

Medtronic Twin Cities Marathon Global Heroes

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**MEDTRONIC SEEKING LONG-DISTANCE RUNNERS BENEFITTING FROM
MEDICAL TECHNOLOGY**

***“Global Heroes” will receive entry and travel to the Medtronic Twin Cities Marathon
or Medtronic TC 10 Mile in October***

Medtronic is now recruiting runners from around the world who benefit from medical device technology to participate in the third annual Medtronic Global Heroes program. The deadline for applications is April 2, 2008.

Up to 25 runners will be selected to receive two paid entries into the Medtronic Twin Cities Marathon or the Medtronic TC 10 Mile. Runners also will receive a travel package that covers airfare for the Global Hero, lodging and meal expenses. The 27th Annual Medtronic Twin Cities Marathon weekend will take place Oct. 3-5, 2008 in Minneapolis and St. Paul.

Medtronic also will donate \$1,000 to a non-profit patient organization that educates and supports individuals who live with the runner’s condition.

In 2007, the Medtronic Foundation donated \$5,000 to the Cardiac Arrhythmias Research & Education Foundation on behalf of five Medtronic *Global Heroes* – Almarika de Jong, Jim Goodridge, Beth Molloy Wells, Sarah Molloy and Alan Rider. All five are avid runners with heart conditions treated by pacemakers or ICDs, and they’re living full and active lives with the help of their heart devices.

EDITOR NOTE: Profiles of each Global Hero are included following this story.

Global Hero applicants must currently be using a medical device therapy to treat heart disease, diabetes, chronic pain, spinal disorders, neurological disorders or gastroenterology and urology conditions. Certain conditions may apply and applicants must certify that they have consulted with a physician about participation in these races.

All runners with medical devices are welcome to apply with no restriction on manufacturer.

To apply or nominate someone to be a Global Hero, visit medtronic.com/globalheroes or email mtcm.globalheroes@medtronic.com. The deadline for accepting all applications is April 2, 2008. Runners will be chosen by a committee of the Medtronic Twin Cities Marathon. Certain conditions may apply and applicants must certify that they have discussed race participation with their physician.

Global Hero Profiles

Almarika, Jim, Beth and Sarah were able to successfully complete the TC 10 Mile. Twin Sisters Beth and Sarah finished in 1:33:37, Jim finished in 1:34:40, and Almarika finished in 2:03:45. Alan finished the rigorous 26.2 mile Medtronic Twin Cities Marathon in 4:56:05.

Almarika de Jong, Denneord, George, South Africa

According to Almarika, she never had the opportunity to exercise due to arrhythmia complications. “On April 7, 2006 I received my ICD,” she states. “A week after surgery I started to walk and gradually increased the distance up to a point when I completed my first half marathon.”

Her son, who is 8, also has an ICD. “It gives us the opportunity to do basic things in life that other people take for granted – go to school, play, run and most of all to live life and enjoy it.

“I am involved in the South African support group PACE (prevention of arrhythmic cardiac events) and would like to make the public aware of the risks of SCD.”

Sarah Molloy, Boston, Massachusetts

“My ICD has enabled my life and running NOT to change significantly despite being diagnosed with Long QT Syndrome,” notes Sarah. “Being diagnosed with an irregular heart rhythm at the

age of 25, having already run two marathons, was a shock. I knew that I could not go to sleep each night worrying that I was at risk for a lethal heart rhythm, so I made the decision to have an ICD implanted. I know my ICD will protect me and therefore it enables me to work out daily.”

Beth Molloy Wells, Washington, DC

When Beth was 25 and in medical school, she fainted twice. “The first time everyone, including myself, dismissed it as the result of being overly tired,” she recalls. “However, when I fainted the second time in a doctor’s office, I was sent to have several tests done and was diagnosed with Long QT Syndrome. My three siblings were subsequently diagnosed with irregular heart rhythm.

“Like my sister, I chose to have an ICD implanted and since then have run two marathons.”

Jim Goodridge, Chicago, Illinois

“Running has been central to my life for the past 30 years,” states Jim. “When I was diagnosed with mitral valve prolapse and told that I should have open heart surgery to correct the condition, I was in complete shock.”

After surgery, Goodridge was informed that he needed an ICD. “I resisted for two months, but caved in when my heartbeat slowed to four beats per minute. Faced with the possibility of a stroke, I agreed finally to have an ICD implanted. This turned out to be the best decision a lifetime runner could make.

“Slowly I have regained my running strength and have recently rejoined by old running club, Run Chicago. I can truly say that medical technology has given me back my life.”

Alan Rider, Reston, Virginia

Rider has been an avid runner/racer for 27 years, completing 28 marathons, hundreds of 5Ks, 8Ks, 10Ks, half marathons and four 50-mile ultra-marathons, but was slowed three years ago by exercise intolerance due to sick sinus syndrome (SSS).

“My performance fell dramatically and the condition progressed until it affected my everyday quality of life,” he states.

After several physician visits, Rider was eventually implanted with a pacemaker. “My doctor recommended a pacemaker as the best hope to restore my quality of life. She implanted it last September. Since then, I’ve run seven races and placed in my age group in all of them. Bottom line: the pacemaker restored my quality of life. I feel like my old self prior to the onset of the exercise intolerance.”