



*How a mountain bike saved my life.*

*We are a family of five, me, my husband and three wild amazing kids. We all love to mountain bike and is a shared activity we can all do together. It was a hot summer day when we were on a new trail. I had just rounded a corner when I saw two boulders I'd have to slip through.*



*Being a pretty new rider I panicked and ended up crashing right into a sticker bush! I didn't think anything of it until I woke up the next morning and noticed my right breast was sore. I started to feel around when I felt a pretty big lump. I thought it was an injury from my crash. Having a close friend whose sister passed from breast cancer I thought better safe than sorry. I saw my primary care doctor who seemed more concerned than me and sent me for a mammogram. I am so young and have done everything right. It couldn't be cancer, right? Wrong. The mammogram escalated to a biopsy when the radiologist looked at my images. I knew hearing the words biopsy it was cancer. I don't know if it was intuition, the looks on the doctors face but I knew. I got the call on September eleventh that changed my life forever. It was breast cancer, invasive ductal carcinoma and ductal carcinoma.*



*The hardest part for me was telling my children I had cancer. My daughter took it the hardest and it absolutely crushed me. I knew then I wouldn't let breast cancer bring me down. I wanted to show my daughter what strong looked like through me. I started the fight for my life starting with a double mastectomy, then soon after radiation. I showed my daughter strength I never knew I had. I always thought of myself as not very brave until then.*



*Breast Cancer showed me a lot about myself. How I can be positive in the midst of so much fear and uncertainty. That life is so precious and to live it to the absolute fullest. To love with every fiber of my being. Breast cancer made me thankful to be alive everyday. It changed me, for the better. For that I will be forever thankful. I can't imagine what would have happened if I didn't crash my mountain bike that day. I don't know if I would ever felt that lump on my own. That's how a mountain bike saved my life. - Laura P. - NV*