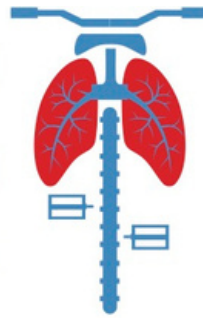


RIDE HARD



BREATHE EASY



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A Message From Our Founder

Hello everyone,

Another ride is in the books, and wow, was this one HOT! Five days of 100-degree heat was a challenge, but the ride overall was loads of fun.

Our ride started at Temple Hospital, and we were surrounded by local television coverage! ABC, NBC, CBS, and Fox each came to see us off. We traveled to Margate on Day 1, to Delaware on Day 2 (our first ferry ride), and we finished at Wissahickon Brewery on Day 5. A yummy beer was there waiting for us!

And the ride was rewarding for lung cancer patients, as we raised over \$70,000. Thank you to everyone for your support again this year. It was our largest amount raised since 2017!

We also added two more hospitals to partner with and help lung cancer patients: Jefferson Frankford Torresdale and Penn's Abramson Cancer Center. We are thrilled to have them join Temple, Fox Chase, Duke, Crozer, and Dartmouth!

As we roll into the fourth quarter, we have one final virtual event for the year, and then we start all over again in January. We will host a virtual Sip-a-Long on Thursday, November 2, and everyone is welcome to join. You will see details later in the newsletter.

We thank you for your help, support, donations, cheering and more. And we hope to see you at the Sip-a-Long on November 2!

John

THE 7TH ANNUAL RIDE HARD BREATHE EASY CLASSIC IS IN THE BOOKS!



DID YOU KNOW?

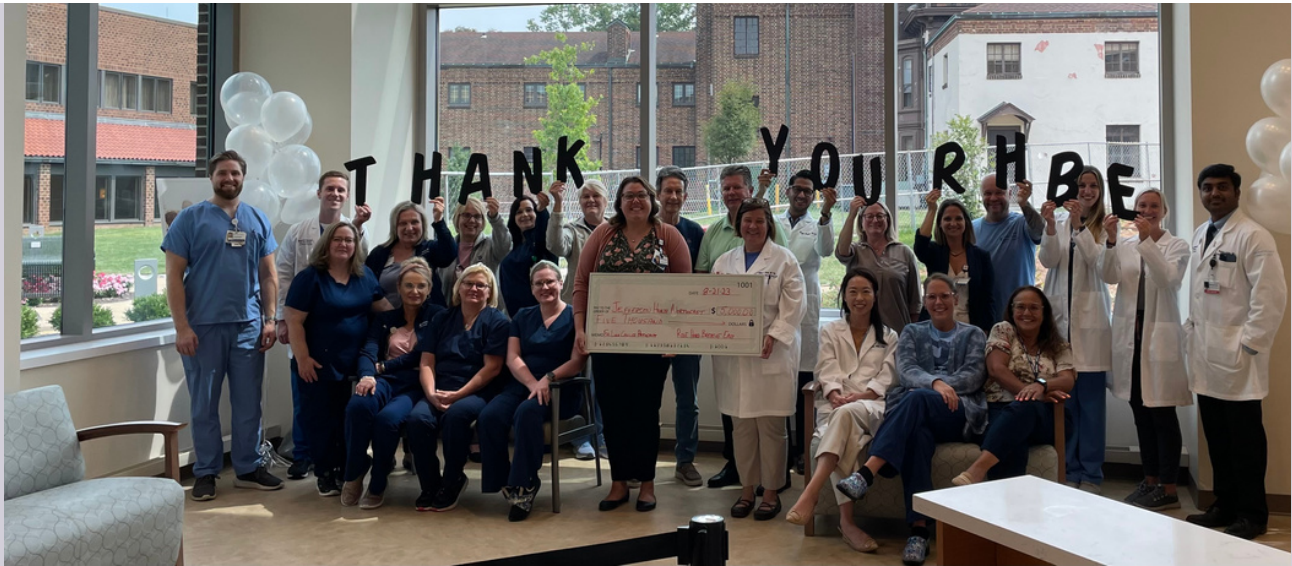
**WE HAVE RIDDEN OVER 10,700 MILES IN THE
ANNUAL RHBE CLASSIC SINCE STARTING IN 2017**

WE ADDED TWO NEW PARTNERS!



"Thanks to the generosity of Ride Hard, Breathe Easy, we now have dedicated resources to help support our lung cancer patients and families as they go through treatments. From housing and utilities like heat and electricity, to transportation to and from treatment - you are restoring hope!"

Heather Sheaffer, DSW, LCSW, FACHE, Director, Patient and Family Services, **Penn's Abramson Cancer Center**



"We are grateful to partner with Ride Hard Breathe Easy. We treat hundreds of lung cancer patients each year and understand the complexity of that diagnosis, as well as the burden it may cause to a patient and their loved ones. It is critically important to take care of the whole patient, and this funding enables us to extend supportive resources to individuals receiving a lung cancer diagnosis. We are so very grateful!"

Teresa E. Giamboy, DNP, MBA, CRNP, NEA-BC, CTTS-M Administrative Director of Cancer Operations and Pulmonary Medicine- Sidney Kimmel Cancer Center at Torresdale and **Jefferson Health Northeast**

OUR NEXT SIP A LONG WITH SANDY SOMM!

NOVEMBER 2, 2023

Mark your calendar for our next **Quarterly Sip-a-Long!**

We will ship wine to your home, and our sommelier, Sandy Somm will share her expertise during this fun and informative session!



Register at <https://www.rhbe.org/events/quarterly-sip-a-long/>

What people are saying

"Loved it! A great and fun way to learn about wine for a great cause!"

"Jen was so great! Very knowledgeable and charismatic. I had a lot of fun learning about wine and opening up my palette!"