



PRH Foundation Announces 3rd Annual *Heroes Run for Healthcare!*

FOR IMMEDIATE RELEASE

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(Pembroke) The Pembroke Regional Hospital Foundation is delighted to announce the return of their annual fundraising event, *Heroes Run for the Healthcare*, presented by Canadian Nuclear Laboratories. The 3rd annual event will take place on Saturday, May 11th in beautiful downtown Pembroke.

"This 2km hero theme and 5km community run event brings our community together for a common goal each spring, to support local healthcare," said Planning Committee Chair Scott Coombes. "This year's event will support the Pembroke Regional Hospital's highest priority equipment needs and keep state-of-the-art healthcare, right here, close to home," added the PRH Foundation's Executive Director Roger Martin.

"This event celebrates our local heroes, whether that be your neighbour, your mother, local firefighter or a front line healthcare individual, we want to celebrate all the heroes who make our community such a great place to live!" said PRHF Community Fundraising Specialist Leigh Costello.

The 2km hero-themed kids' run, sponsored by Mike's Hardware - Doors & So Much More, will include many treats, super hero "meet and greets" and even their very own super hero cape. Registration for kids 12 and under is \$10 and their guardians can accompany them on the run free of charge.

"Grab your super hero costume and embrace your super powers, all while making a difference for local healthcare. Meet many of your favourite super heroes during our 2km themed family run. You will receive a bag at the start line to collect treats from super heroes along the route. When you complete your 2k mission you will receive a super hero cape," said Kids' Run Organizer Tammy Blackmore.

Even participants will be encouraged to fundraise and raise pledges in support of the Pembroke Regional Hospital. There will be a prize valued at \$500 awarded to the top fundraiser as well as a draw for all participants who fundraise over \$100 for 2024 Ottawa Bluesfest passes!

Registration for this event is now open! Pricing is \$30/person for the 5km timed run and \$10/child for the 2km hero-themed fun run. A special group rate for schools, youth organizations, corporate groups and sports teams of \$150 is available for the 5K run. To register your group, please contact Leigh Costello at leigh.costello@prh.email or 613-732-2811 extension 7408. To register online, please visit www.heroesrunforhealthcare.ca or visit the Foundation's website at www.prhfoundation.com.

Donations to the Pembroke Regional Hospital Foundation are welcome at any time and can be made by contacting the Foundation Office at (613) 732-2811, extension 7408 or by visiting www.prhfoundation.com.



FOR MORE INFORMATION, PLEASE CONTACT:

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