

September 11, 2012

Board of Directors  
Camden County Ambulance District  
675 N. Business Route 5  
Camdenton, MO 65020

Dear sirs:

I'm writing to ask the Board of the Camden County Ambulance District to consider stationing an ambulance and appropriate emergency medical personnel at all 5K running events held within the city limits of Linn Creek.

In each of the last few years, about twelve to fifteen 5K (i.e. three-mile) run/walks have been held in the Lake area. A few events attract 150 or more participants, but most are much smaller in size, with the number of participants usually totaling between 30 and 60. The participants range in age from children under 10 to adults over 60, and they exhibit a wide range of physical abilities and fitness.

Fortunately, in the ten years that I've participated in local 5Ks, I've never witnessed a medical emergency at an event, and I certainly hope that one never occurs in the future. However, I'm growing more and more concerned about that possibility as these events grow in size and number. Based solely on population averages, it's likely that some of our participants have underlying medical conditions that put them at risk of a medical emergency during strenuous events like these. Even some of our runners who otherwise enjoy excellent health have known conditions (e.g. asthma) that still make them vulnerable to an emergency. As a result of these concerns, I'm becoming proactive in trying to make sure that all of these events are adequately prepared for medical emergencies. Let me add that I have no official capacity at any of these events; I am simply a participant or volunteer. Lately, I've been reading about more and more tragedies at athletic events around the country, and I want to minimize the chance of something like that happening here. I don't want us to simply count on our good luck continuing.

Every event held in Eldon, Osage Beach, Lake Ozark and Camdenton has emergency medical personnel and/or an ambulance either onsite or close nearby. I have no concerns about preparedness for emergencies in those cities. However, I am concerned about preparedness for events held in Linn Creek. Parts of that city have become very popular venues for 5K events due to flat roads and minimal vehicular traffic. Two events have been held there so far in 2012, with two more scheduled on September 22<sup>nd</sup>, and then two in October.

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As you know, unlike the Cities of Eldon, Osage Beach, Lake Ozark and Camdenton, the City of Linn Creek does not have its own emergency medical service. The Camden County Ambulance District provides that service within the city.

As I mentioned at the outset of this letter, I'm writing to ask the Board of the Camden County Ambulance District to consider stationing an ambulance and appropriate emergency medical personnel—all subject to availability, of course—at all 5K events held in Linn Creek. Typically, these events are held early on Saturday mornings, and the length of time from the start of the race until the last walker crosses the finish line is usually no more than one hour. I don't believe this would be a significant burden to the District, and if an emergency should ever arise at one of these events, the benefit of having an ambulance stationed at the event would become immediately apparent.

No matter how healthy one may be, there is always an elevated, unavoidable risk of injury or worse when running. If a runner or walker should be hit by a motor vehicle or suffer, for example, a heart or asthma attack, a quick emergency response may save his or her life. Even injuries from falls or sudden illnesses brought on, for example, by diabetes would benefit from prompt medical attention. I realize that Linn Creek isn't very far for an ambulance based in Camdenton to travel, but the additional response time could make a big difference in these situations.

I would be happy to provide any further information, or to answer any of your questions. I had hoped to present this request in person at your September 18<sup>th</sup> meeting, but I'm going to be quite pressed for time that evening as I prepare to travel to Oklahoma early the next morning.

Thank you very much.

Sincerely,

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