

## September 28th Turkey Trot Right Around the Corner

FOR IMMEDIATE RELEASE

September 11, 2018

(Pembroke) Now in its 15<sup>th</sup> year, the Holiday Inn Express Dr. Kim Armstrong Turkey Trot is slated to take place Saturday, September 28<sup>th</sup>. The charity event happening in downtown Pembroke will include the Moncion Metro 5K Walk/Run, the Kelly & Kelly 15K Run and the Ry-J's Family Obstacle Course.

“For 15 years, the Turkey Trot has been bringing our local communities together to support Pembroke Regional Hospital programs and services that so many of us rely on,” said Turkey Trot Committee Chairperson, MJ Beier, “and we are celebrating this incredible milestone by offering a 15K run.”

Having raised over \$150,000 in support of bursaries and hospital programs, this year's event proceeds will support the regional Orthopaedic Program and upgrades to the Surgical Department's inpatient space which was built in the 1950s.

On the race route, Ms. Beier said, “Racing on the streets of downtown Pembroke is unique to the Turkey Trot and participants only get to do this once a year.”

Families can also look forward to the return of the Family Obstacle Course, led by the event's own turkey mascot, McStuffin.

To fuel up before the race, there will be a Spaghetti Dinner (open to all) at the Holiday Inn Express Pembroke on Friday, September 27<sup>th</sup> which runs between 4 and 7p.m. Pre-registration/advanced early race-kit pickup and ticket sales for both a raffle and a 50/50 draw will also take place at the Spaghetti Dinner. Tickets for the Spaghetti Dinner are \$10 for adults and \$5 for children under 6 years old and can be bought in advance or at the door. Take out is also available.

Tickets for the raffle and 50/50 draw will continue to be sold on Race Day and winners will be announced shortly after the Race.

“There are some incredible prizes to give away,” commented Ms. Beier. Those who raise pledges will be entered for a chance to win two \$50 gift cards (for Janna and Kerry's Over Easy Bar and Grill, and Play it Again Sports); and the top pledge earner will win a set of Apple Air Pods 2, sponsored by the Co-operators Peri-Rae & Associates.

“Racers can make use of the online fundraising tools to share and raise pledges easily online,” said Ms. Beier.

Participants can register for the Turkey Trot from the PRH Foundation website and various price incentives are available. Families of 4 to 6 immediate members will receive 25% off registration; sports teams and large groups (of 7 to 15 people) can register for \$150 (or qualify for free registration when they raise \$400+ in pledges collectively); and individuals who raise over \$200 in pledges run for free. Otherwise, the cost to register for the 5K Walk/Run is \$25 in advance (\$35 on Race Day), \$30 in advance for the 15K Run (\$40 on Race Day), and \$10 for the Children's Obstacle Course.

Official Turkey Trot clothing (men's muscle shirts, women's racerbacks and unisex hoodies) are available for purchase online, at the Spaghetti Dinner or on Race Day as well.

Following the Turkey Trot, participants can stay for the Downtown Funk Party, organized by the Pembroke Business Improvement Area.

The race organizers are also starting to recruit volunteers for race day opportunities such as helping out at the water stand, obstacle course, route marshalling, cheering, setup and teardown. All hours will count towards high school community service hours if needed.

For more information on the Turkey Trot 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/turkey-trot](http://www.prhfoundation.com/turkey-trot) .

**FOR MORE INFORMATION, PLEASE CONTACT:**

**Sarah Neadow, Manager of Advancement PRH Foundation**  
613-732-2811, extension 6129 / [sarah.neadow@prh.email](mailto:sarah.neadow@prh.email)