

For Immediate Release

September 18, 2006

Carleton Place & District Memorial Hospital Foundation
Carleton Place, ON

5K Heritage Run a Success!



Ian Edwards, President of the CPDMH, with Cheryl Shore, Local Race Director and Christine McKinty, Representative from Somersault Promotions, with a cheque representing the funds raised from the Carleton Place 5K Heritage Run.

Organizers of the Carleton Place 5K Heritage Run/Walk in support of the Carleton Place & District Memorial Hospital (CPDMH) Foundation are pleased to announce that the event was an overwhelming success and raised \$2684 for the Foundation. The 5K Run/Walk, organized by Somersault Promotions, was held in conjunction of the Graham Beasley Half Ironman, Triathlon & Duathlon on July 16, 2006. A total of 106 runners participated in the 5K event.

“This year we were planning on eliminating the 5K Run from the event but we reconsidered our decision and thought it would be a great idea to host the event on behalf of the Carleton Place Hospital,” stated Cheryl Shore, Local Race Director. “We were thrilled with the response we received and hope to do it again next year.”

“This was the first time the Foundation was named the charity of the 5K Run/Walk and the first time personally that I was involved in an event like this,” stated Ian Edwards, President of the CPDMH Foundation. “I was surprised to see the amount of organization needed for the run and was thrilled to be involved as a volunteer. It was a great experience and I hope to do it again next year.”

Somersault Promotions directed a portion of the registration fees to the Foundation and encouraged participants to collect pledges on the Foundation’s behalf. Somersault also donated an additional \$140.00 to the organization through its volunteers and services program. With this program, Somersault donates funds to any organization that provides 10 or more volunteers to help with an event.

Proceeds from the Carleton Place 5K Heritage Run will be directed towards the purchase of a Paediatric Immobilizer for the X-ray Department of CPDMH. The immobilizer is used to keep infants and toddlers stationary

during chest and other x-rays. The result is a better quality image and a reduction in the need of repeat imaging thereby reducing the patients exposure to radiation. The total cost of the unit is \$4,000.

The CPDMH Foundation also received a donation from CIBC in support of the Carleton Place 5K Heritage Run. The donation will be used to make up the difference needed for the immobilizer and the remainder will be directed towards the purchase of a bed for the nursing unit.

The CPDMH Foundation would like to thank all of the runners for participating and all the volunteers who helped ensure the day ran smoothly. Special thanks to Somersault Promotions for making the Foundation the charity for the event and to CIBC for their donation towards the event. The Foundation would also like to thank MacDonald Sports Excellence, The Carleton Heritage Inn and Total Fitness for donating prizes for the individuals who collected the highest amount of pledges. They were Heather Larmour, Megan Larmour and Kerri-Ann Campbell. Thank you as well to Optimal Health and Wellness for donating a prize for the first hospital staff member, Judi Agnew, to cross the finish line.



Somersault Promotions has announced that the 2007 Carleton Place 5K Heritage Run will be held on July 15 and once again the CPDMH Foundation has been chosen as the charity for the event. Results from the 2006 5K run can be found at <http://www.sportstats.ca/res2006/gra5.htm> or on the website of Somersault Promotions at <http://www.somersault.ca>.

(l-r) Donna Donahue, Branch Manager of CIBC, with staff members of CPDMH that participated or volunteered in the 5K Run. The staff members are (back) Kerri-Anne Campbell, Leigh Gardiner, Mona Williams, (front) Nadine O'Sullivan, Judi Agnew, Beverley MacNeil and Chantelle Troy.

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