

Join us in
November!

RIDE HARD BREATHE EASY TOGETHER

CHASING DOWN A CURE FOR LUNG CANCER, ONE MILE AT A TIME



Last year, Ride Hard Breathe Easy founder John Matthews biked 3,500 miles, from SAP's suburban Philadelphia office to the Golden Gate Bridge. His ride was dedicated to the memory of his mother, Kathleen, who died from lung cancer in 2011.

Thanks to tremendous support, John raised \$93K to help fund research for a cure, but there are many miles to go before we can declare victory. **This year, we ask for your help in reaching our new goal of \$100K.** John's mother often said, "Many hands make light work", and it's in that spirit that we ask you to join us for:

The Ride Hard Breathe Easy Challenge

What is it? We have set an ambitious goal to get enough volunteers to bike a combined total of 24,901 miles (enough miles to circle the globe) during the month of November — Lung Cancer Awareness Month.

How you can help: Join the "Ride Hard Breathe Easy" Club on Strava and make your pedals count by **adding the miles you ride during the month of November** to our global trek. To get started:



1. Sign-up at www.strava.com on your desktop or mobile device (download the Strava app [here](#)).
2. Click "Explore", select "Clubs" and search for and join the "Ride Hard Breathe Easy" Club.
3. Ride any bike, any distance and use Strava to track your miles outdoors or manually enter your miles for stationary rides.

All Miles Count Toward Our Goal!

Outdoor Rides



Stationary Rides



Spinning Classes



Donate



Donations can be made on our website: www.rhbe.org in any amount and to a person, team or as a general donation.

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