

## MRC Volunteers Assist at Sheriff MUD Run 2010

Preparation and set up for the annual San Bernardino Sheriff Mud Run began Friday afternoon, May 21<sup>st</sup> as Medical Reserve Corps volunteers delivered the MRC trailer, supplies and DRASH units to the Sheriff Academy grounds in preparation for the May 22<sup>nd</sup> 5K and 10K run. 25 volunteers arrived at 5:30 am Saturday morning to prepare for the event.



The weather was unusually cool. Over 2,400 runners from as far away as Las Vegas participated on a tough course over rough hills and thick mud. Connor Sousa, the overall winner for the third consecutive year, completed the course in 24 minutes, 11 seconds.



*Dr. Mark Keidel examines a runner's painful knee injury.*

Approximately 20 runners needed medical assistance for injuries ranging from knee cuts to asthma-related incidents.

The run benefits Loma Linda University Children's Hospital, the Sheriff's Employee Assistance Team, and Concerns of Police Survivors (C.O.P.S.).

Much time and effort goes into the preparation of this event. We appreciate all of the volunteers who came out – those who worked the medical tent during the race as well as those who set up and took down the DRASH units and other equipment. MUD Run team leaders are Doctors Aaron Rubin and Paul Whiteside, Brenda Brennan, RN, and Chad Cossey.



# SBSD MUD-RUN WELCOME SBSBD MUD-RUN



San Bernardino Sheriff's Mud Run May 22, 2010





Thank you to our  
**AWESOME MRC**  
volunteers!

