



Time is fast approaching for the Ride2Recovery American Challenge beginning on 9/11 at Liberty Park, NJ.

This is a bicycle ride that will take 8 days and 500 miles.

The majority of the cyclists are combat wounded veterans, some with visible wounds and loss of limbs, others with hidden scars such as severe PTSD. All of their lives were dramatically changed as a result of 9/11 and then again changed when they entered the cycling program at Walter Reed and Bethesda. Many of them say they are starting to get their life back because of this program.

The cyclists will be escorted by Legion Riders and will be hosted along the route by members of The American Legion Family (Legion, Auxiliary, SAL, and Riders) as well as members of the communities.

When they leave Bedford on Friday, September 16th, they will travel to Shanksville to the site of the Flight 93 Memorial. We hope to have several color guards there as well as a wreath placement. They will then depart and head towards the Pentagon.

The majority of the ride will be in Pennsylvania. We will be setting up nourishment stations along the route, lunch breaks and dinner at the end of the day.

We need to all come together whether we are along the route or not. Even those of us in the far west and northern areas can help by fundraising.

Start your fundraisers now. Get the word out to your community leaders and get them on board. Send your donations in to ALA Dept of PA and earmark for 9/11 ride or R2R. I would like to donate funds that are still in the account at the end of the ride to John Wordin, Founder and Director of R2R, when we are at Shanksville on September 16th.

You can log onto www.ride2recovery.com and watch some of the videos of rides that occurred in other states such as California, Colorado, Texas, Florida, etc. This happens to be the largest and the one most anticipated by the Wounded Heroes who will be participating.

I strongly feel that we cannot do enough for these men and women.

"We Will Not Forget"

Yours in Service to our Military and Veterans,

Barbara "BJ" Lysic
American Legion Auxiliary
VA&R Chairman

bjlysic@comcast.net