



# Ride for World Health

A journey across the nation to meet needs across the world.

February, 2010

**Dr. Daniel Sedmak gives an OSU Physician's Perspective on Global Health!**

**What's it like being on the road for 2 months?** - photos from the 2009 trip.



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## Highlighting several of our national team riders

- a medical student originally from Vienna, Austria; a fiddle and mandolin playing cyclist from Chicago; and a Michigan native who is currently cycling around New Zealand.

**This year's route** - check out if you've been to any of the places we're visiting!

**Medical experience in Peru** - Our director of logistics completed a clinical rotation abroad during her 4th year of medical school.

**Donate to Ride for World Health** - we sleep on the ground so your donation can support global health efforts. Every donation helps - it all adds up to support our carefully chosen beneficiaries, **HEAL Africa** and **World Bicycle Relief**. Please see our website for more information.

[www.RideforWorldHealth.org](http://www.RideforWorldHealth.org)





# Dr. Daniel Sedmak



Nothing has challenged my assumptions about health care more than my “shoes on the ground” international field experiences in global health. Each trip to a resource poor country brings fresh realizations, many of which in retrospect seem obvious when considering human nature and the effect of pervasive poverty. My core humanitarian beliefs have held fast but my idealism has taken a more realistic path, with a greater sense of the importance of pragmatism, process, and persistence in making contributions to health care in a developing country. One of the unique benefits of R4WH’s cross-country tour is that the healthcare professionals, the riders, spend time with people from all segments of our society and they learn first-hand how health care is working in practice and not just theory.

In my own travels, I’ve learned the difference between enduring health care and medical voyeurism. There was a time when I believed that simply dropping a team of medical experts for a limited time in an area with “interesting diseases and untreated pathology” served as a fine fix to a community’s healthcare needs, while at the same time satiating one’s medical curiosity and desire to help others. While I cannot discount that a mother may become well enough to feed her baby or a mother or father fit enough to work in the fields, I’ve also learned that many “random” short-term medical mission efforts are like footprints in the sand, easily washed away by the relentless tide of living in poverty. The vast majority of these short-term medical missions have no follow-up and patients are left wondering what to do when their antihypertensive medication runs out.

I’ve learned that my personal provision of medical care to individual patients can accomplish much. But I’ve also learned that my efforts can be greatly multiplied through public health programs, as well as agricultural and educational initiatives.

I’ve learned that there can be high quality mission hospitals with competent physicians, nurses, and well-outfitted surgery rooms, but if there is no transportation over footpaths and deeply rutted dirt roads for a patient with a serious illness or a sudden obstetrical complication, the best training and instruments in the world are for naught. The importance of a health care infrastructure has never been clearer to me.

I’ve learned that physicians do not possess an ordained or inherent knowledge base and skill set such that only they have the ability and right to administer medical care. Medicine is not some 14th century guild, in which only we physicians can practice the craft. Important health care skills—medical skills—can be learned and excellently practiced by non-physicians. Clinical officers, individuals with only three to four years of practical training post high school, perform the majority of emergency caesarean sections in some developing countries like Malawi – and save countless lives. In the objective unadorned world of patient care in resource poor countries, the skill set and knowledge of when and how to use the skills is most important. Is this ideal? No. Is it immensely valuable under the circumstances? Yes.

Most of these realizations did not come intuitively, but through observation and experience. The value of challenging assumptions is that I now have a more balanced and pragmatic approach to global health in developing countries. Like the Ride for World Health organization as it begins its 5th year of education, advocacy and fundraising, I now focus my efforts on those things that help create sustainable improvement. And I understand the central role of persistence in that equation.



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# April & May with Ride for World Health

A photo journey through the 2009 "Coast-to-Coast Lecture Series." From the Pacific Coast all the way to the Atlantic Ocean, we are dedicated to creating dialogue in your community on the state of healthcare in communities around the world.

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Riders converge on a beach in San Diego to kick off our "Coast-to-Coast Lecture Series."



A couple of the riders making their way through the desert. Special thanks to PowerBar for helping us make it out alive.



Clare Kelleher, 2009 CEO, giving a presentation to undergraduate students. Through education on global health topics, we hope to empower our audiences to become informed and active global citizens.

*More than \$70 billion is spent every year on health research and development by the public and private sectors. Only about 10% of this is used for research into 90% of the world's health problems.*

The team prepares to camp in the sand. The money that the organization saves by camping and lodging donations goes directly toward our global health efforts.



# April & May with Ride for World Health

Supporting: HEAL Africa

HEAL AFRICA



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After surviving the Sierra Nevada Mountains, a group of riders pedals fast toward major cities along their route.

The team will stop in over 50 cities to present and discuss global health topics such as poverty, infectious disease, and healthcare access.

*According to the World Health Organization and UNICEF, improved sanitation could save the lives of 1.5 million children per year who would otherwise succumb to diarrheal diseases.*

This is the way the route looks from a bike - its a long road ahead...

With the right determination and effort, bicycling across the country only takes two months.

Solving global health problems often takes time and requires the same hard work and perseverance.



A guest speaker shares his experience in global health.

Global Health Days are arranged in larger cities, often at medical centers, and are highlighted by multiple presentations and special guest speakers.





# April & May with Ride for World Health

Supporting: World Bicycle Relief



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Dr. Catherine Lucey introduces the team as they arrive for Global Health Day at the Ohio State University Medical Center.



Ride for World Health was founded by Ohio State medical students. The ride is still coordinated by medical students at the College of Medicine and is celebrating its 5th trip across the country this year!

*Tuberculosis (TB) is one of the world's deadliest diseases; one third of the world's population is infected with TB and there are almost 2 million TB-related deaths worldwide every year.*



## You'd be tired too!

Riders take a break on the side of the road. The journey covers close to 3,700 miles from coast to coast.

The trip across the country ends at Bethany Beach, DE and the Atlantic Ocean.

If the graduating medical students had more time, they probably wouldn't stop here. Many of them want to pursue medical careers in global health.





# National Rider Highlights

National riders are a major part of our cross country team and Ride for World Health would like to highlight some of the people that are helping to make this year great! Please visit our website to learn about all of the riders.

Heidi Gollogly:

[www.RideforWorldHealth.org](http://www.RideforWorldHealth.org)



National Team Rider  
New York Medical College  
New York, NY



I was born in Vienna, Austria, but spent most of my childhood in a small agricultural community in Northern Ireland. In this community, hard working folks (such as my parents) lived together with adults with Down syndrome and autism and cared for them. As a child, I did not differentiate between those with disease and those without; to me, each member of the community was equally unique and deserved all my love, care and respect.

When I was 13, following the job market for my dad and chasing some modern version of the American dream for the kids, my family relocated to rural Colorado and then to Santa Fe, NM. I studied Religion at Brown University focusing on how religious beliefs affect medical decisions. In my travels, I have backpacked through Europe, relearned German with my grandmother in southern Austria, toured Australia and New Zealand, and worked with children in a surgical clinic in Phnom Penh, Cambodia.

My journeys and life experiences brought me to New York Medical College, where I am now in my fourth year. I hope to become an ophthalmologist and plan to devote some of my career working with



*Heidi on her most recent trip, working at a surgical clinic in Cambodia (both photos)*



at-need populations around the globe. The focus of Ride For World Health greatly appeals to me because many issues in international health have reinforced my interest in medicine. I look for ways to share my passion for medicine and dedication to positively affecting the lives of others and I see this cross country journey doing just that.

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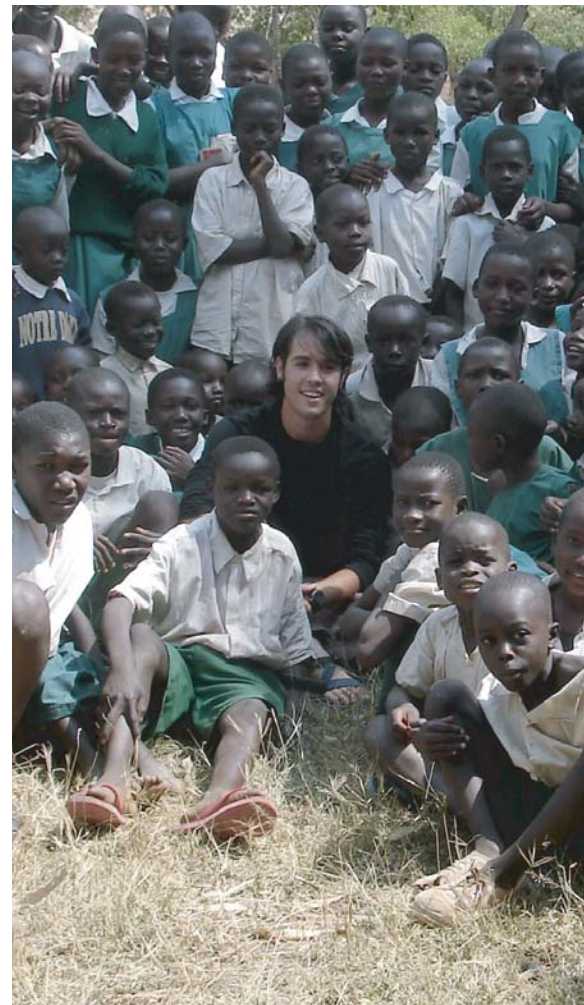


## Adam Koon:

National Team Rider  
Northwestern University  
Chicago, IL

I grew up in Atlanta, Georgia and graduated from Carroll College, in Helena, MT. I spent my junior year at the Universidad de Costa Rica, in San Jose. I then studied Global Environmental Health at Emory University, while working in a lab at the U.S. Centers for Disease Control and Prevention. For my thesis, I conducted research in a rural part of Western Kenya on the design of a Safe Water System in elementary schools. After I graduated with my Masters in Public Health, I spent a year coordinating research for one component of a large randomized clinical trial. Last year, I moved to Chicago and joined the department of family and community medicine at Northwestern University. As the coordinator for global health and community services, I help provide financial and technical assistance to medical students who wish to volunteer in underserved communities abroad and in Chicago. Also, I work closely with the Heartland Alliance for Human Needs and Human Rights to implement our Poverty Medicine Collaborative. Over the years, I have volunteered in clinics in Mexico, Belize, and Chicago. When I'm not working, I am an avid bird-watcher, competitive cyclist, and I'm learning fiddle and mandolin.

I'm extremely excited about becoming part of the R4WH team, as it bridges two of my interests: cycling and global health advocacy. I'm confident that the two beneficiaries, HEAL Africa and World Bicycle Relief, will channel the funds into effective health and development programs that provide assistance to underserved communities. Also, I hope to spread the news and use the global health curriculum developed by an exciting new non-profit, Global Health Narratives for Change, as a resource for stimulating interest in global health issues among young people (<http://www.ghn4c.org>). As our nation has become mired in the sometimes inflammatory debate over healthcare reform, I hope that our education and outreach efforts can help provide some grounded advice to local community members about the importance of expanding engagement in global health as well as increasing access to care for underserved groups in the United States.



*Adam with students from a elementary school in Kenya where he conducted research on the design of Safe Water Systems.*



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**Jen Kullgren:**

National Team Rider  
University of Michigan  
Ann Arbor, MI

Jen grew up in Ada, Michigan and graduated from the University of Michigan in 2007 with a degree in Environmental Science. After college, she taught environmental education for two and a half years in Idaho and Colorado. She has also volunteered with the National Ski Patrol and has a specific interest in wilderness medicine.

## Life on 2 wheels: bike touring in New Zealand

After speaking with hundreds of people and planning for many hours, the dream had become a reality. I had survived the 17 hours on a plane and landed in paradise. After putting the majority of my possessions in storage and saying good-bye to friends, family, and the quickly approaching winter weather, the only items that I had taken with me were 2 sets of panniers full of camping and biking gear, as well as a 1996 trek touring bike, newly purchased but with a lot of history.

What is the trip about? I am traveling around New Zealand with a friend for four months by bike (carrying all of the gear and food we need). I have been learning, volunteering, and exerting a lot of energy as I travel through the countryside of New Zealand. The trip has three main components: volunteering on organic farms, visiting with teachers and administrators who are part of a nation-wide environmental education program, and traveling via the most sustainable methods I could think of - pedaling the many hills and miles around New Zealand's North and South Islands. The trip is a learning process, being completely new to bike touring before setting off from Auckland.

Each day is a little different from the last but I have formed a routine of living out of panniers, biking for hours on end, and seeing beautiful sights along the way. Most recently, I have pedaled more than 600 miles down the west coast with sites along the way, such as huge mountain glaciers, intensely beautiful fiords, sunsets over the Tasman Sea, and became great friends with the sandflies (little black voracious bugs that bite). With the completion of this trip rapidly approaching, I am excited to be fortunate enough to be a national ride with Ride for World Health!



*Jen, cruising along the New Zealand coast last month*





# Ride for World Health

## The 2010 Route

DAY	DATE	ORIGIN	DESTINATION
Tues	03/30/10	San Diego Event Day	
Wed	03/31/10	- off day -	
Thu	04/01/10	San Diego, CA	Julian, CA
Fri	04/02/10	Julian, CA	El centro, CA
Sat	04/03/10	El centro, CA	Yuma, AZ
Sun	04/04/10	Yuma, AZ	Dateland, AZ
Mon	04/05/10	Dateland, AZ	Buckeye, AZ
Tue	04/06/10	Buckeye, AZ	Phoenix, AZ
Wed	04/07/10	Phoenix, AZ	Pichacho Peak State Park, AZ
Thu	04/08/10	Pichacho Peak State Park, AZ	Tucson, AZ
		Tucson Global Health Day	
Fri	04/09/10	- off day -	
Sat	04/10/10	Tucson Solidarity Ride	Wilcox, AZ
		Tucson, AZ	
Sun	04/11/10	Wilcox, AZ	Lordsburg, NM
Mon	04/12/10	Lordsburg, NM	Deming, NM
Tue	04/13/10	Deming, NM	Las Cruces, NM
Wed	04/14/10	Las Cruces, NM	El Paso, TX
		El Paso Global Health Day	
Thu	04/15/10	- off day -	
Fri	04/16/10	El Paso, TX	Guadalupe National Park, TX
Sat	04/17/10	Guadalupe National Park, TX	Carlsbad, NM
Sun	04/18/10	Carlsbad, NM	Hobbs, NM
Mon	04/19/10	Hobbs, NM	Lamesa, TX
Tue	04/20/10	Lamesa, TX	Sweetwater, TX

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**55 Days... 3,700 Miles... 25 Riders... 1 Cause.**

Become part of the R4WH team.

Donate to the 2010 ride at [www.RideForWorldHealth.org](http://www.RideForWorldHealth.org)

# The 2010 Route



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Wed	04/21/10	Sweetwater, TX	Abilene, TX
Thu	04/22/10	Abilene, TX	Ranger, TX
Fri	04/23/10	Ranger, TX	Dallas, TX
Sat	04/24/10	- off day -	
Sun	04/25/10	Dallas Solidarity Ride	
		Dallas, TX	Greenville, TX
Mon	04/26/10	Greenville, TX	Paris, TX
Tue	04/27/10	Paris, TX	New Boston, AR
Wed	04/28/10	New Boston, AR	Magnolia, AR
Thu	04/29/10	Magnolia, AR	Arkadelphia, AR
Fri	04/30/10	Arkadelphia, AR	Hot Springs, AR
Sat	05/01/10	Hot Springs, AR	Little Rock, AR
Sun	05/02/10	- off day -	
Mon	05/03/10	Little Rock, AR	Marvell, AR
Tue	05/04/10	Marvell, AR	Memphis, TN
Wed	05/05/10	Memphis Global Health Day	
Thu	05/06/10	Memphis, TN	Bells, TN
Fri	05/07/10	Bells, TN	Waverly, TN
Sat	05/08/10	Waverly, TN	Nashville, TN
Sun	05/09/10	- off day -	
Mon	05/10/10	Nashville, TN	Ready, KY
Tue	05/11/10	Ready, KY	Louisville, KY
Wed	05/12/10	Louisville, KY	Rising Sun, IN
Thu	05/13/10	Rising Sun, IN	Cincinnati, OH
		Cincinnati Global Health Day	
Fri	05/14/10	Cincinnati, OH	Columbus, OH
Sat	05/15/10	- off day -	
Sun	05/16/10	Columbus Solidarity Ride	
Mon	05/17/10	Columbus Global Health Day	
Tue	05/18/10	Columbus, OH	Athens, OH
Wed	05/19/10	Athens, OH	Harrisville, WV
Thu	05/20/10	Harrisville, WV	Elkins, WV
Fri	05/21/10	Elkins, WV	Petersburg, WV
Sat	05/22/10	Petersburg, WV	Fort Royal, WV
Sun	05/23/10	Fort Royal, WV	Washington, DC
Mon	05/24/10	Washington, DC Global Health Day	
Tue	05/25/10	Washington, DC	Bethany Beach

**55 Days... 3,700 Miles... 25 Riders... 1 Cause.**

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# Medical Experience in Peru

Megan Buller, a 4th year OSU medical student, completes a clinical rotation in Peru



## Don't forget the hypertension!

Ever since I started med school I knew I would do a rotation abroad during fourth year. So when the chance came to hop on a plane down to Trujillo, Peru, and spend a month as an "exchange student" at a Peruvian medical school I jumped at the opportunity. Experiencing the medical system of a different country from an insider perspective was very eye-opening.

Patients were required to buy individual supplies for their own sutures, medicine administration, and surgeries.

I spent the first 2 weeks of the month on the internal medicine service at the hospital for insured patients. Although it was the "nice" hospital it was still a far cry from Ohio State and all of its technology.

My last 2 weeks were spent in the pediatrics ward of the hospital for the uninsured, which when compared to the other hospital had even fewer resources to work with. Patients were required to buy individual supplies for their own sutures, medicine administration, and surgeries. They would get a handwritten list from the doctor of what they needed to purchase and then a family member would have to go to the pharmacy and buy it and bring it back for them.

On the wards we saw patients with everything from Human T-cell Lymphotropic Virus down to run-of-the-mill pneumonia. Clinic was comprised of patients with TB of every organ imaginable (and some you couldn't imagine) but also plenty of patients with hypertension and high cholesterol. One of the biggest lessons I learned (besides "always suspect TB")



(Left to Right) Megan, her host, and a Peruvian medical student outside one of the hospital buildings



Outside the pediatric ward at the hospital

was that although I was in a foreign country, there still are many of the same medical problems we see here in the States.

One thing that I didn't see change across continents was the quality of care delivered to patients. I was impressed by all of the physicians I worked with and their dedication to delivering the best medical care possible regardless of their limited resources. It is truly a privilege to be able to participate in R4WH, a program that honors those who work in the global health arena, like the doctors I worked with in Peru.

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# Support R4WH

We all can make a difference in health care around the world through advocacy, education, and fundraising for organizations such as HEAL Africa and World Bicycle Relief, which are working hard to create sustainable improvements in health in some of the poorest communities of the world.

How can you support us? We greatly appreciate all the help, monetary or otherwise, we receive from generous people across the nation. Here are just some ideas of how you may be able to help!

**Sponsor a Rider:** Read about each of the riders on the our website. Donations can be given through the Paypal link under each rider's photo or checks sent to our P.O. box with the rider specified on the check.

[www.rideforworldhealth.org/theriders/](http://www.rideforworldhealth.org/theriders/)

**Donate to R4WH:** R4WH graciously accepts donations which can be paid through Paypal via our website, or checks/money orders mailed to our PO Box. However, we have received support in many different ways, all of which are helpful. Examples include Costco and gasoline gift cards.

<http://www.rideforworldhealth.org/support/donations.html>

Ride for World Health  
PO Box 8234  
Columbus, OH 43201

**Talk to your Employer about Sponsoring R4WH:** In return for corporate sponsorship, R4WH offers logo advertising on everything from our uniforms and vans to our website and marketing materials. Don't hesitate to contact our Director of Fundraising, Maria Shikary for more info ([fundraising@rideforworldhealth.org](mailto:fundraising@rideforworldhealth.org)).

**Help the Team:** R4WH keeps its operating costs low by depending solely on volunteers and often sleeping in middle school gyms, churches or community centers. There are still significant logistical costs in staging our annual ride. We need your help to defray the expenses for food, fuel, and lodging or even providing hands-on support while we ride through your city.

Find out more at [www.rideforworldhealth.org/support](http://www.rideforworldhealth.org/support).

**Join a R4WH Solidarity Ride:** R4WH is currently planning three solidarity rides during the 2010 ride: **Tuscon, AZ - April 10th, 2010; Fort Worth, TX - April 25th, 2010, and Columbus, OH - May 16th, 2010.** Check online and in our next R4WH Newsletter for updates on the solidarity rides and information on how you can register to take part in a ride.

And of course, please attend our lectures as we come through your town, come cheer us on when we are on the road, and help spread the word about Ride for World Health!

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**From the Editor:** Our leadership team, all fourth year medical students, spends hundreds of hours to make the national "Coast-to-Coast Lecture Series" successful. We rely on help from all over the nation, from food donations to a place to sleep, to increase the efficiency of our budget and increase our donation to the year's beneficiaries. In the end, we hope to increase awareness about the many global health issues that plague all countries. If we can inspire each person we meet to share a little bit for someone less fortunate, we will be successful in our mission. Passion and compassion drive our actions, what drives yours?

Please send any comments to me at: [publicrelations@rideforworldhealth.org](mailto:publicrelations@rideforworldhealth.org)

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## In our next issue...

Please stay tuned for our Spring Newsletter for more stories from Ride for World Health including...

More International Experiences

R4WH 2010 - Route and Event Details

Join a Solidarity Ride - 20-40 miles with R4WH!

And many more updates about the 2010 Ride!

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