



Medical Reserve Corps Boosts Identity in the Community

San Bernardino County Sheriff's Mud Run
September 6, 2008



The Mud Run was a 5K and a 10K race with a children's 1K race. The purpose of the run was to bring together members of the community with members of the San Bernardino County Sheriff's Department for a fun day in the sun and mud. It involved several obstacles, mud pits, low crawls, sand, dirt and water for each runner to tackle during the course of the race. It was set up in a boot-camp styled atmosphere where a combination of citizens, law enforcement, fire department, companies, teams, colleges and military personnel.

The MRC set up a "field clinic". The safety of all participants was the number one concern of our

MRC's medical team. MRC Vice-Commander Aaron Rubin, MD served as medical director; Brenda Brennan, RN was in charge of safety/training and Paul Whiteside, MD was in charge of operations. Other MRC volunteers participating in the day-long event were: Jerry Nevarez, RN; Ben Watters, medical student; Erica Cyr, Jeannette Pirio, and Jenna Chiatovich, RN. Our team treated approximately 25 downed athletes who suffered with problems attributed to heart, heat, exhaustion, abrasions, lacerations and hydration. Four runners were transported to the hospital, two were considered critical. Providing care to injured athletes allowed our MRC to gain experience in a calmer, more controlled situation. That experience can now be applied to emergency response.





Approximately 3,000 entrants participated in the race. Proceeds from the event will benefit the Concerns of Police Survivors (C.O.P.S.) Foundation.

