

Heroes Run for Healthcare Is Right Around the Corner - May 6th!

FOR IMMEDIATE RELEASE

April 19, 2023

(Pembroke) The 2nd annual *Heroes Run for Healthcare*, presented by Canadian Nuclear Laboratories is returning on Saturday, May 6th! 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, the Pembroke Regional Hospital Foundation's Community Fundraising Specialist says, "This year's event will support the Pembroke Regional Hospital Foundation's *Cancer Care Campaign* to purchase additional treatment chairs for the chemotherapy unit so that even more local cancer patients can receive their treatment right here close to home."

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 for a chance to win a brand new Apple iPad sponsored by G&B Construction and the top overall fundraiser will win a \$500 cash prize, sponsored by GSX - Griff Slaughter Experience. 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 along the route. When you complete your 2k mission, you will receive a super hero cape."

Participants can still 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 Superheroes Run for the kids is \$10 each and registration for the 5K timed run is \$30. Online registration will close at 3 p.m. on Thursday, May 4th, however in-person registration will still be available on Friday, May 5th from 4p.m. to 7 p.m. at the Best Western Hotel 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.

Please note that to facilitate this event, Pembroke Street West will be closed May 6th from 7 a.m. to 12 noon between Mackay Street and 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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