

For Immediate Release

June 30, 2010

Carleton Place & District Memorial Hospital Foundation
Carleton Place, ON

Cyclists raise money for Carleton Place Hospital

On Saturday June 26, 25 cyclers braved the rain to participate in the 1st Annual Century Tour organized by Jenny Andress, a personal trainer with Heritage Fitness Community Centre. The event offered cyclists a 50 or 100 kilometre route which started at Heritage Fitness and travelled through the Mississippi Mills area including Appleton, Almonte, Clayton and, in the case of the 100 km ride,

Pakenham. The race was organized on behalf of the Carleton Place & District Memorial Hospital (CPDMH) Foundation and raised \$1342.



Participants, organizers and volunteers of the 1st Annual Century Tour with a cheque representing the funds raised by the event.

“I originally wanted to plan an event where people would have to challenge themselves while striving to reach an attainable goal and I thought it would be neat to see the response we would receive if we planned a bike event,” stated Ms. Andress. “I am very pleased that in our first year we had 25 people participate in the ride and it’s always a bonus if we can do

something that benefits the Carleton Place Hospital.”

“This was an amazing event and I’m really glad that I decided to participate,” stated Chantelle Troy, Manager/Community Relations Officer of the CPDMH Foundation. “It was a challenge but very doable and I would like to thank Jenny and Heritage Fitness for organizing this event on our behalf.”

“We were a little disappointed to see the rain on Saturday morning but all of the riders completed their ride and at the end, they were very proud of their accomplishment,” stated Casey Caswell, Director of Programs and Services for Heritage Fitness. “I would like to thank everyone who responded to Jenny’s challenge and helped us to once again pull off a great event in support of the Carleton Place Hospital.”

“We don’t just want this to become another annual event on Heritage Fitness’s calendar, we want this to become the BEST annual event in the area! So that means we have already started thinking about next year and the possible changes we need to make to ensure the ride is more comfortable, more fun, more...better! ,” continued Ms. Andress. “Completing this ride is a great goal so with all that in mind, we have set the date for 2nd Annual Century Tour for Saturday, June 25, 2011!

The CPDMH Foundation and the organizers of the 1st Annual Century Tour would like to thank the following businesses and individuals for their help with the event:

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| § Cathy O’Reilly | § Keisha Simpson | § Steve’s Your |
| § Doreen French | § Kevin Price | Independent Grocer |
| § Heritage Fitness | § Kenzie Simpson | § Susan Andress |
| § Joan Frapper | § Peter Leithead | § Teagan Simpson |

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