

# FINDING

**A** After an accident left  
Alicia Brelsford Dana '87  
paralyzed from the waist down,  
she turned to hand cycling.

# WAY

STORY BY  
CATE MARIAN

Strapped into her handcycle on a quiet country road, water splashed from Alicia Dana's tires as the rain soaked through her clothing. Drenched and determined, she got her workout in.

**Left:** One of the first rides after years of time off, while daughter Willa was still little (Three Notch Century, White Mountains) **Right:** Bike race in Keene, NH, between Alicia's junior and senior year at Putney

