

**For Immediate Release**

March 6, 2008

Carleton Place & District Memorial Hospital Foundation  
Carleton Place, ON

**Registration for Carleton Place 5k Heritage Run now open**



*Standing in front of the new stress testing treadmill with a cheque representing the proceeds of the Carleton Place 5k Heritage Run are Dr. Bryan Smith, Andrea Monette, Ambulatory Care RN, and Cheryl Shore, Local Race Director.*

On Sunday July 13, downtown Carleton Place will once again host the Carleton Place 5k Heritage Run on behalf of the Carleton Place & District Memorial Hospital (CPDMH) Foundation. This is the third year that proceeds from the race have been directed to the local charity.

“We are very excited to once again be involved in the Carleton Place 5K Heritage Race”, said Sylvie Powell, President of the CPDMH Foundation. “I would like to send our sincere appreciation to Somersault Promotions for continuing to organize this event on our behalf.”

In the last two years the Heritage 5k Run has raised \$5793 for the hospital including \$3109 raised in 2007 to help purchase a stress testing treadmill for the Ambulatory Care Department. A stress test helps a doctor find out how well your heart handles work and can show if the blood supply is reduced in the arteries that supply the heart. During the test the physician pays particular attention to the heart rate, blood pressure, breathing, changes in the electrocardiogram pattern, irregular heart rhythm, and the patient's appearance and symptoms.

“We are very happy with the partnership we have created with the Foundation and also very proud of what we have been able to accomplish on the hospital’s behalf,” stated Cheryl Shore, Local Race Director. “This year we hope to increase the number of participants in the 5K run and we are encouraging all fitness levels to become involved. With one of the flattest routes in Eastern Ontario, the Carleton Place 5K Heritage Run is a great way for beginners to experience a timed 5k run.”

This year, the proceeds from the Carleton Place 5K Heritage Run will be directed towards the purchase of a portable Eelectrocardiogram (ECG) machine for the Diagnostic Imaging Department of CPDMH. The ECG is a diagnostic tool that measures and records the electrical activity of the heart in exquisite detail. Interpretation of these details allows diagnosis of a wide range of heart conditions that can vary from minor to life threatening. The total cost of the unit is \$25,000.

The registration fee for the 5k Heritage Run/Walk is \$30, however participants that register on or before March 15 will receive a 10% discount. Participants are also encouraged to collect pledges in support of the CPDMH Foundation and prizes will be awarded to the three individuals that raise the most funds. In addition there will be medals presented as participants cross the finish line and prizes to the first place male and female runner.

For more information on the race, including a map of the route and a downloadable pledge form, please visit <http://www.somersault.ca/eventcarletonplacerruns.htm> and for more information on the CPDMH please visit the hospital website at [www.carletonplacehospital.ca](http://www.carletonplacehospital.ca).

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