

Heroes Run for Healthcare Is Right Around the Corner on May 11th!

Pembroke Regional Hospital Foundation
FOR IMMEDIATE RELEASE

April 28, 2024

PEMBROKE - The third annual *Heroes Run for Healthcare*, presented by Canadian Nuclear Laboratories is returning on Saturday, May 11th! This charity event will take place in downtown Pembroke and includes the 2K Superhero Run for kids 12 and under, brought to you by Mike's Hardware.

Leigh Costello, PRHF Community Fundraising Specialist says, "This year's event will support the Pembroke Regional Hospital Foundation's highest priority equipment needs."

Event Chair, Scott Coombes, says "There will be amazing prizes to be won for your fundraising efforts." Those who raise \$100 or more will be entered in two draws - the first for two passes to the 2024 Ottawa Bluesfest and the second for a one-year family membership to the Best Western Pembroke pool. The top overall fundraiser will win a \$500 gift certificate sponsored by Canadian Tire Pembroke. Mr. Coombes adds, "Participants can make use of the online fundraising tools to share and raise pledges easily online."

Organizer of the kids' run, 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 and friends along the route. When you complete your 2k mission, you will receive a super hero cape."

Participants can register for the *Heroes Run for Healthcare* at www.heroesrunforhealthcare.ca or by contacting the PRH Foundation office at (613) 732-2811, extension 6129. Registration for the 2K Superhero Run for kids is \$10 each and registration for the 5K timed run is \$30. Online registration will close at 3pm on Thursday, May 9th, however in person registration will still be available on Friday, May 10th from 4 p.m. to 7 p.m. at the Best Western lobby or the morning of the event up until 9:30 a.m.

Official *Heroes Run for Healthcare* wicking t-shirts can be purchased in advance at registration or at the event for \$25 each.

Pembroke Street West will be closed during the event from 7am – 12pm from MacKay Street to Agnes Street.

For more information on the *Heroes Run For Healthcare* or to find out how you can contribute to the current campaign, please contact the PRH Foundation office at (613) 732-2811 extension 7408 or visit www.prhfoundation.com.

FOR MORE INFORMATION, PLEASE CONTACT:

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