

Highs & Lows Tour Cycles Through New Hampshire Championing Mental Health Awareness on August 10

Uniting Communities Through Cycling to Support Mental Health Awareness and Resources



Plymouth, New Hampshire May 19, 2024 ([Issuewire.com](https://www.issuewire.com)) - In recognition of Mental Health Awareness Month this May, the third annual Highs & Lows Tour proudly announces its return on Saturday, August 10. This impactful single-day cycling and community event highlights the importance of mental health and raises crucial funds for NAMI New Hampshire (National Alliance on Mental Illness). By aligning the announcement with May's emphasis on mental health, the Tour aims to generate maximum support and participation.

Cyclists of all skill levels are invited to choose from four exhilarating routes: the 27-miler, 44-miler, Metric Century, and Century Plus. Each route offers participants a breathtaking tour of New Hampshire's scenic landscapes, beginning and ending at the picturesque [Holderness School](#) campus. Starting from

the gateway of the Pemi-Baker Valley, riders will travel through picturesque towns in the Baker River Valley, and full-century riders will navigate the Connecticut River Valley and climb Mount Cube, promising an epic and unforgettable ride. Each route will be supported with SAG vehicles and rest stops well-stocked with food and hydration.

In addition, a full day of family fun will be offered at the Holderness campus. Activities for all ages include; a climbing wall, bouncy house, corn hole, food trucks, lawn games, raffles, face-painting and so much more. Non-riders can immerse themselves in the festive atmosphere, joining the community celebration and contributing to this meaningful cause.

“The Highs & Lows Tour is not just a ride; it's a movement uniting communities toward a healthier future. Our commitment is to raise awareness, stamp out stigma, and secure support for essential mental health resources,” emphasized Tom Dearborn, co-founder of the Highs & Lows Tour.

Kristen Welch, CFRE, Director of Development at NAMI NH, expressed, “NAMI New Hampshire is grateful to the Highs & Lows Tour for not only raising funds to support our free programs and services, but for also raising awareness of mental health and suicide prevention.” She added, “This dedicated group of volunteers is passionate about sharing their own experiences to inspire others to get involved and to let folks know they are not alone. We look forward to another successful event in 2024 and hope to see you there!”

The Highs & Lows Tour aims to achieve the following goals:

- **Raise Awareness:** Shine a spotlight on mental illness and suicide prevention.
- **Destigmatize:** Break down the stigma surrounding mental illness.
- **Fundraising:** Raise funds to help NAMI NH provide free support, education, and advocacy to over 40,000 Granite Staters each year.
- **Community:** Fostering community through sport, uniting people for a healthy, positive cause.

Join in on August 10th to cycle for mental health awareness and help NAMI NH support individuals and families affected by mental illness and suicide by striving for a healthier, active, and inclusive community. To register, volunteer, sponsor, and or donate visit the [Highs & Lows Tour](#) website.

About Highs & Lows Tour:

The Highs & Lows Tour is an annual single-day cycling event that shines a light on and destigmatizes mental illness, raises vital funds for NAMI New Hampshire (National Alliance on Mental Illness), and fosters community through sport. To learn more, register to participate, sponsor, or donate, visit the [Highs & Lows Tour](#) website.

About NAMI NH:

NAMI New Hampshire (National Alliance on Mental Illness) is a grassroots organization working to improve the lives of all people affected by mental illness and suicide through support, education, and advocacy. Learn more at <https://www.naminh.org>.

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