

***Heroes Run for Healthcare* Is Right Around the Corner on May 4th!** **Pembroke Regional Hospital Foundation**

FOR IMMEDIATE RELEASE

April 25, 2025

(Pembroke) The annual *Heroes Run for Healthcare*, presented by Canadian Nuclear Laboratories is returning on Sunday, May 4th! This charity event will take place in Downtown Pembroke and includes the 2K Superhero Run for kids 12 and under, brought to you by Bradley Law and a 5K timed run brought to you by MacEwen's.

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 a draw for a one-year family membership for the Best Western Pembroke Pool. The top overall fundraiser will win a \$500 prize. 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 superhero costume and embrace your super powers, all while making a difference. Meet many of your favourite superheroes 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 superheroes and friends along the route. When you complete your 2k mission, you will receive a superhero cape."

Participants can register for the *Heroes Run for Healthcare* at www.heroesrun.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 \$35. Online registration will close at 3pm on Thursday, May 1st, however in-person registration will still be available on Friday, May 2nd from 4pm – 6pm at the Best Western Hotel lobby or the morning of the event up until 9:30am.

Official *Heroes Run for Healthcare* wicking t-shirts can be purchased at the event for \$10 each.

Please note that Pembroke Street West will be closed during the event (Sunday, May 4th) 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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