



Ride for World Health

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

November, 2009



Welcome to Ride for World Health 2010! We are well on our way to making this year the best year yet! While 2009 was incredibly successful, we have set our goals and our sights even higher for this coming year. With the support and encouragement from everyone around us, we are confident we will exceed these goals.

Ride for World Health 2009 was highlighted by the donation of \$80,000 to two incredible beneficiaries – Village Health Works and Esperança. These organizations work to provide much-needed healthcare and supplies to citizens in the developing world. We are proud to have supported these organizations and are confident that our money will be used to better the lives and the healthcare of the world's citizens. The 2009 Global Health Day, held right here at The Ohio State University

Medical Center (OSUMC), was a special day not only for the OSUCOM riders, but also for the students from Metro Early College High School, a STEM (science, technology, engineering, and mathematics) public high school located less than a mile away from the OSUMC campus. These students were able to participate in the much-anticipated "ride in" of the R4WH riders to the OSUMC campus, as well as prepare and present global health projects to the R4WH riders. The students at Metro had been working on these projects and presentations for many weeks, and were very eager to discuss these global health issues.

The Ride for World Health 2010 Leadership Team is incredibly energetic and excited about our upcoming ride. In the short period of time that we have been working together, I have been consistently impressed by their organization, dedication, and determination. The entire Leadership Team is already working tirelessly to ensure the success of this year's ride. We are also thrilled about the selection of our National Team, which is composed of amazing men and women from around the country. Although everyone has their own special skills and characteristics, we all stand together in our passion for one thing – improving access to quality and necessary healthcare for all citizens of the world.

Ride for World Health 2010 is making some big changes this year – changes which we know will ensure the success of R4WH for many years into the future. After completing the same cross-country route for the past four years, we are pleased to announce that we are changing the route this year. Instead of traveling through the center of the country, we will be completing a more Southern route, expanding our message to new towns and new United States citizens that have never before been exposed to the Ride for World Health. Although this poses new challenges, we are excited to travel across these new roads and tackle every bump and hurdle along the way. We are also eager to form a stronger partnership with Columbus Public Schools and Metro High School, with the hopes of expanding global health education and healthcare advocacy to the younger citizens of Columbus.

If it has not become obvious already, the entire Leadership Team is extremely excited about this coming year. We look forward to reaching new audiences, expanding our outreach, and doing our part to spread healthcare to the world's citizens. We encourage anyone and everyone to support our mission, as nothing can be accomplished without our sponsors' generous support. Look for us training around Columbus over the next few months. We will be the ones sporting the bright orange spandex!

Libby Huffman

Libby Huffman
CEO, Ride for World Health 2010

Inside

Letter from the CEO

Our 2010 Beneficiaries

eTown Award

Meet the 2010 Team

A word of thanks

2010 Sponsors

Support R4WH



Our 2010 Beneficiaries

We are proud to announce the beneficiaries of Ride for World Health. HEAL Africa and World Bicycle Relief are worthy organizations that are dedicated to improving access to health care around the globe.



HEAL Africa is based in Goma, Democratic Republic of Congo, a devastated region of central Africa, where war has claimed over six million lives in the past fifteen years. Formed in 1996, HEAL Africa is a not-for-profit organization whose mission is to provide holistic care for the Congolese people through developing medical, social, and economic initiatives, such as training health professionals, strengthening social activists, and providing physical, spiritual, and social healing.



The initial goal of HEAL Africa was to train Congolese medical professionals in orthopedics and fistula repair; however, this mission was expanded after the realization that many health problems were products of larger societal causes. They have since increased their reach to local communities to develop HIV/AIDS programs, training programs for rural healthcare professionals, public education about the law and human rights, and numerous other programs to benefit the people of the Democratic Republic of Congo. Through these mechanisms, HEAL Africa strives to provide holistic care for a greater community.

Please visit their website for more information including stories, news, and updates:

www.heal africa.org



Inside

•

Letter from the CEO

•

Our 2010 Beneficiaries

•

etown Award

•

Meet the 2010 Team

•

A word of thanks

•

2010 Sponsors

•

Support R4WH



Our 2010 Beneficiaries



Founded in 2005 in response to the Indian Ocean Tsunami, World Bicycle Relief is a not-for-profit organization specializing in large-scale bicycle programs dedicated to providing access to independence through The Power of Bicycles. Compared to walking, bicycles represent an enormous increase in productivity and access to healthcare, education, and economic development opportunities.



Since its inception, World Bicycle Relief has worked with many different projects, providing more than 50,000 bicycles to help empower and increase the livelihood of global citizens. Projects have ranged from Project Tsunami, which provided bicycles for assistance in recovery from the devastating 2004 Tsunami, to

Project CHAI and Project Zambia, through which bicycles were provided to health care workers, mentors working with vulnerable children, and educators of disease prevention in six African countries. World Bicycle Relief is currently active in rural Zambia, where provision of bicycles has increased access to education for children at risk for extreme poverty and high HIV/AIDS infection rates. Their overall mission is to provide simple, sustainable transportation to provide disaster assistance and poverty relief.

THE POWER OF BICYCLES

Distance

A bicycle can increase the distance traveled by 4 times that of walking

walking

riding a bike

Carrying Capacity

A bicycle can increase the carrying capacity of a person by 5 times.

walking

riding a bike

The Impact of their work:

Project Tsunami: bicycles enabled families to save up to 30% of their income for transportation costs.

Project Zambia: 23,000 bicycles were distributed to volunteers who care for orphans and children affected by HIV/AIDS.

Please visit their website to learn more about their work and read amazing stories:

www.worldbicyclerelief.org



Inside

•

Letter from the CEO

•

Our 2010 Beneficiaries

•

etown Award

•

Meet the 2010 Team

•

A word of thanks

•

2010 Sponsors

•

Support R4WH



e-chievement award

Inside

•

Letter from the CEO

•

Our 2010 Beneficiaries

•

etown Award

•

Meet the 2010 Team

•

A word of thanks

•

New 2010 Sponsors

•

Support R4WH

Hear Dr. Andy Wagner accept the etown e-chievement award at www.etown.org

Ride for World Health founders Dr. Andy Wagner and Dr. Andrew Suchocki were recognized in 2008 by the NPR radio show etown with an e-chievement award for their work with global health through R4WH. Etown is a nationally-syndicated weekly radio show broadcast on 240 public, community, and commercial stations across North America. Additionally, etown is heard in locations around the world via satellite broadcast, and via podcast. It is a non-profit corporation whose mission is to educate, entertain, and inspire a diverse audience, through music and conversation and to create a socially responsible and environmentally sustainable world. One of the show's most popular segments is the e-chievement award, which recognizes everyday people who have made a difference in their community or beyond. Listeners from around the country send in nominations of remarkable individuals who are working hard to make an impact locally, nationally, and globally.



Photo credit: Tim Reese

Hosts of the national radio show, etown, Helen & Nick Forster, flank e-chievement award winners Dr. Andrew Suchocki and Dr. Andy Wagner, co-founders of Ride for World Health.

R4WH founders Dr. Andy Wagner and Dr. Andrew Suchocki were nominated by Jackie Redmer of Madison, WI who met the riders of R4WH 2006 during the Ride's first cross-country trek. Andy went to Boulder, CO to be interviewed and receive the e-chievement award April 30, 2008 where he was joined by Andrew and the 2008 R4WH riders as they biked into the city as part of their 2008 cross-country cycling trip and Coast-to-Coast Lecture Series. The episode aired in June 2008 and was recently run again during October 2009. R4WH and its founders were awarded the e-chievement award for their efforts "to educate the public on important global health issues and solutions". To find out more about etown or to hear Dr. Wagner's interview visit www.etown.org. The episode can be accessed from etown's home page by selecting "e-chievement awards" and then "recent winners" and scrolling down the page. Andy's interview can be found 23 minutes into the show.



Host Nick Forster of the national radio show etown, interviews e-chievement award winner Dr. Andy Wagner during the April 30, 2008 taping.



Meet the 2010 Team

Ride for World Health is happy to announce the new 2010 Leadership Team and National Team Riders

Leadership Team

Libby Huffman: Chief Executive Officer

Medical Student; Columbus, OH

Libby was born and raised in Findlay, a small town in northwest Ohio. She attended DePauw University for her undergraduate education and returned to the great state of Ohio for medical school. She is passionate about extending healthcare to the underserved, both globally and locally. She is also excited to cycle across the country with an amazing group of global-health advocates and cyclists. Libby is incredibly honored and thrilled to have the opportunity to serve as CEO for R4WH 2010, and she is confident that this will be the best year yet!



Katie Kidwell: Chief Operating Officer

Medical Student; Columbus, OH

A Columbus native, Katie is an alumna of Worthington Kilbourne High School. She studied Zoology and Spanish at Miami University before returning to Columbus for Medical School. Katie's first experience with global health occurred during a mission trip to construct houses in Mexico. This experience introduced her to an 8 year-old boy with Cerebral Palsy, whose family struggled to provide adequate health care. While this trip provided a sturdy home to a needy family, Katie felt there was so much more that could have been done for the health of this child, along with millions of similar children around the world. Katie is excited to be a part of R4WH, as advocacy is a great tool to enact change in healthcare!



Maggie Rosen: Logistics Co-Chair

Medical Student; Columbus, OH

Maggie Rosen was born and raised in the booming metropolis of Columbus, OH and of course had to stick around for medical school. She is currently undecided about her future career path and planning to wait until the last possible minute to make her decision. During medical school she was able to spend a summer in Lusaka, Zambia, seeing first hand some of the effects of HIV/AIDS on the people there. This served as a glimpse into health problems that exist throughout the world, and she is excited for R4WH to expand on her experiences and make a positive impact around the world. She has been anxiously waiting for her fourth year to come around so she can ride coast to coast!



Megan Buller: Logistics Co-Chair

Medical Student; Columbus, OH

Megan got a lot of flack from her home in Michigan when she came to Ohio State, but as a proud Notre Dame graduate she had gotten pretty used to that. After graduating from ND with a degree in Spanish Literature and Arts & Letters Pre-professional Studies (a fancy name for "pre-med") she headed down to the Caribbean where she spent a year doing volunteer work in Puerto Rico. In Puerto Rico she met some great people who opened her eyes to local healthcare disparities. Since beginning medical school, she has been an officer in the International Health Interest Group, has volunteered at the Latino Free Clinic, and just returned home from a medical rotation in Peru! After finishing up with med school, she is planning on a career in Internal Medicine/Pediatrics and wherever global health takes her.



Inside

Letter from the CEO

Our 2010 Beneficiaries

etown Award

Meet the 2010 Team

A word of thanks

2010 Sponsors

Support R4WH



Meet the 2010 Team

Inside

•

Letter from the CEO

•

Our 2010 Beneficiaries

•

Hometown Award

•

Meet the 2010 Team

•

A word of thanks

•

New 2010 Sponsors

•

Support R4WH



Lenore Jarvis: Education

Medical Student; Columbus, OH

Lenore is guessing that her 12-speed pink Schwinn is not going to cut it for 3,300 miles. The Schwinn is back in her hometown of North Olmsted, Ohio and has recently been replaced by a more "suitable" bike. Her first international health experience was during her freshman year at Ohio State when she travelled to Port-au-Prince, Haiti to volunteer in several children's hospitals. After she obtained an undergraduate degree from Ohio State, she worked for Teach for America (TFA) helping low-income communities eliminate inequality in their schools. TFA continued to raise her awareness for public health concerns. She is involved in the International Health Interest Group at OSU, volunteers in various clinics, and is very excited to be working with Ride for World Health!



Jeff Fujii: PR/Marketing

Medical Student; Columbus, OH

Jeff grew up in Nevada City, California, a small town in the mountains near Lake Tahoe. He attended the University of California, Davis, for his undergraduate education where he majored in biochemistry and molecular biology. For medical school, OSU had the strength to pull him out to the Midwest and he became a Buckeye for life. Always driven to impact others' lives, he has volunteered at numerous clinics, including a hospital in Uganda that cares for the Batwa (Pygmies). He is excited to be able to continue to serve others through Ride for World Health while cycling across the country.



Pete Croft: Major Events

Medical Student; Columbus, OH

Pete is the youngest of four children from Reading, MA, just north of Boston. He attended the University of Virginia where he majored in English before going to medical school at Ohio State. He has always been an avid athlete, pretty much up for playing and competing at any given sport. He is particularly interested in baseball, cycling, cooking, yard sales, skateboarding, and grocery shopping. His ride is an Indy Fab steel road bike that he's had for 4 or 5 years. It's blue, custom-built and painted (by his sister), and beautiful. Needless to say, he can't wait to put it to the test as the team takes off across America next year!



Bryce Peterson: Minor Events

Medical Student; Columbus, OH

Bryce is a recovering coffeeholic, now with 20 years sobriety. He has also been a fan of the Buckeyes since 5 April 1993 when Chris Webber threw away a NCAA National Championship by calling a time-out and earning a technical. A love-hate relationship has developed between him and his Liahona mountain bike; hate while he is on it, love when he got a replacement. He has been involved with global health issues for many years, particularly with the group Operation Smile, who allowed him to act like a clown in their name. Looking forward to a future in Sports Medicine, the Ride for World Health is a custom fit for Bryce as it combines the most important aspects of medicine – service, education, health, and fun.

55 Days... 3,300 Miles... 25 Riders... 1 Cause.

Become part of the R4WH team.

Donate to the 2010 ride at www.RideForWorldHealth.org



Meet the 2010 Team

Inside

•

Letter from the CEO

•

Our 2010 Beneficiaries

•

etown Award

•

Meet the 2010 Team

•

A word of thanks

•

2010 Sponsors

•

Support R4WH

Brian Dishong: Finance Director

Medical Student; Columbus, OH



Brian is what you might call a pure-bred Ohioan. He grew up in Liberty Center, a small town in the sticks of northwest Ohio best known to locals for its ice cream parlor and high school football team. From there he attended Miami University in the idyllic rolling hills north of Cincinnati, where he graduated with a B.S. in Zoology. After Miami he enrolled at The Ohio State University College of Medicine and plans to pursue a residency in anesthesiology. With Ride for World Health, Brian hopes to break out from Ohio and teach others about international health issues as well as learn from people across the country.

Lauren Haveman: Advocacy

Medical Student; Columbus, OH



Lauren is originally from Minneapolis, but decided to trade the frozen tundra for the beach as she attended Pepperdine University prior to medical school. However, she actually missed the ice and snow and came back to the Midwest for medical school. She was first introduced to R4WH while applying to medical schools, an experience that played an integral role in the decision to attend OSU. She has been passionate about medicine and working with underserved populations for as long as she can remember. Along her path toward a career in global health, she has lived in Buenos Aires, Argentina and Xela, Guatemala.

Andrew Nyberg: Rider Recruitment

Medical Student; Toledo, Ohio



Andrew is a fourth year medical student planning to specialize in Emergency Medicine. He is excited to be a part of the Ride for World Health team in 2010 because he knows that healthcare is not just a concern for citizens of the United States, but is a problem for all communities around the world. He believes that working with organizations like World Bicycle Relief and HEAL Africa are a great way to support sustainable improvements in healthcare in developing nations.

Maria Shikary: Sponsorship Director

Medical Student; Columbus, Ohio



From small town Ohio, Maria attended The Ohio State University for college and stayed for medical school. She was introduced to global health and its socioeconomic impact during an undergraduate course and has been passionate about championing worldwide healthcare issues ever since. She has traveled to virtually every corner of the world including the Galapagos, Rwanda, and Kenya. Maria looks forward to the challenge of cycling such a great distance for an amazing cause. After graduation, she plans to pursue Pediatrics, but global health will remain a significant part of her life.

R4WH 2008 Footage online now!

the MedShow's documentary of the 2008 ride is now available online! To view footage of the ride including a monster climb to 9,900 feet, live footage from "The Great Oreo Lick Off," and video of Global Health Day in Denver, CO visit www.medshow.com.

Meet the 2010 Team



National Team Riders

Congratulations to the 14 riders chosen as the National Team Riders for 2009! We had an incredible amount of interest in participating in the ride this year and the riders below are all truly remarkable in their accomplishments, excitement about the ride, and dedication to World Health.



Michael Buscher
Medical Student
New Canaan, CT



Chris D'Ardenne
Medical Student
Boston, MA



Jinny Eun
Pre-Medical Student
Seattle, WA



Roshan George
Biomedical Engineering
Midlothian, VA



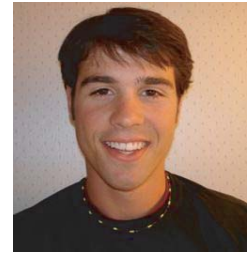
Heidi Gollogly
Medical Student
New York, NY



Travis Grace
Medical Student
Ormond Beach, FL



Justin Hepker
Medical Student
Iowa City, IA



Adam Koon
MPH
Atlanta, GA



Jen Kullgren
Environmental Science
Ada, MI



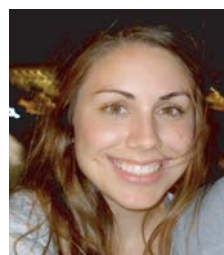
Jody Litrenta
Medical Student
Melrose, MA



Timothy Mitchell
Medical Student
New York, NY



Shilpan Patel
Medical Student
Fulton, KY



Sarah Voss
Medical Student
Clinton Township, MI



Jessica Wilson
Psychology, Biomedical Sciences
Tyler, TX

Inside

•

Letter from the CEO

•

Our 2010 Beneficiaries

•

etown Award

•

Meet the 2010 Team

•

A word of thanks

•

New 2010 Sponsors

•

Support R4WH



A word of thanks

The riders would like to thank all of the people who helped make Ride for World Health successful in 2009!

The Riders of R4WH would like to thank all of the people who helped make the 2009 Ride for World Health so successful. Thanks to all of our family and friends who supported us throughout the countless hours of training and planning for the ride. Thank you to the generous individuals who donated lodging and food. The kindness of the people we met across the country - from the residents of Bungalow Heaven in Pasadena California to the firefighters in Front Royal, VA - was truly touching. Thank you to our corporate sponsors: The Ohio State University Medical Center, Roll:, Einstein's Brother's Bagels, Nationwide Children's Hospital, the MedShow, and HMT, who helped us raise \$80,000 for our 2009 beneficiaries. Finally, a special thanks to the individuals we met across the country who shared our passion for global health, attended our lectures, and donated their personal money to the cause of global health.

Inside

.

Letter from the CEO

.

Our 2010 Beneficiaries

.

Easton Town Award

.

Meet the 2010 Team

.

A word of thanks

.

2010 Sponsors

.

Support R4WH



the MedShow™
www.medshow.com



2010 Sponsors

R4WH is happy to announce early sponsors for the 2010 ride.



The Ohio State Medical Center: OSUMC has been with the ride since the beginning and truly gives the Ride a Home. Thank you to OSUMC for their continued support!



Roll: Roll continues to be one of the backbone sponsors of the Ride. If you have not gotten a chance yet be sure to stop by Roll: at Easton Town Center in Columbus to check out their awesome new location and thank them in person!



Support R4WH

R4WH strongly believes that together we can impact millions of people around the world who lack access to proper medical care. Did you know that **every year over 2 million children across the world die because they were not able to receive their childhood immunizations?** In Africa and Asia, the average distance women must walk just to get clean water for their families is 3.7 miles and they do this carrying 44lbs on their head - the equivalent of over 5 gallons of milk! Even in the US, inadequate access to healthcare continues to be a huge problem! **As of 2008 approximately 46 million Americans were without health insurance** and that number is continuing to grow!

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: Each member of our National Team is personally committed to a specific fundraising goal. With these efforts, each rider will not only support our charitable beneficiary, he/she will help defer the personal costs of this 2-month endeavor. And don't worry...we're not eating steak at the Plaza Hotel! We spend most nights cooking and sleeping on the floors of donated space to maximize the amount of funding we can provide our beneficiary. Feel free to learn more about our riders by reading their biographies at www.rideforworldhealth.org/theriders. Each rider has a Paypal donation link next to their name!

Talk to your Employer about Sponsoring R4WH: We invite businesses, foundations, and organizations – whether you're a "start-up" or have a global reach – to join us in delivering our message across the country! **Know of a company/organization that would like some national publicity?** 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).

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 (**Ride for World Health; PO Box 8234; Columbus, OH 43201**). **However, we have received support in many different ways, all of which are helpful.** Examples include Costco and gasoline gift cards. For more info - www.rideforworldhealth.org/support.

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.

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!

Inside

Letter from the CEO

Our 2010 Beneficiaries

etown Award

Meet the 2010 Team

A word of thanks

2010 Sponsors

Support R4WH



In our next issue...

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

More information on our National Team Riders

R4WH 2010 Route: When will we be coming through your town?

R4WH Riders Abroad!

And many more updates about the 2010 Ride!

Inside

•

Letter from the CEO

•

Our 2010 Beneficiaries

•

etown Award

•

Meet the 2010 Team

•

A word of thanks

•

2010 Sponsors

•

Support R4WH

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