

# It's about adventure



and caring



and making a difference

## Kham Aid Foundation presents the 2003 **CHARITY BIKE RIDE FOR TIBETAN HEALTH**

This August, a group of ten intrepid cyclists will take on the challenge of cycling nearly 600 km across eastern Tibet, surmounting passes of up to 16,600 feet. They will see a part of Tibet that is far from the beaten path, a place unvisited by tourists, where Tibetans still follow the traditions of their ancestors, and Buddhist monasteries continue their ancient esoteric practices virtually untouched by the outside world.

**JOIN US!** All you need is a mountain bike, an adventurous spirit, and the willingness to recruit US\$2500 worth of sponsors for your ride. One third of the money goes for food, lodging, and a support vehicle to accompany the cycling team. The remainder goes toward our Medical Aid Program, which purchases equipment and supplies for clinics that serve Tibetans in these remote regions.

For more information, see [www.khamaid.org](http://www.khamaid.org)