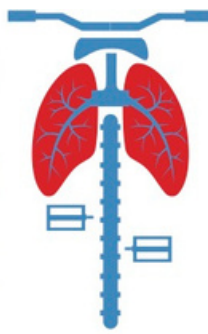


RIDE HARD



BREATHE EASY



A Message From Our Founder

What a RRRRRRRRide!

We recently completed our 6th Annual Ride Hard Breathe Easy Classic, and what a ride it was! The weather was great, except for a little bit of heat, and we were thrilled to arrive in Philadelphia, finishing at The Fox Chase Cancer Center.

And we have been doing more than just riding over the past three months. Check out our new website at www.RHBE.org, where you will find a more modern look, with better information about our organization and beautiful messages from people we are helping.

In addition, we recently began a gifting program where our partners recommend innovative ways to help patients. Their submissions are due October 31, and we will financially support some of these ideas by the end of this year.

Your kindness is why we made these changes, and we and our partners are very grateful for your support. As are the patients. As a patient at Crozer Health recently said, "**Wow, thank you so much! I was so stressed out, and I wasn't sure how I was going to make it this month. This support really helps!**"

If you still want to donate to our ride, we have made it easier than ever. Simply go to www.RHBE.org, select donate, and you will make a difference to a patient or caregiver.

Thank you for your continued support!

John

Table of Contents

**Page 1: Message
From Our Founder**

**Page 2-4: 6th
Annual Ride Hard
Breathe Easy Classic**

**Page 5: Upcoming
Events**

**Page 6: New Blogs
on our Website**

**Page 7: Connect
with Us**

6TH ANNUAL RIDE HARD BREATHE EASY CLASSIC

SEPTEMBER 2ND-11TH



STATS FROM THE RIDE!

725+ MILES

OVER 10 DAYS!

80+

TOTAL RIDERS!

\$40,000+

RAISED...SO FAR!

DAY 9 - SCHUYLKILL RIVER TRAIL CONSHOHOCKEN, PA



DAY 10 - RIDE WITH GUY'S BICYCLES FEASTERVILLE, PA



THANK YOU!

Ride Hard Breathe Easy thanks everyone who made the 2022 RHBE Classic a success!

We are grateful for each and every one of our partners, sponsors, riders, and donors, as we continue to improve the lives of lung cancer patients and their families!



Our Partners:



You can still donate to our ride at www.rhbe.org

UPCOMING EVENTS!

October 27: October Sip-A-Long



November 19: Zwift Ride-A-Long



December 3: Peloton Ride-A-Long



To learn more about our events, visit www.rhbe.org

NEW BLOGS ON OUR WEBSITE!

Why Would I Fly Across the Country to Be Part of RHBE.

📅 September 1, 2022



It is an interesting question that I had to think about a little to give you an answer that would make sense and a little more entertaining than, "It's a gut feeling I'm doing the right thing". I'm what you call an enthusiastic cyclist. I'm a little more than a weekend warrior but not a competitive cyclist. I try to ride about 100 miles or about 5-6 hours a week when my schedule allows it.

The number six keeps coming up!

📅 August 17, 2022



Six years ago, I began fulfilling my promise to Mom that "I would do something" about lung cancer. She was very sick at the time and would pass away a week later. I am one of Mom's "Six Wonderful Kids (her words), and since then, I have learned so much about life, about me, and about the incredible kindness that is pervasive in this world.

Our new website features blogs! Check out our first two blogs (above) by Jack Matthews and Andy Hancock, and our most recent blog from Dave Spearman (below)! New blogs will be uploaded every other week!

What A Great Time Riding with RHBE!

📅 September 19, 2022

👤 Dave Spearman



I. The 6th Annual RHBE Classic Ride Course

Our 6th annual ride began on September 2nd at the Duke Cancer Center in Durham, NC. We rode North


Read our blogs at rhbe.org !

WANT TO STAY CONNECTED?

Click the icons below to connect
with us on our platforms!



STRAVA

**RIDE
HARD**  **BREATHE
EASY**