

Headline	Cycling to help HIV patients		
MediaTitle	New Straits Times		
Date	20 Mar 2012	Color	Full Color
Section	Local News	Circulation	136,530
Page No	26	Readership	330,000
Language	English	ArticleSize	303 cm <sup>2</sup>
Journalist	N/A	AdValue	RM 9,847
Frequency	Daily	PR Value	RM 29,541



# Cycling to help HIV patients

**PETALING JAYA:** Having covered more than half of his 20,000km cycling expedition from here to London, retired teacher Adnan Osman is well on his way to achieving his target of raising awareness and funds for the Malaysian AIDS Foundation (MAF).

Adnan, 69, has pedalled through Thailand, Laos, China, India, Pakistan, Iran and Turkey. He is now in Bulgaria.

Speaking from Stara Zagora on TV3's *Malaysia Hari Ini* morning show yesterday, Adnan said he expected to finish his "Road to London" expedition in about three months.

Although plagued by cold and icy conditions, particularly in Iran and Turkey, Adnan is in high spirits with the warmer weather in Bulgaria.

He said his next destination would be Rome and other parts of Europe before finishing in London in time for the Olympics.

Adnan started his journey last September and has since been joined by his son in India.

He wishes to raise funds for the Positive Audacious Living (PAL) scheme, a medicine assistance programme run by MAF.

The PAL scheme has provided about 60 human immunodeficiency virus (HIV)-positive Malaysians with subsidised highly active anti-retroviral therapy. However, because of limited funds, the scheme has not been able to reach more people.

Adnan hopes his endeavour would spur corporate donors and the public to give people living with HIV a chance.

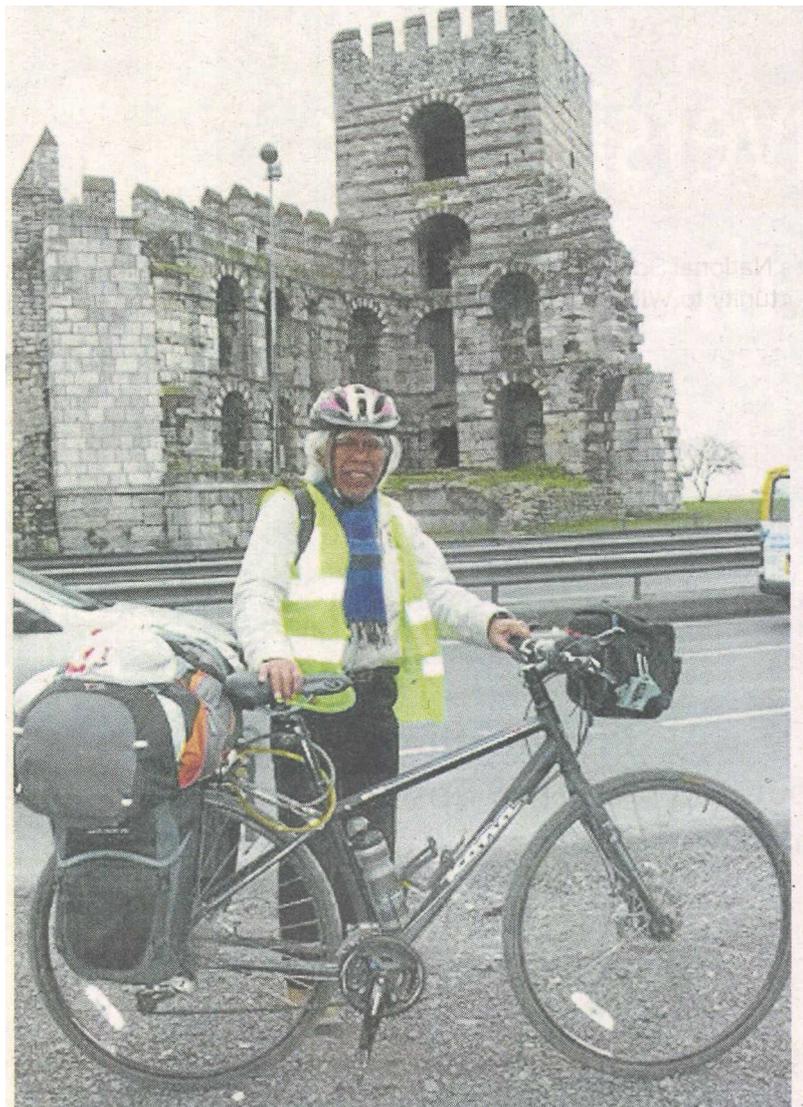
He said there were days when he could not continue his journey as the roads were covered with snow and ice.

"Halal food is not a problem. In Laos and China, I looked for mosques and asked the Muslims there to guide me. India was no problem, too, as there are millions of Muslims there. In Pakistan, I ate *nasi briyani* almost daily."

He said since his eldest son, Aede-wan Adnan, 32, joined him, he had plenty of good photographs of his trip.

Those who wish to keep track of Adnan's progress can visit his blog at <http://oadnanxtreme.blogspot.com>.

Contributions in support of his mission will be channelled to MAF and can be made via its Maybank account number 514105421257.



Retired teacher **Adnan Osman** is in high spirits in Bulgaria. He aims to raise awareness and funds for the **Malaysian AIDS Foundation**.