



Saturday, May 7, 2005

SECTION • A

LOCAL NEWS

All day soccer benefit kicks off

Kick Start My Heart raises money for Automated External Defibrillators

By Ilene Rosenblum
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For 24 hours, local soccer enthusiasts are getting a cardiovascular workout playing the sport they love. But the heart benefits don't stop there.

The athletes are participating in Kick Start My Heart, which is raising funds for Automated External Defibrillators, or AEDs, to place in local schools, youth athletic organizations and soccer facilities.

Nigel Lock, of Louisville, created the fund-raiser as a "self-expressional project" for a leadership program he is participating in. Soccer immediately came to mind because he has been playing the sport since age 4, he said.

The cause has personal meaning for him because a teenager in his youth soccer club died after a collision with another player.

"That was a shocking event for the club," Lock said.

In February, a 9-year-old girl in Pueblo died after collapsing in gym class.

According to the American Heart Association, as many as 7,000 children die from sudden cardiac arrest each year.

From 5 p.m. Friday until the same time tonight, about 250 people from 25 teams will come to Boulder Indoor Soccer to play in 30-minute games, said event spokesman Dan Page. At 2 p.m. today, the University of Colorado's Men's Soccer Club will play the Colorado Rapids Reserve in an exhibition game at the event.

Shannon Johnson, who played in the first game Friday, said it was "pretty competitive" despite the laid-back setting.

"It has more of a fun atmosphere," Johnson said.

The \$25,000 that Lock hopes to raise will go toward purchasing defibrillator models that talk the operator through its use.

"You got a doc in the box, basically," said Richard Perse, president of Heartsmart Inc., a defibrillator distributor supplying discounted devices for the fund-raiser.

A person's chance of survival

ON THE WEB

• For more information or to donate, visit www.kickstartmyheart.org

decreases rapidly in minutes after entering ventricular fibrillation, an abnormally rapid heartbeat that an athlete can experience after impact to the chest, Perse said.

The AED sends an electrical shock, which usually puts the heart back in a natural rhythm, Perse said.

"It's kind of like having a hysterical person and throwing cold water on him to calm him down," he said.

Judy Sudmeier, a nurse at Avista Adventist Hospital in Louisville, helped explain the defibrillator Friday night. She said she hopes more people will have access to the device that brought her back to life after she collapsed in her office.

"I never want anybody to feel like they could have done something if they would have had the tool there," Sudmeier said.

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Media article from the Daily Camera regarding our first annual Kick Start My Heart fundraiser at Boulder Indoor Soccer, May 7 2005