



 nh children's trust

5th Annual Ride for Resilience *Virtual* Rider Program

A 100-mile charity bike ride, NH Children's Trust's Ride for Resilience highlights family strength and the many ways NH's Children's Trust and our Partners in Prevention help build individual, family, and community resilience!

On September 18, 2026, the Ride for Resilience tours New Hampshire's Capital Region with great company, beautiful scenery, and a celebration at the finish line! Can't join us in person? No worries — our virtual rider program means everyone can be part of the cause!

Register for the Virtual Ride and then sometime between when you register and September 18, get on your bike, or stationary bike, and start Riding for Resilience! Whatever way you, or you and a team, would like to ride 100-miles is up to you! Here are some ideas:

- Ride 100 miles day of the Ride in your own community
- Ride 10 miles a week for 10 weeks
- Create a team of 4 and ride 25 miles on a Saturday together

For more Ride information visit: nhchildrenstrust.org/ride-for-resilience

Virtual Rider FAQs:

Is there a registration fee? Registration is free for virtual riders!

Is there a fundraising minimum? There is not a minimum, but we encourage you to set a personal goal, with an incentive to raise \$1,000 or more for an official Ride jersey.

Do I get my own fundraising page, just like the regular riders? Yes!

When you register you will be prompted to create your own account and fundraising page through PledgeReg.com.

Can I join or start a team? Yes, you can do this when you register or at your PledgeReg fundraising page.



Sign up today!

To register go to: www.bikereg.com/ride-for-resilience

Questions? Contact Jen Paveglio at jpaveglio@nhchildrenstrust.org or call 603-415-1138