

On behalf of the 5 injured cyclists in the 1000 Warriors Race last Saturday, thank you very much to all of you who sent get well wishes and shared information helping to clarify important crash details. I have tried to respond to some of you, but may not get the time to thank all of you individually. I wanted to pass along our deep appreciation on behalf of each injured cyclist and their families, as well as from our Red Mountain Brumbys cycling gang in general for your support and prayers. They are definitely having a great impact and I am compiling all of your notes into a document to share with our cyclists and their families.

I'm happy to share a quick update on our two cyclists who were admitted to hospitals and most seriously injured---it is very positive. Steve Beck was released yesterday from IMC Hospital and his lung is improving and his road rash a 30 stitches are healing well. He hopes to be cleared to fly home Thursday and is spending time with family locally in Utah and also visiting Dave Collins at the UofU Medical Center. They are partners and best friends and he said Dave is progressing on the road to recovery. On Monday Dave Collins had a 13 hour surgery to repair all the bones in his face which were broken. He is on a ventilator and his jaw is wired shut, but yesterday as he was coming out of his medically induced coma, he was responding to friends and families voices by squeezing hands and eye movements. The Dr's and Dave's family are very positive about his progress so far. He will undergo another surgery on Friday to repair two remaining bones in his jaw and eye socket area which they were not able to finish on Monday. Please continue to keep him in your thoughts and prayers going forward.

On that note, I must make a comment on the truly miraculous nature of this accident. All 5 of these cyclists are great men of faith as well as good friends and cyclists. It is chilling to have read and pieced together the emails of those of you who were first on the scene and realize how Dave's life was literally saved by those who had a perfect compliment of medical skills and training. This was NOT mere coincidence. Without sharing names allow me let me tell you why.

The first on the scene was a cyclist in the race who is in a PhD program and is a "licensed physical therapist in Park City, former US Ski team medical staff trained in first response, race course triage and emergency medical coverage".

Shortly thereafter followed two University of Utah Doctors who were an hour late getting off on their Sat ride (not in the race) and instead of riding north of Salt Lake City decided to ride south and UP the American Fork Canyon, which put them on the scene precisely at the time of need to help save Dave.

Within a minute or so two other Drs arrived on the scene who were cyclists in the race.

About the same time a Medical Green Beret who's car was stopped close by due to the accident came to help and another car driver close by had a first aid kit which was used.

It is remarkable to contemplate the breadth of the highly trained team of Pediatrician, Orthopedic Surgeon, Orthodontist, Obstetrician, PT Emergency Triage and Green Beret

Medic that tended to Dave and that they would all be in that place at that time. I and Dave and his family believe that this was divine providence to save Dave's life. All those who helped him have commented that it was a team effort and it indeed was miraculous! I know you will agree when you read one of the accounts from the cyclist who was the Park City Triage PT first on the scene.

"I was about fifty feet behind Dave and saw him and his teammate explode off the back of the SUV. I was first on the scene and began checking vitals while he was face down in the road. He was breathing and had a pulse so I didn't move him. This went on for a couple of minutes and then two other cyclists came on to help and said that they were both doctors. Maybe 4-5 minutes later as we were all kneeling by him and discussing his condition he began to twitch like he was having a seizure and then he started vomiting. We could hear him start to choke, his breathing weakened and he began to lose his color. The three of us made the difficult decision to roll him onto his back to re-establish his airway. I took his head, the other two (plus one other helper) rolled his body and in normal "log roll" fashion we got him on his back. As I held his head and applied light traction one of the docs lifted his jaw forward, held it, and Dave started to breathe on his own and his color returned. He and I held this position for about fifteen minutes until the ambulance got there while doc #2 was monitoring his pulse. It wasn't until we turned him over that we realized the extent of the trauma, and as I held his head I couldn't believe that he was still alive and breathing. He must really be a fighter.

I don't know the names of the other guys who were helping but it was a team effort. I can't tell you the relief I felt when I found out later that Dave was ok and had not sustained any significant brain or spinal cord damage considering we did have to move him to keep him breathing.

Please give my best wishes to Dave's family and other teammates that were injured."

As a wise man Jeff Holland has said, "Angels are still sent to help us. Most often it is to comfort, to provide some form of merciful attention and guidance in difficult times...not all angels are from the other side, some of them we walk with and talk with --here, now, every day. Some reside in our own neighborhoods."

I have no doubt that it was not coincidental that these expertly medically trained people were literally "angels", whose timing and skills were miraculously and divinely aligned to be in the "neighborhood" just in time to administer urgent medical attention to save Dave's life and tend to the others.

Thank God to all of you wonderful Dr's, 911 caller & dispatch, the Police, Ambulance responders, Helicopter team & Hospital Staff, Rick Bennett's response team, fellow cyclists, bystanders and anyone else who assisted for your heavenly help.

Sterling Baer

Red Mountain Brumbys

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