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Saddle up to help fight asthma

MEGAN BAILEY

More than 220,000 West Australians would know the tight feeling in their chest after a run or being in a smoky room.

According to the National Asthma Council of Australia, asthma is a disease that is increasingly being diagnosed in

Australia.

Next month the Asthma Foundation WA will hold the seventh annual HBF Freeway Bike Hike for Asthma, WA's biggest community cycling event.

The ride raises money for asthma programs in Perth and

regional WA. Last year, the 8000 riders raised more than \$120,000.

The 2011 Asthma Foundation WA HBF Freeway Bike Hike for Asthma will be held on Sunday, March 20. The foundation is also calling for event volunteers. For more information, call 9289 3600.



Ready to go: Asthma Foundation WA vice-president Warren Campbell out cycling with his daughter, 19-month-old Eden, to promote the Bike Hike.

Picture: Nic Ellis