

19th Annual Trans NH Bike Ride - Trip Report



Dedicated to Elizabeth Hunter

Hello everyone,

It's time again when I sit and write you all about the 3 day Trans-MDA journey from the Canada border to Portsmouth NH. Before I start I would like to thank everyone for their donations and encouragement's! This year the MDA ride had over 100 riders and we raised over \$162,000 dollars. Our 13-member team raised more than \$20,000 and with your help I was able to raised \$2,605.

The majority of my supporters have helped for many years so by now you know all about the up hills, down hills, weather etc. So this year I will give a short version of the ride and share something different.

The Ride:

Day 1 – Dress in spandex, fix 2 flats. Pedal 5 1/2 hours to Littleton. Easy, no sweat!

Day 2 – Dress in spandex, get pass by a skinny long hair person (Iron Mike) pedaling in cut off shorts and sandals. Pedal 6 hours to Laconia. A little more tired today – 12 pill Ibuprofen day!

Day 3 – Dress in spandex, watch a 12 years old girl pedal 60 miles and never get off her bike, at every rest stop she would be there going around and around and weaving her bicycle in and out probably wondering why everyone stopped. Pedal 4 hours to Portsmouth. Easy day and thank goodness for my wife and she will be driving me home while I nap!

Now wasn't that short and easy!

Why:

Why do you give?

Some may give because they know me and feel obligation to help a friend or may be you know someone affected with Muscular Dystrophy or some other disease.

Whatever the reason I want you to know that the families and people that are affected by Muscular Dystrophy appreciate your help. As we make the journey north to south we receive praises and thanks along the way. I wanted to pass this along to all my supports that you are helping and making a difference.

The bicycle part is easy for me since I enjoy being in a vegetarian state for hours and it's the asking for money that is difficult but you guys make it easy, so thanks!

Why we ride?

This year's top fund raiser (over \$10,000) is taking this journey in memory of his daughter who died from muscular dystrophy 10 years ago. He has not ridden a bicycle since his teenage years and started training 18 months ago. He is in his mid 40's and needed to drop a significant amount of weight and increase his overall fitness to be able to complete this ride. I stumble over his [WEB](#) page back in May when I was looking for the Trans NH Web site deciding whether to ride for another year. The information on his site encouraged me to go forward with my application and begin fund raising.



Why we ride?

In Rochester a little boy with a Red Sox Baseball hat is squirming nervously in his mother arms and thanks us for helping him go to camp.



Why we ride?

In Portsmouth there sits Pat Moeschon greeting us. The 2005 ride was dedicated to Pat. I stop by to say hello and he ask how long I been riding the MDA. I state 7 years and he shakes my and thanks me. As I walk away I think that I can quit at any time while he can not.



Well thanks for reading and all your support and I will see ya all next year!

Buddy