

## PRH Foundation Announces Return of the Annual *Heroes Run for Healthcare!*

### FOR IMMEDIATE RELEASE

March 10, 2025

**(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 annual event will take place on Sunday, May 4th in beautiful downtown Pembroke.

“This 2km hero-themed run, sponsored by Bradley Law and 5km timed community run, sponsored by MacEwen, 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 highest priority equipment needs at Pembroke Regional Hospital and keep state-of-the-art health care, right here, close to home,” added Executive Director Roger Martin of the PRH Foundation.

Leigh Costello, Community Fundraising Specialist for the Foundation said “This event celebrates our local heroes, whether that be your neighbour, your mother, local firefighter or a front-line health care professional. We want to celebrate all the heroes who make our community such a great place to live!”

The 2km hero-themed kids run will include many treats, superhero “meet and greets” and even receipt of their very own superhero cape. Kids Run organizer Tammy Blackmore states, “Grab your superhero costume and embrace your superpowers, all while making a difference for local health care. Meet many of your favourite superheroes during our 2km themed family run. You will receive a bag at the start line so that you can collect treats from superheroes and other characters along the route. When you complete your 2k mission, you will receive a superhero cape.”

**Registration for this event is now open!** Pricing is \$10/child aged 12 and under for the 2km hero-themed fun run where guardians can accompany them on the run free of charge. For the 5km timed run, registration is \$35/person. A special group rate for schools, youth organizations, and sports teams of \$150 is also available for the 5K run.

To register your group, please contact Leigh Costello at [leigh.costello@prh.ca](mailto:leigh.costello@prh.ca) or call the Foundation at (613) 732-2811, extension 7408. To register online, please visit [www.heroesrun.ca](http://www.heroesrun.ca) or visit the Foundation's website at [www.prhfoundation.com](http://www.prhfoundation.com).

All event participants will be encouraged to fundraise and raise pledges in support of the Pembroke Regional Hospital. There will be a prize awarded to the top fundraiser valued at \$500 as well as a draw for all participants who fundraise over \$100 for a one-year family pool pass for the Best Western Pembroke Inn & Conference Centre.

Donations towards 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](http://www.prhfoundation.com).



**FOR MORE INFORMATION, PLEASE CONTACT:**

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