



Ride for World Health

A journey across the nation to meet needs across the world

Winter 2011

Greetings from Ride for World Health 2011! Our planning and fundraising is becoming both very busy and very exciting at this point. With this year's ride in April and May of 2011, we will conquer the 6th annual coast-to-coast bicycle journey, raising money for a new set of very deserving beneficiaries and educating even more citizens about Global Health and their own health.

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The year of 2010 was yet another successful one for Ride for World Health. Through diligence and the generosity of friends, family, and citizens across the nation, the 2010 team was able to donate over \$50,000 to World Bicycle Relief and HEAL Africa. The 2010 Global Health Day was a great success despite the weather and the Columbus Solidarity Ride was the most successful one to date, raising significant funds for the Ohio Hispanic Coalition. Although we are continuously in awe of the work of riders who have preceded us, we certainly hope to surpass last year's success. We will ride to support two major beneficiaries and a minor local Ohio State-based beneficiary. AHOPE for Children supports HIV-positive orphans in Ethiopia, MedWish International redistributes unused medical supplies to disaster areas and nations in need, and PODEMOS provides acute and chronic medical care to Honduran villages through biannual medical mission trips. These organizations inspire us to work tirelessly as we prepare for our 2011 ride.

Ride for World Health has some variations this year that will be both challenging and exciting. First, we are maintaining the Southwestern route that was started last year with some modification to go through Albuquerque for the first time, the home base of one of our 2011 National Riders. In addition, this year we are riding with a slightly smaller team of 16 National Riders. While this means that expenses will be reduced, it also means that all of us are working even harder to make this the best Ride for World Health ever. We are very excited for new major events in planning for Albuquerque and Nashville in addition to previously held events in San Diego, Dallas, Cincinnati, Columbus, and Washington, D.C. We are also looking forward to further building our relationship with Metro High School and Columbus Public Schools through developing innovative interactive projects to take place during the ride.

All of the above would not be possible without the tireless efforts and seamless teamwork of this year's Leadership Team and National Riders. For the first time, we are now integrating underclassmen medical students into Ride for World Health leadership and the results have been outstanding. We are looking forward to continuing to build support throughout the layers of Ohio State College of Medicine. Ultimately this includes yet again the incredible support of the Ohio State University Medical Center, who has supported Ride for World Health above and beyond year after year as they continue to be leaders in promote Global Health education and advocacy nationwide.

We are incredibly excited to continue to train, plan, and fundraise as we get closer to April 5th, our start date. We want to thank you all again for your continued support and partnership in our mission to promote a healthier, happier, more knowledgeable and connected world. To join us in our training or fundraising, just follow the orange spandex or visit our website. Hope to see you on one of our Solidarity Rides or at an event near you!

Rachel Bensman
CEO R4WH 2011



Our 2011 Beneficiaries

We are proud to announce the 2011 beneficiaries of Ride for World Health. We are excited to work with AHOPE for Children, MedWish International and PODEMOS, outstanding organizations that strive to provide valuable, innovative and vital services.

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The primary mission of AHOPE for Children is to provide vital services to Ethiopian orphans infected with HIV. AHOPE provides two children's homes exclusively for the care of children infected with HIV, with a capacity of about 100 children total. Both homes are clean, cheerful and have areas for outdoor play. There is a high ratio of staff to children to ensure individualized attention, and a pediatrician on staff. There are also certified teachers, social workers/counselors and well trained, supervised child care workers as well as staff for cleaning, cooking, driving, and maintenance.

www.ahopeforchildren.org



MedWish International is a non-profit organization committed to the recovery and recycling of donated medical supplies healthcare providers must otherwise discard. These life-saving supplies are made available to those providing medical care in developing countries throughout the world. Globally, the MedWish International program improves the quality of medical care available to the underserved around the world; locally, they effectively reduce the amount of solid waste deposited in landfills. MedWish International also serves as a resource for local health-care professionals and charitable organizations interested in global health.

www.medwish.org



The Partnership for Ongoing Developmental, Educational, and Medical Outreach Services (PODEMOS) strives to provide both essential primary care services to marginalized communities in Honduras and valuable educational experiences to its student participants. By focusing on an interdisciplinary approach, innovative medical record keeping, and relationship-centered care, PODEMOS is making strides toward the goal of providing an essential sustainable service to patients. Its vision is to create a site for long term outreach and clinical care where health professional students can be directly involved in caring for and learning from patients from the marginalized populations in Honduras.

www.podemosu.org





Meet the 2011 Team

Ride for World Health is happy to announce the 2011 Leadership Team and National Team Riders

Leadership Team



Rachel Bensman: Chief Executive Officer/Chief Operating Officer
Medical Student; Columbus, OH

Rachel was born and raised in Cincinnati, Ohio and is an alumnus of Xavier University. She plans to enter a residency in Internal Medicine/Pediatrics after graduating from medical school. She is proud to combine the values of a Midwest upbringing with a passion for travel and global citizenship. Her work with global health accelerated after spending time in a rural South African hospital. She is taking the lead for this year's Ride and hopes to invest her considerable energy towards the success of R4WH's contribution to resource-poor health care, both locally and globally.



Jessica Clymer: Fundraising/Advocacy
Medical Student; Columbus, OH

Born in Seattle, Washington, Jess spent most of her life in western Massachusetts. After graduating from the University of Michigan, she chose to endure the constant heckling of Buckeyes while attending medical school. A future pediatrician, Jess cannot think of a better way to end her time at Ohio State than by leading the fundraising efforts of R4WH 2011!



Stephen Morrical: Education
Medical Student; Columbus, OH

Stephen attended the Ohio State University for his undergraduate education and returned to complete his medical training on his way to a residency in Emergency Medicine. During his time in medical school, he directed his passion for global health to the creation of PODEMOS, an organization focused on international medical education and aid. He cannot wait to tailor this year's curriculum based on his considerable experience abroad.



Angela Douglas: Recruitment/Website
Medical Student; Columbus, OH

Angela was born in China and has lived in many places around the United States since age 9. She attended Duke University and is currently working towards a career in Pediatrics upon graduation from medical school. She has experienced first-hand the effects of financial and social barriers to health care and has made it her continuing goal to find ways to overcome these barriers. She is excited about the unique and powerful platform for education and advocacy that R4WH offers.

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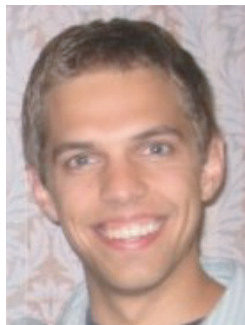
Leadership Team



Elizabeth Mitchell: Logistics

Medical Student; Columbus, OH

Liz grew up outside Cincinnati, Ohio and knew from an early age that she wanted to pursue a career that blended service to others with the intrigue of science. She continued that pursuit as an undergraduate at Loyola University of Chicago, where she was first impacted by healthcare discrepancies working at a free clinic. She plans to enter a career in Pediatrics where she will maintain her enthusiasm for medicine and service. She is excited about the three outstanding beneficiaries this year and embarking on a successful ride!



Kevin Overmann: Marketing/Public Relations

Medical Student; Columbus, OH

Kevin was raised in Cincinnati, Ohio and graduated from the University of Notre Dame. During his undergraduate training, he witnessed devastating effects of poor healthcare in rural Ghana and later investigated some of the causes of healthcare disparities there. He plans to pursue a career in Pediatrics and hopes to continue to explore unique ways to serve needy communities, both in the United States and abroad.



Katie Wittwer: Finance

Medical Student; Columbus, OH

Katie is in her second year of studies in medical school and is serving as this year's Finance Chair. She became involved with R4WH early in her career and was so excited to lead that she joined the Leadership Team without being able to ride this year. Her passions include service, travel, cycling and medicine, quite a fit for R4WH! She will continue her involvement with future rides and is happy to be able to serve this year.



Gabriel Fletcher: Events

Student: Miami University

Gabriel hails from Florence, Kentucky and now lives in Cincinnati, Ohio where he is studying political science at Miami University. He hopes to attend law school and focus on Constitutional studies. He is happy to be coordinating events this year and hopes to organize successful Solidarity Rides across the country!

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National Team Riders

Congratulations to the riders who will be joining the team as the National Team Riders for 2011! Each Rider brings unique experiences, talents and charisma to the team. Follow each rider online as they contribute to the success of R4WH 2011!



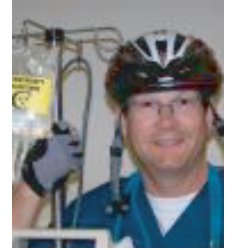
Mark Anderson
Albuquerque, NM



Mo Ashraf
Juneau, AK



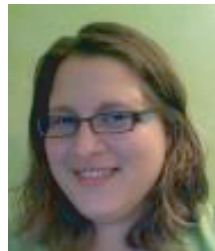
Dan Carpenter
Brookville, OH



Michael Dix
Milwaukee, WI



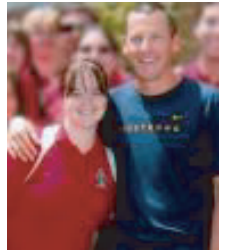
Miranda Hillard
Toledo, OH



Alison Nelson
La Crescent, MN



Krystal Ozanick
Pittsburgh, PA



Alli Sayre
Columbus, OH

Stefan Holmes
Not pictured

Portions Team Riders

These riders will be joining the team for portions of the route, raising funds and advocating for global health alongside the National Team Riders. We are so excited to have each of them with us!

Chase Douglas
Kathy Mitchell
Erin Murphy
Kathleen Spoelman
Peng Wang

Lauren Falkenberg
Ghazaleh Moayed
Emily Patsouras
Rhonda Syler

Haroun Habib
Julianne Moy
Matt Russo
Anurag Tangri



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DAY	DATE	LOCATION	EVENT
Tues	04/05/11	San Diego, CA	Kick Off Event
Thurs	04/07/11	Yuma, AZ	
Sat	04/09/11	Buckeye, AZ	
Sun	04/10/11	Phoenix, AZ	Solidarity Ride
Wed	04/13/11	Snowflake, AZ	
Sun	04/17/11	Albuquerque, NM	Solidarity Ride
Mon	04/18/11	Albuquerque, NM	Global Health Day
Wed	04/20/11	Fort Sumner, NM	
Fri	04/23/11	Amarillo, TX	Solidarity Ride
Tues	04/26/11	Wichita Falls, TX	
Thurs	04/28/11	Fort Worth, TX	
Sat	04/30/11	Dallas/Fort Worth, TX	Solidarity Ride
Fri	05/06/11	Little Rock, AK	
Sun	05/08/11	Memphis, TN	
Fri	05/13/11	Nashville, TN	Global Health Day
Sun	05/15/11	Louisville, KY	
Wed	05/18/11	Cincinnati, OH	Global Health Day
Sun	05/22/11	Columbus, OH	Solidarity Ride
Mon	05/23/11	Columbus, OH	Global Health Day
Wed	05/25/11	Cumberland, WV	
Sun	05/29/11	Washington, D.C./Bethany Beach	Concluding Event



Support R4WH

R4WH is committed to continuing to address global health challenges with our unique combination of fundraising, education, awareness and cycling! We rely on the support of generous sponsors of all kinds. With your help, we can make a huge impact nationwide, helping advocate for those who need it the most. With your help, we can contribute to the incredible work of our beneficiaries. From the thousands of tons of medical supplies MedWish sends abroad to areas affected by disaster to the Ethiopian orphanages supported by AHOPE and the Honduran clinic created by PODEMOS, the work we do is far-reaching. Closer to home, we team up with high school students in their global health projects and cross the country to provide invaluable health information to everyone along the route!

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!

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Sponsor a Rider: Each member of our National Team is personally committed to a specific fundraising goal. Please consider donating to a specific rider as we work to fundraise for these important causes. 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 to join us in delivering our message across the country! R4WH offers logo advertising on everything from our uniforms and vans to our website and marketing materials. Our unique visibility along the route and events is a great for corporate promotion. Please contact our Director of Fundraising, Jessica Clymer 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**). Additionally, donations of all kinds are appreciated, from help with fuel costs to food! Please visit www.rideforworldhealth.org/support for more information.

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. We need your help to defray the expenses for food and lodging or even providing hands-on support while we ride near you! Find out more at www.rideforworldhealth.org/support.

Join a R4WH Solidarity Ride: R4WH is currently planning four solidarity rides during the 2011 ride: **Phoenix, AZ - April 10th, 2011; Albuquerque, NM - April 17th, 2011; Dallas/Fort Worth, TX - April 30th, 2011, and Columbus, OH - May 21st, 2011.** Check online for updates on the solidarity rides and information on how you can register to take part in a ride.

Buy Coffee: For every 1 lb order of coffee sold, JustLoveCoffee will donate \$5 to R4WH! Use this link! www.justlovecoffee.com/RideforWorldHealth

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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Many thanks to our 2011 sponsors,
making R4WH possible year after year.



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