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***Email Template for New Mexico Riders***

Dear Friends and Family,

This September I am participating in a [4-day/6-day] bike ride in New Mexico to raise funds and awareness for Andean Health & Development, a healthcare non-profit in rural Ecuador founded by my friend, Dr. David Gaus. I am biking between 20 and 65 miles each day for this cause with 30 other riders. From Santa Fe, we head north to the historic town of Taos, we will cycle through four different Native American Pueblos and ride along a segment of the famed High Road to Taos.

Andean Health is an organization I have been following and supporting for many years. They:

* provide high quality medical care to Ecuador’s most underserved people in a sustainable way
* employ 100% local, Ecuadorian staff
* train local physician residents to be the next generation of global health leaders
* conduct meaningful public health research
* work on the front lines during this public health crisis

Those living in Ecuador’s countryside are especially vulnerable to the devastating effects of the pandemic, in terms of both health and socio-economics. Your support allows Andean Health to do the following:

* provide care to both Covid-19 patients and routine, overflow patients since the public hospitals’ beds in Ecuador have been filled since the beginning of the pandemic
* reach out to former patients with chronic conditions so they don’t fall through the cracks during the pandemic
* as one of the community’s largest employers, provide much-needed jobs
* dispense important public health information to the community as the pandemic evolves

**To donate, please visit** [**www.andeanhealth.org/donate-to-ahd**](https://www.andeanhealth.org/donate-to-ahd/) **and select my team name, “[ ]” to make a gift to my campaign. Or join my team and ride with me from wherever you live!**

More info about Andean Health’s good work is available at [www.andeanhealth.org](http://www.andeanhealth.org). Donations are tax-deductible. Thank you for your consideration!

Sincerely,

[Your Name]

***Social Media Post***

I am riding my bike for 4 days/6 days in New Mexico this Sep. to raise funds and awareness for Andean Health & Development in rural Ecuador. Please support my effort to help bring more quality medical care to Latin America’s underserved. Select my campaign here: [www.andeanhealth.org/donate-to-ahd](https://www.andeanhealth.org/donate-to-ahd/) Thank you!