

# **RIDING EVEREST**

## **JULY 6, 2020**

### **WHY:**

**TO SUPPORT ANDEAN HEALTH & DEVELOPMENT (ANDEANHEALTH.ORG), A 501 (C)(3) ORGANIZATION WORKING IN ECUADOR SINCE 1997 WITH A MISSION OF PROVIDING QUALITY, SUSTAINABLE HEALTH CARE TODAY, WHILE TRAINING THE RURAL HEALTHCARE LEADERS OF TOMORROW.**

### **FUND RAISING GOAL:**

**\$58,058 (\$29,029 x Two)**

### **WHEN:**

**MONDAY, JULY 6, 2020 (ALTERNATE DAYS PENDING WEATHER: JULY 7 OR 8)**

### **WHAT:**

**THE IDEA OF RIDING EVEREST IS A NEW TYPE OF CHALLENGE IN THE CYCLING WORLD. THE SUMMIT OF MT. EVEREST, THE TALLEST PEAK IN THE WORLD, STANDS AT 29,029 FEET. RIDING EVEREST REQUIRES A CYCLIST TO RIDE ONE CLIMB AS MANY TIMES AS IT TAKES TO ACHIEVE 29,029 FEET OF CLIMBING IN ONE 24-HOUR PERIOD. THAT CYCLIST MUST COMPLETE ALL ASCENTS AND DESCENTS.**

### **WHERE:**

**RIB MOUNTAIN, WAUSAU, WISCONSIN. THE CLIMB GAINS 726' OVER 2.38 MILES WITH AN AVERAGE GRADIENT OF 5.7 %, RANGING BETWEEN 4% AND 8.5%. TOTAL NUMBER OF REPS ON RIB MOUNTAIN: 40. TOTAL MILES CLIMBING: 95.2 MILES. TOTAL MILES: 190.4 MILES**

### **WHO:**

**MICHAEL HEISLER, MD, MPH, PAST CHAIR OF THE AHD ADVISORY BOARD**

**PLEASE CONTACT MICHAEL HEISLER OR LAURA BROWN FOR MORE INFORMATION:**

**MICHAEL.HEISLER49@GMAIL.COM (605) 759-5901  
LAURA.BROWN@ANDEANHEALTH.ORG (619) 788-6833**

