

May 2010

R4WH Ride for World Health



April 1st,
2010 San Diego,
CA

RIDE FOR WORLD HEALTH IS MAKING ITS WAY ACROSS THE COUNTRY

On May 17, the national riders representing the organization will be hosting a Global Health Day at the Ohio State Medical Center. They have been riding across the country, averaging 75 miles per day, to share their interest for world health with communities across the nation.

Based in Columbus, Ohio, a majority of the national riders will be excited to visit their home city and to engage the community that they represent. When we arrive, we will have covered over three quarters of our route and will have spoken to over 40 communities through California, Arizona, New Mexico, Texas, Arkansas, Tennessee, Kentucky, and Ohio. We will have biked nearly 2,500 miles and each rider is excited to tell stories from the road - and there will be a lot to tell from the collective 50,000+ miles that will be covered. The OSU Global Health Day will have presentations by Ride For World Health, Metro High School Students, HEAL Africa, and World Bicycle Relief, as well as special speakers to kick off the day's events.

FULL SCHEDULE ON LAST PAGE

Global Health Day, May 17:
The Ohio State University
College of Medicine

Events:

- R4WH Team Arrival
with opening remarks from
**Dr. William Brustein and
Dr. Howard Werman**
- Global Health Fair & Food
- Global Health iMovies
by Metro High School Students
- Presentation by representatives
from
**HEAL Africa &
World Bicycle Relief**

* Food at evening events provided by Whole Foods

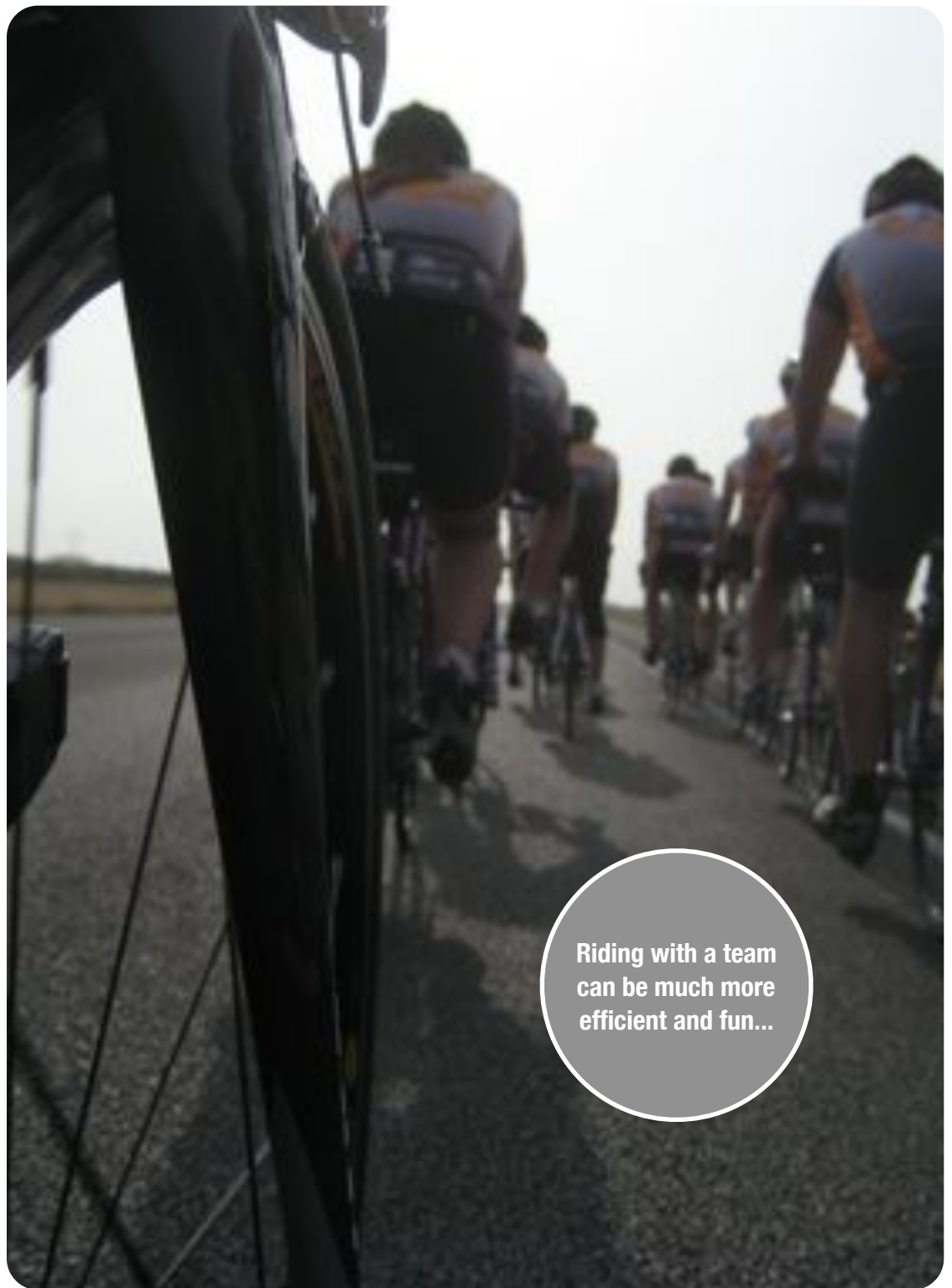


Getting our feet wet

A rogue wave hits the riders as they try to pose for the group photo at the start of the coast-to-coast trip and lecture series

May 2010

RIDE 4 WORLD HEALTH



Riding with a team
can be much more
efficient and fun...

DR. WILLIAM BRUSTEIN

Shares his perspective on the importance of global health education and studying abroad through The Ohio State University.

DAYS IN THE 2010 RIDE

Photos from April 2010 and this years national team. See what the riders do on a daily basis and consider joining Ride for World Health.

DR. HOWARD WERMAN

Tells his story about recent travels to Haiti and his impression about sustainable medical help abroad.

A Faculty Perspective:

Dr. William Brustein

Vice Provost for Global Strategies and International Affairs



Confronted with a world that is strikingly different from what it was just a decade ago, higher education faces rapidly shifting economic, political, and national security realities and challenges. To respond to these changes it is essential that our institutions of higher education graduate globally competent students. For our students global competence is an indispensable qualification of global citizenship, which can be defined as the ability to work cooperatively in seeking and implementing solutions to challenges of global significance, e.g., economic, technological, political, and environmental. Moreover, global competence is essential to our students as they enter an increasingly competitive global marketplace and to our nation as it addresses its global security needs.

The skills that form the foundation of global competence include the following:

- An ability to work effectively in international settings;
- Awareness of and adaptability to diverse cultures, perceptions and approaches;
- Familiarity with the major currents of global change and the issues they raise;
- The capacity for effective communication across cultural and linguistic boundaries; and
- The ability to comprehend the international dimension of one's field of study.

To enable its students to succeed and its faculty and staff to lead in this quest, Ohio State will need to pursue internationalization in a comprehensive and systematic way. A global university fully integrates international and multicultural experiences and perspectives into its learning, research, and public service missions.

Just as the Ride for World Health Organization is involved with educating, fundraising and advocacy to improve global health in developing countries, opportunities to study and help others around the world abound at Ohio State. One such study abroad program enables students to engage in a service learning project to assist children living with HIV/AIDS in Montaña de Luz, Honduras.

The service learning program is geared toward identifying and analyzing the impact of sustainable technology on a developing country and devising practical and sustainable solutions that students apply during their week-long stay in Honduras. Students are challenged to think, live and work in a new way and explore how the Hondurans' lives differ from their own.

Led by Professor John Merrill from the College of Engineering, students recently helped improve the water quality for these children by lowering the levels of arsenic in the water.

By conducting tests, purchasing appropriate filtration devices, and educating those individuals who care for the children on how to maintain potable water, the students achieved success in reducing the arsenic levels in the water to adhere to world health standards.

Peter Dobler, a sophomore majoring in chemical engineering, said the project was gratifying. "I felt like what I was learning in the classroom could really make a difference in the lives of others."

The impact that a study abroad program can have on both the academic and personal lives of students and on those individuals with whom they meet, is immeasurable. What students learn from the cross cultural exchange will remain with them always as they live and go to work in our increasingly global society.

Ride for World Health advocates a similar message as it works to improve our national and global approach to healthcare, while at the same time experiencing the cultures of others around the world.

WORK



The Coast-to-Coast Lecture Series:

One of the major missions of R4WH is to teach communities across the nation about global health issues. This includes topics that are important internationally and domestically. Renowned world health experts help us expand on our message.

R4WH presents Coast-to-Coast Lecture Series

Education is a large part of R4WH's mission. Our goal is to inform the American public about healthcare disparities, both at home and abroad. This message is delivered by R4WH's unique Coast-to-Coast lecture series.

Each lecture begins with a description of R4WH and our beneficiaries: World Bicycle Relief and HEAL Africa. This is followed by a general global health overview designed around the United Nation Millennium Goals. The primary focus of the UN Millennium Goals is to promote development and improve standard of living around the world. In order to achieve this goal, the UN focuses on poverty, education, healthcare, and sustainable environmental change, including safe drinking water.

R4WH reaches a wide range of audiences, with five versions of the lecture: elementary school, middle school, high school/general public, medical audiences, and an abbreviated version. Through daily lectures at minor events and Global Health Days, we have reached over 700 audience members in April 2010 alone!

FAST FACTS

3 Major Causes of Disease Burden

1. HIV/AIDS
 - 2/3 infected worldwide live in Sub-Saharan Africa
 - 10 million are in need to anti-retroviral therapy in low and middle income countries; only 3 million receive therapy
 - One year of therapy costs less than \$100
2. Tuberculosis
 - 1/3 world population is infected with TB
 - 1.6 Million people die of TB each year
 - TB and HIV have similar distributions
 - 50% of those with HIV die of TB
 - Drugs cost as little as \$10 annually
3. Malaria
 - Over 500 million cases occur annually
 - A child dies of malaria every 30 seconds
 - Only 18.5% of children in high risk areas sleep under insecticide treated nets



Major medical centers host Global Health Days

Riding is often just the start of the fun each day.

Cycling serves as the vehicle for our Coast-to-Coast lecture series and fundraising efforts. The 2010 route began on April 1 in San Diego, CA and will finish on May 25 in Bethany Beach, DE. While all riders came in at various cycling experience levels, our legs and endurance have grown stronger by averaging 75 miles per day. To this point, the longest ride was 107 miles from Lamesa, TX to Sweetwater, TX; we will likely top this epic day when riding into Columbus, OH on May 14.

While riding such distances may seem like an overwhelming feat, it serves as the motivation and high point of each day. On an average day the riders awaken at 6:30 am, pack bags, eat breakfast, and prepare themselves and their bikes for a long day on the road. Once the beginning of the route is marked by support team, generally around 7:30 am, riders are released to tackle the open road. Breaks are placed by support team and will typically take place at 25 miles for water, 50 miles for lunch, and an additional water stop at 75 miles depending on the length of the day.

The difficulty of the ride is not only established by length but also hills and wind conditions. All riders have learned successful techniques to battle these elements of the open road. Hills are conquered by climbing in a high

gear at a consistent cadence. The best approach of all, however, happened to be training on major climbs early in the route, including a climb of 6000 feet on day 1 of riding alone. Climbs like this are hard to come by in Ohio!

Whereas hills often serve as an individual challenge, riders have learned to rely on their teammates for conquering strong wind conditions. Group riding is accomplished by riding in a pace line, in which riders fall in a straight line behind a lead person. The lead rider will battle the wind for their portion, allowing the other riders to draft off of them and reduce their energy expenditure by up to 40%. Once the lead rider has completed their portion, generally set as 10 minute or 5 mile intervals, they will fall to the back of the pace line in order to draft, allowing the second rider to take over "pulling" the team. Using pace lines as a technique has allowed the entire R4WH team to survive long and grueling days!

Cycling through such distances and challenges can prove to be difficult, but the riders manage to make it fun along the way. From dance parties at water stops, to stopping at every entertaining signs, and shopping for cowboy boots or other souvenirs along the way, the riders transform a physical and mental challenge into entertainment for all.



PLAY



Photos from the journey:

Top: Near San Diego at the beginning of the trip.

Middle: Cruising through forest in Arkansas.

Bottom: Crossing a bridge on the way to Arkadelphia.

Left: A paceline during the early morning of a ride.



Daily life: what happens when we are not educating, advocating, or fundraising?

The national riders are divided into 5 teams of four to five riders and provide support for the rest of the team every fifth day. This means that every four out of five days, each rider is treated like a professional rider and has everything set up for them! The support team delivers the daily presentations, sets up all meals, marks the route for the riders, and helps with flat tires and repairs on the road. Being on support also gives each rider a day to rest their legs from the previous four days - a much needed break!

We have become bagel connoisseurs due to our Einstein sponsorship

So if support team is responsible for providing meals, what do we eat? Thanks to our Einstein Brothers Bagels sponsorship, we have become bagel connoisseurs and are now fairly accurate in estimating the age of a bagel to the nearest 24 hours. We pick up bagels from every Einstein store we pass along our route and eat them until they go bad or become bagel chips (our way of preserving them for longer). Another sponsor, PowerBar, provides an alternative to bagels - some of our riders eat up to five PowerBars while riding, a good way to balance out the thousands of calories we burn each day!

R4WH DIET	BREAKFAST	LUNCH	DINNER	SNACKS
	Bagels, cereal, bananas, coffee, juice	Bagels, PB&J, chips, granola bars, apples, oranges, carrots	Bagels, spaghetti, stir fry, pizza, brinner (breakfast for dinner), burgers, hot dogs, chili, salads	PowerBars... chocolate milk, bagel chips, animal crackers, gels...and bagels

Reflections on International Medical Volunteering



By Dr. Howard Werman
Emergency Department Physician
The Ohio State University Medical Center

As health care professionals, we occasionally fail to realize the gift that we have been given – the ability to restore the health to another individual. As I have gotten older, I have learned to appreciate this gift and have felt compelled to share my skills not only to those less needy in the community but also with the less fortunate in other countries. Most recently, I was privileged to serve in Haiti in an area indirectly affected by the recent earthquake; however, my reflections would apply to any international volunteering experience.

Each time I have gone on a service mission, I tend to focus on the ‘sacrifices’ that I am making to serve – the long hours of medical care, the austere living conditions and the meals that are more sustenance than cuisine. In other words, I generally have to overcome some inertia whenever I have volunteered overseas. Once I complete my service, I am reminded that I *receive* far more than I give.



The primary benefit is the gratitude and graciousness of the patients for whom we care. Their optimism and positive attitude are remarkable. Additionally, the opportunity to learn about people from all walks of life has expanded my appreciation of our diverse population. Finally, my visits continue to impress upon me of the TRUE meaning of happiness and point to the fallacies of those ‘necessities’ that we seem to focus upon which create the façade of contentment.

On the other hand, one never truly leaves an underdeveloped area in which you serve. My thoughts constantly return to Haiti, for example, wondering whether the community continues to receive the medical care that is needed. Sustainability is a constant struggle. Ultimately, those who serve must consider how our efforts can augment the existing medical ‘system’ in these underdeveloped areas and how we can assist in providing sufficient health care professionals and infrastructure to support these populations.

In the end, I am already anticipating my next visit and continue to think about ways that I can improve upon my previous experiences.



Ride For World Health Solidarity Ride

May 16, 2010



Proceeds to Benefit:



HEAL AFRICA

Supported By:



Register Online:
www.rideforworldhealth.org/solidarityrides/

May 16, 2010 @ 8:30 AM
Roll: Bike Shop
Easton Town Center
Columbus, Ohio



RIDE FOR A CAUSE. SUPPORT ACCESS
TO HEALTHCARE AROUND THE GLOBE!

20 & 40 Mile rides. All levels of cyclists welcome!
Enjoy local food and win prizes!
Minimum Donation: \$35 early registration
\$40 day of the ride
Student discounts available

Register Online:
www.rideforworldhealth.org/solidarityrides/
Come ride with us!!!
16 May, 2010 @ Roll: Bike Shop
Easton TownCenter

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23 Riders, 3300 Miles, 45 Cities, 1 Cause

**Global Health Day: The Ohio State University
College of Medicine
Monday, May 17, 2010**

10:30 - R4WH Team Arrival
Medical Center Plaza

10:30 - 11:00 - Dr. Catherine Lucey & Dr. William Brustein
Introduction, Opening Remarks
Medical Center Plaza (Ross Auditorium in the event of rain)

11:00 - 1:00 - Global Health Fair & Food
Medical Center Plaza (Ross Auditorium in the event of rain)

4:00 - 5:00 - Global Health iMovies
Metro High School Students @ 112 Meiling Hall

5:00 - 6:00 - Heal Africa Representative
Food provided by **Whole Foods** @ 112 Meiling Hall

6:00 - 7:00 - World Bicycle Relief Representative
Food provided by **Whole Foods** @ 112 Meiling Hall

www.RideforWorldHealth.org

Benefiting:



Thanks to our Sponsors:

