

# Let's Make Our Pedals Count, Together

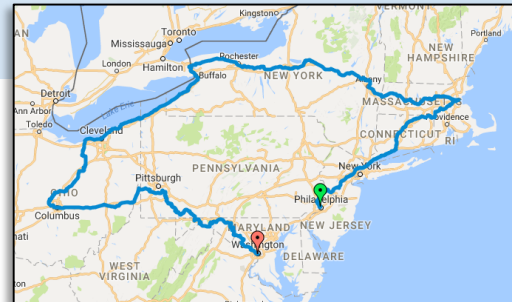
Last year, Ride Hard Breathe Easy founder John Matthews biked 3,500 miles, from SAP's suburban Philadelphia office to the Golden Gate Bridge. His ride was dedicated to the memory of his mother, Kathleen, who died from lung cancer in 2011.

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 in one of the following ways:**



## Join the 2018 ride

Join us for any leg of the 2018 RHBE bike ride—an 1850+ mile loop which **departs August 23<sup>rd</sup> from St. Joseph's Prep in Philadelphia** and winds through NJ, NY, CT, RI, MA, OH, WV and MD before ending in Washington D.C.



Contact John Matthews ([john@rhbe.org](mailto:john@rhbe.org)) to join the ride.



## Ride Hard Breathe Easy Challenge (Nov.)



Let's "ride around the world" together! November is Lung Cancer Awareness month and our goal is to collectively ride 24,901 miles (enough to circle the globe) to build healthy lungs and to honor our common goal of fighting this terrible disease. **To add your miles during November:**



1. Sign-up at [www.strava.com](http://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.



## Donate

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