

**Update: Recent Letter sent November, 2007**

Dear Mr. Northbrook,

My name is A-Jay Nagle and I wanted to send you another “thanks” for the grant that went towards my hand-cycle. It’s been awhile since we’ve talked in those tough days at Craig, but I hope life is treating you well.

The hand-cycle has definitely rejuvenated my spirit of the outdoors. Being a quad with limited upper body strength, I have managed to get up to 40 miles in one day and ride almost 100 miles in one week. In September, I had the privilege to ride with Team Craig Hospital at the Mike Utely DAM2DAM ride in Wenatchee, Washington. There were over 800 riders, 50 of which were hand-cyclists, who rode to raise money for spinal cord research.

I want to thank you again for your generosity. I continue to pray that God will bless you and your family with great health and that the HeadNorth Foundation will continue to flourish in funds and continue to provide assistance to spinal cord injury patients.

Sincerely,

A-jay Nagle

P.S. My mother (Maria) says “HI.”