

FOR IMMEDIATE RELEASE:

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MCH Foundation raising money for defibrillators at Scrub Run/Walk 5K

Madelia, Minn. – This is the fourth year that the Madelia Community Hospital Foundation has held a 5K in conjunction with Park Days. This year it was decided to not only change the theme of the race to a Scrub Run/Walk, but also to make it a fundraiser.

“Rob Prescher from the Madelia Police Department called to ask if the Foundation could help the police purchase cardiac defibrillators for their vehicles. We had been discussing changing the race theme at about the same time, and the two ideas just seemed to compliment each other,” said Dona Rehome, Marketing Director for the Madelia Community Hospital & Clinic (MCHC). “The Madelia Scrub Run/Walk 5K was born!”

Automated External Defibrillators (AED) are used in cases of life-threatening cardiac arrhythmias which can lead to cardiac arrest. In a cardiac arrhythmia, the heart is electrically active, but in a dysfunctional pattern that does not allow it to pump and circulate blood. The AED diagnoses the arrhythmia and treats it by applying electrical therapy, allowing the heart to reestablish an effective rhythm. AEDs are designed to be simple to use for the layperson and they save lives. A sample of an AED will be on display at the 5K on Saturday and donations will be accepted there as well.

The Scrub Run/Walk starts at 9 a.m. on Saturday, July 11th. The course starts at the Madelia Town Hall and winds through the beautiful Watonwan River Valley. Registration costs \$25 before the race and \$30 on Race Day. Sign-in and on-site registration will take place from 7:45 - 8:45 a.m. The Foundation will again be collaborating with Anderson Race Management to take care of the timing and actual race logistics.

5K participants are encouraged to wear scrubs or dress up like a favorite medical character from television, like Dr. Grey, “Hot Lips” Houlihan, Doogie Howser, M.D., etc. Participants who choose to dress up will be entered into a Best Dressed Scrubs contest. While organizers are hoping entrants will dress in medical attire, it is certainly not mandatory to do so. In addition to the Best Dressed Scrubs Contest, race medals will also be awarded for: 1st, 2nd and 3rd place (by age group), Team with the Most Participants, and Fastest Team.

This is a great small town race with lots of charm. Everyone is invited - runners, walkers, families with strollers, and spectators. Let's have some fun and raise money to save lives! Visit www.mchospital.org/events for on-line registration information, or to download a registration form.

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About Madelia Community Hospital & Clinic

Madelia Community Hospital & Clinic is a private, nonprofit facility staffed by a team of physicians and medical professionals that is profoundly committed to providing health care of the highest standards to Madelia and surrounding communities. As a 25-bed acute care hospital, we offer all the primary health services, such as medical/surgical, pediatric, emergency care and more. In 2011, we expanded our services to include a family medical clinic which provides adolescent health, geriatric health, men's health, newborn health, pediatric health, preventative medicine and women's health. Over the years, we have proactively responded to the changing demands within the health care system, which has ensured our ability to deliver up-to-date medical services, purchase advanced medical equipment, and provide complete and compassionate care to all who enter our facility.