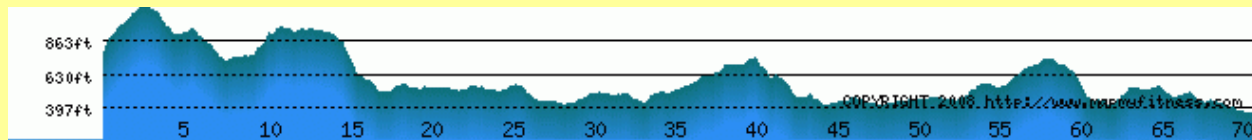


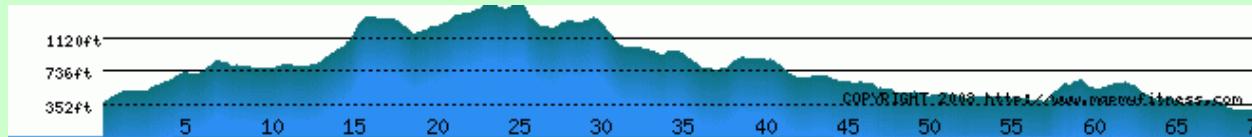
Day 1 - Canadian Border - Littleton, NH

Highest elevation:	2,243	Total Ascent:	1,587
Lowest elevation:	735	Total Descent:	<u>(3,095)</u>
Total Miles:	97.25	Net for day:	(1,508)



Day 2 - Littleton - West Lebanon, NH

Highest elevation:	1,097	Total Ascent:	2,051
Lowest elevation:	351	Total Descent:	<u>(2,490)</u>
Total Miles:	71.4	Net for day:	(439)



Day 3: West Lebanon - Concord, NH

Highest elevation:	1,505	Total Ascent:	2,579
Lowest elevation:	276	Total Descent:	<u>(2,681)</u>
Total Miles:	75.6	Net for day:	(102)