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The 4th Annual Everybody Rides Event will Surprise at least one Wounded Veteran with an Adaptive Bike on 9/11

ATTENTION JOURNALISTS COVERING KANE COUNTY & WESTERN SUBURBS, SPORTS & OUTDOOR RECREATION, COMMUNITY EVENTS, MEDICAL & REHABILITATION

St. Charles, IL- Beginning at James O. Breen Park, the Chicagoland area biking community will gather to ride for our heroes at the Project Mobility Everybody Rides event, to raise funds to provide adaptive bikes to our wounded veterans. You can register online at www.ProjectMobility.org or you can register in person the day of the ride. The cost is \$35 with all proceeds going towards supporting Project Mobility's mission. Registration/check-in for Everybody Rides on 9/11 is from 7 am to 9 am.

A huge American flag provided by the South Elgin Parks and Recreation is being raised on a crane high above the starting line as riders begin a 10 mile trail ride or a 30, 45 or 60 mile country road ride. Hundreds of smaller flags will line the start/finish line of the ride and a bell will toll along with a moment of silence at 8:46 a.m.

Hal Honeyman, Founder of Project Mobility, which is the charitable arm of The Bike Rack in St. Charles said, "we decided to hold our annual Everybody Rides event on September 11th this year to show our appreciation to all those who have sacrificed for our freedom since the 9/11 tragedy." The St. Charles Police Department is sending officers to attend along with the Fox River and Countryside Fire Department, together representing all of our nation's heroes who stepped up on that fateful day.

At least one wounded soldier will receive a life changing adaptive bike at the event. Cycling strengthens our wounded veteran's bodies, giving them the opportunity to exercise which releases endorphins and restores the freedom they have sacrificed, especially with the loss of limbs. This has the power not only to change lives, but to save lives as veterans are currently dying of suicide at a rate of 22 a day.

Invacare Top End Corporation has donated a hand cycle, which will be presented by the former Mayor, Fred Norris, at 1:00 pm, during the Adaptive Bike Giveaway presentation. Project Mobility needs to raise enough funds to award two more adaptive bikes as there are three deserving recipients who were selected to receive bikes.

Anyone who would like to help honor our veterans with an adaptive bike can make a donation at the Project Mobility website. In addition to the Everybody Rides Event, Project mobility will soon launch an on-going campaign titled; GIVE 5- Everybody Wins, which will fundraise to provide adaptive bikes to as many of our wounded heroes as possible.

For more information you can visit our website, www.projectmobility.org For more information on our new program to help wounded veterans in the future visit our website, www.give5everybodywins.com

To see more stories and bike giveaways you can visit our facebook page. www.facebook.com/projectmobility

You can also see a TV special with Hal Honeyman and Regis Philbin called Hallmark Heroes to see the story behind Project Mobility <https://youtu.be/sZZFZEFWTtE>