficient to meet the \$250 minimum.

**FORMAT FOR THE 250-MILE TRANS-NH 3-DAY CHALLENGE**

**Day 1: Friday, June 25<sup>th</sup> – 100 miles**

7:30 AM – Start at the Canadian border on Route 3 north of Pittsburg, NH. Ride through northern NH, finishing in Littleton. Lodging, massages and dinner are provided.

**Day 2: Saturday, June 26<sup>th</sup> – 75 miles**

9:00 AM – Leave Littleton and head southwest through the lush farmland of the Connecticut River valley, through picturesque Hanover, ending in West Lebanon at the Fireside Inn & Suites. Lodging, massages, breakfast and dinner are provided.

**Day 3: Sunday, June 27<sup>th</sup> – 70 miles**

7:00 AM – Leave West Lebanon and head southeast along the western shore of Mascoma Lake and through towns such as New London and Warner as we make our way toward Concord. Once we reach Concord, we'll receive a fire truck escort through the streets of NH's capitol city to our ultimate destination – Rundlett Middle School. Breakfast, massages and finish line barbecue are provided. \*

**2010 TRANS-NH CHALLENGE APPLICATION**

NAME: \_\_\_\_\_

ADDR: \_\_\_\_\_

City, St, Zip \_\_\_\_\_

DAYTIME PHONE: \_\_\_\_\_

EVENING PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

D.O.B. \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

This is my \_\_\_\_\_ year participating.

Special Assistance Required?	Y	N
Firefighter?	Y	N
Vegetarian?	Y	N

All rooms are doubles, no single rooms. Please request your roommate by June 15. Note that we cannot guarantee all requests will be filled – our goal is to use the least number of rooms.

ROOMMATE REQUEST: \_\_\_\_\_

SHIRT SIZE: \_\_\_\_\_

**I AM REGISTERING FOR:**

\_\_\_\_\_ **3-DAY CHALLENGE (\$50 REGIS FEE)**

I agree to turn in \$750 by June 10; see terms listed in fundraising section.

\_\_\_\_\_ **2-DAY RIDE (\$50 REGISTRATION FEE)**

I agree to turn in \$500 by June 10; see terms listed in fundraising section.

\_\_\_\_\_ **CELEBRATION SUNDAY (\$50 REG FEE)**

I agree to turn in \$250 by June 10; see terms listed in fundraising section.

\_\_\_\_\_ **SUPPORT / MESSAGE CREW (NO REGIS FEE)**

**PLEASE TURN THIS OVER TO COMPLETE THE REMAINDER OF YOUR APPLICATION.**

REGISTRATION, continued

CHECKS PAYABLE to: Trans-NH Bike Ride  
MAIL TO: 25 Wentworth Drive  
Bedford, NH 03110

CREDIT CARD INFORMATION:

VISA \_\_\_ MC \_\_\_ Discover \_\_\_ Amex \_\_\_

NAME ON CARD \_\_\_\_\_

CREDIT CARD NO \_\_\_\_\_

Expiration \_\_\_\_\_ Security code \_\_\_\_\_

SIGNATURE \_\_\_\_\_

IN CASE OF EMERGENCY PLEASE NOTIFY:

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_



INTERNATIONAL ASSOCIATION OF FIREFIGHTERS  
[www.iaff.org](http://www.iaff.org)

**RIDE 1, 2 or 3 DAYS**

No time to train??  
Can't get enough time off to do the whole ride??

No matter the reason, if you can't join us for the full 3-day Challenge, we offer 1 and 2 day alternatives:

**TWO-DAY RIDE**

- Your ride will start on Saturday, June 26th
- Fundraising minimum for this option is \$500, the same conditions apply regarding credit card requirement and cancellation policy
- Riders are responsible for their own transportation to the start in Littleton
- Riders arriving on Friday evening will be responsible for their own accommodations
- Once your ride starts, everything you need is included – see our list elsewhere in this brochure

**CELEBRATION SUNDAY**

Join the Challenge for the most inspiring day you may ever spend on a bicycle.

- Your ride is Sunday, June 27th
- Fundraising minimum for this option is \$250, the same conditions apply regarding credit card requirement and cancellation policy
- Riders are responsible for their own transportation to the start in West Lebanon
- Riders arriving on Saturday evening will be responsible for their own accommodations
- Once your ride starts, everything you need is included – see our list elsewhere in the brochure
- Enjoy the camaraderie and positive energy as the riders follow Fire Truck escorts through the streets of Concord to our finish party at Rundlett Middle School



**TAKE THE CHALLENGE!!**

**Ride 1, 2 or 3 days**

**THE FIREFIGHTERS' CHALLENGE!!**



Ride the  
**23<sup>rd</sup>** Annual Firefighters'

**TRANS-NEW HAMPSHIRE  
BIKE RIDE**

For

The **MUSCULAR DYSTROPHY  
ASSOCIATION**

**June 25, 26 & 27, 2010**

**Trans-NH Bike Ride  
25 Wentworth Dr  
Bedford, NH 03110**

[www.transnhbikeride.org](http://www.transnhbikeride.org)