

Proceeds from the 2007 Foot Lake Four Walk/Run working to save lives in Kandiyohi County

May 28, 2008. The Foot Lake Four Walk/Run takes place every June during Willmar Fests (See www.ricehospital.com/race for more information). Almost 600 walkers and runners participate in the USATF-certified four-mile course that starts and finishes at Rice Memorial Hospital. The 2007 event raised more than \$6,000, which was used to purchase five Automated External Defibrillators (AEDs) for placement in Kandiyohi County.

The five AEDs were purchased and placed with the help of the Kandiyohi County AED Coalition. The AED Coalition educates AED recipients. “We significantly increase the number of lives that are saved during cardiac arrest when we place AEDs throughout the community,” said Kellie Prentice, Coordinator at the Cardiovascular Health & Rehabilitation Center at Rice Memorial Hospital, and a member of the AED Coalition. “AEDs should be everywhere people gather. They can help until first-responders arrive.”

Receiving AEDs were Ridgewater College, Willmar; the Athletic Trainer Program at APMC, Willmar; Northern Inn Hotel, Spicer; Rambow, New London; and Rice Rehabilitation Center, Willmar.

Kim Lindahl co-chairs the AED Coalition with Stacey Bonnema. Kim helps distribute AEDs and provide education for their use. When Kim brings the new AED to a recipient, she plays a short CD, and then walks through the steps to show how easy the device is to use. “Most people are able to take an AED off the wall and use it in an emergency situation,” Kim said. “I’ve had a seven-year-old watch the CD and follow the voice prompts correctly.”

The natural voice prompts guide the user through



Kim Lindahl explains the use of an AED to the staff of Rice Rehabilitation Center (RRC) on May 27, 2008. The RRC received one of five AEDs that were purchased from the 2007 Foot Lake Four Walk/Run proceeds.

every step. “If there is a heart rhythm, the AED will not shock,” said Kim, “even if you press the start button. It will not continue a step if the previous step wasn’t completed correctly.”

The Heart Start On-Site Defibrillators were designed for public use. They don’t require a lot of care other than a battery change every four years and pad replacement every two years. An indicator on the device alerts the owner to an expired battery or internal problem.

The AED Coalition has been able to purchase units for \$1,020 as members of the Initial Life Support Foundation (www.ilsf.info/why.html). Otherwise, an AED would cost nearly \$2,000. More than 50 AEDs have been purchased and placed in Kandiyohi

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On May 27, 2008, Kim Lindahl, right, presented Melissa Peterson, General Manager of the Northern Inn, Spicer, with one of five AEDs that were purchased from the 2007 Foot Lake Four Walk/Run proceeds. "We feel blessed to receive one," said Melissa, who watched the informational CD and then followed the AED voice prompts to simulate the use of a device step by step.

The AED will be available to Kandiyohi County lifeguards stationed at Salsbury Beach across the street from the Northern Inn, as well as the public and other businesses in the vicinity.

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County during the past year thanks to the Coalition. The Coalition is made up of 10-12 individuals from law enforcement, Ridgewater College, Rice Memorial Hospital, emergency management and communications.

"It's important for the public to know that you don't need any training to use an AED," Kim said. "Place them in accessible locations and follow the voice instructions to use it. Also, as in any emergency, remember to dial 9-1-1 first."

Survival rates increase significantly when an AED is used within the first three minutes of cardiac arrest. The survival rate with CPR alone is only 0-2%. However, when CPR is used in conjunction with an

AED the survival rate increases to 30-75%.

The 14th annual Foot Lake Four Walk/Run takes place on Saturday, June 28, 2008. Once again, walkers and runners of all ages will participate in the family-friendly event. Also, once again, all proceeds will be used to place more AEDs within Kandiyohi County.



"We'd especially like to thank the many businesses and individuals who make this heart-healthy event possible for everyone in our community," said Race Chairperson Pat Berg. "With their generous support and time, we can continue to promote heart health in our area." ■