



Foot Lake Four News Flash

June 2008 ☺ Willmar, Minnesota

Race proceeds used to purchase AEDs

June 16, 2008. The Foot Lake Four Walk/Run takes place every June during Willmar Fests. Last year, 486 runners and 168 walkers participated in the USATF-certified four-mile course that starts and finishes at Rice Memorial Hospital. Rice Hospital is the major sponsor and race organizer.

In addition to providing a heart-healthy and fun community event, Rice's goal is to promote heart health in West Central Minnesota. One way to accomplish this is through community partnerships. Many local businesses and individuals have donated their time and financial resources, and many others have donated or provided discounts for goods and services essential to holding a successful event.

"We'd like to thank the many businesses and people who make this heart-healthy event possible for everyone in our community," said 2008 Race Chairperson Pat Berg. "With their generous support and time, we can continue to promote heart health in our area."



Pat Berg (left), Foot Lake Four Walk/Run Race chairperson, and Dan Hubbard, Glacial Lakes Championship Running Series coordinator, display the new AED donated to the Running Series from proceeds collected in the 2007 Foot Lake Four Walk/Run.

The 2007 event raised more than \$6,000, which was used to purchase five Automated External Defibrillators (AEDs) for placement in Kandiyohi County. The Heart Start On-Site Defibrillators were designed for public use in the event of a 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%.

One of the five donated AEDs was provided for the use of race directors in the Glacial Lakes Championship Running Series. "While Emergency Services staff are present at most races, this is another tool that could be used in the event of an emergency," said Berg. "Race directors can check the AED out for their race and consult with Emergency Services that day to determine its best placement during the event."

When the AED is not being used for a race event, it will be housed at Rambow, Inc., New London, where it will be available for use in their workplace as well as the community. ■

**Medical
EMERGENCY?**

**Symptoms
of cardiac arrest?**

Dial 9-1-1



Earn points in the Glacial Lakes Championship Running Series

The Foot Lake Four Run is a qualified race in the Glacial Lakes Championship Running Series. The Series consists of ten scored events. All registered

race finishers are automatically placed in the Series Standings. Last year, one runner received an award for finishing all ten races. About 1,700 runners attended

races throughout the series. See www.pickleevents.com for details, or e-mail Dan Hubbard at danhub@tds.net for more information. ■

*Thank you to our 2008 Business Sponsorships -
We appreciate your contributions.*

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Plus, Thank You to our fabulous Volunteers & the City of Willmar.