

**PRH Foundation Announces Return of Annual Community Fundraising Event,  
*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 second annual event will take place on Saturday, May 6<sup>th</sup> in beautiful downtown Pembroke.

“This 2km hero theme and 5km community run event will bring 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 *Cancer Care Campaign* which will fund the expansion and upgrades needed in our Chemotherapy and Medical Day Care units at Pembroke Regional Hospital, so that even more local cancer patients can receive treatment close to home,” added the PRH Foundation’s Executive Director, Roger Martin.

Community Fundraising Specialist Leigh Costello said the event celebrates local heroes. “Whether that be your neighbour, your mother or the local fire fighter, we want to celebrate all the heroes who make our community such a great place to live!”

The 2km hero themed kids run, sponsored by Mike’s Hardware Doors and 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. Kids run organizer Tammy Blackmore states, “Grab your super hero costume and embrace your super powers, all while making a difference. 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 Batman, Superman, Spiderman, Super girl and many other super heroes along the route. When you complete your 2k mission, you will receive a super hero cape”.

Event participants will be encouraged to fundraise and raise pledges in support of the PRHF *Cancer Care Campaign*. There will be a prize awarded to the top fundraiser valued over \$500 as well as a draw for a new Apple iPad for all participants who fundraise over \$100!

**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 email [leigh.costello@prh.email](mailto:leigh.costello@prh.email) or call (613) 732-2811, extension 7408. To register online, please visit [www.heroesrunforhealthcare.ca](http://www.heroesrunforhealthcare.ca) or visit the Foundation’s website at [www.prhfoundation.com](http://www.prhfoundation.com) .

Donations towards the *Cancer Care Campaign* 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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