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**RESPIRATORY
HEALTH
ASSOCIATIONSM**
of Metropolitan Chicago

FOR IMMEDIATE RELEASE
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Oak Park Woman Rides to Fight Lung Disease

Weeks Ringle, 47, of Oak Park has severe asthma. Last winter she was told by doctors that she would never be able to ever exercise again. This August 1, she will ride her bike over 60 miles in the COWalunga Bike Tour to benefit Respiratory Health Association of Metropolitan Chicago, a lung health charity.

Weeks' asthma developed when she was 16. She spent four days in intensive care last winter with a deadly diagnosis of Interstitial Pulmonary Fibrosis (IPF).

"I decided that I was not done yet. I focused and prayed and by March they decided that I didn't have IPF," said Ringle. "My mother in law died from emphysema and I am going to ride in honor of her memory."

The annual COWalunga BikeTour is a one to three day event starting in Northern Illinois and winding its way into Southern Wisconsin. Ringle plans to ride the first day and is fundraising to support the programs of Respiratory Health Association of Metropolitan Chicago.

To support Weeks' effort, visit www.cowalunga.com.

Respiratory Health Association of Metropolitan Chicago (RHAMC) has been a local public health leader since 1906. Today the Association fights lung disease and promotes healthy lungs by supporting research, advocacy, and educational efforts on behalf of individuals and families affected by lung cancer, asthma, COPD (chronic bronchitis and emphysema), and other lung diseases. For more information, visit www.lungchicago.org.

PHOTO ATTACHED:
Weeks Ringle of Oak Park

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Leader Since 1906

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