



PRESS INFORMATION

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FOR IMMEDIATE RELEASE

Bainbridge Couple Bikes For Breath

This fourth of July weekend, one Bainbridge Island couple will be celebrating the holiday on two bicycles. They won't be returning home for fireworks, however, since they are setting off on a three month, two thousand mile bike and book tour down the west and east coasts of the U.S. to raise awareness of asthma and the need for clean air and sustainable transportation.

Two thousand miles might seem a long way for many of us, but it is a drop in the bucket for Paula and Lorenz Eber, who biked almost ten thousand miles around the world with their two daughters, Anya (age 13) and Yvonne (age 11) to raise \$65,000 for clean air and asthma for the Bainbridge Island non-profit, World Bike for Breath. Falcon Guides recently published their book, *Breathtaking: How One Family Cycled Around The World For Clean Air And Asthma*, about the family's adventures cycling and camping across four continents and twenty-four countries.

Now that their daughters are in graduate school, the Paula and Lorenz are heading off by bicycle again to finish the work they began when Yvonne and Anya were just fifth and seventh graders at Sakai and Woodward Middle Schools. On Sunday, July 3, The Ebers will say goodbye to their friends and colleagues once again as they catch the 8:45 am Bainbridge ferry to Seattle and start pedaling down the coast to San Diego. On the way they plan to talk at their former sponsors' stores – REI and Patagonia – about ways to promote clean air and reduce our carbon footprint by traveling by bicycle.

The decision to go on a carbon-free bike and book tour seemed obvious to Paula Eber, who has suffered from asthma all her life. "It doesn't make any sense to drive up in a car to a book talk about sustainable transportation and clean air. By biking we show that it's possible to travel and have adventures without using high carbon forms of transportation like driving or flying. I also want people to realize that if I can bike, carrying a bag full of inhalers due to my asthma, anyone can ride a bicycle. Maybe not 2000 miles. But at least to the park or grocery store or work."

The Ebers started their book talks with events this past week at OfficeXpats and Eagle Harbor Books on Bainbridge and the flagship REI store in Seattle. Interested readers can buy their book, *Breathtaking* locally at these stores as well as at Poulsbo's Liberty Bay books. For more information about the Ebers' west and east coast bike and book tour, go to bike4breath.com.

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