

For Immediate Release

July 25, 2011

Carleton Place & District Memorial Hospital Foundation
Carleton Place, ON

Carleton Place Hospital receives support from Century Tour 2011

The Carleton Place & District Memorial Hospital (CPDMH) Foundation is pleased to announce that 35 cyclists participated in the Century Tour 2011 on Sunday June 26. The event raised \$1652 which was



split between the Hospital and the Mills Community Support. The ride was organized by Jenny Andress, a personal trainer at the Heritage Fitness Community Centre.

“I would like to send a big thank you and big congratulations to all the riders who participated in Century Tour 2011. I am really impressed with

On June 26, 35 cyclists participated in Century Tour 2011 organized by personal trainer, Jenny Andress, and hosted by Heritage Fitness. The event was a leisurely bike ride through Mississippi Mills and participants had the option of choosing a 50 or 100km route. With a cheque representing the funds raised by Century Tour 2011 are Jenny Andress, the volunteers who helped with the event and the participating cyclists.

their enthusiasm and inspired by their willingness to challenge themselves through 50km or 100km of bike riding,” stated Ms. Andress. “I am very pleased that we had 10 more riders than last year and I can't wait to get next year underway!”

Century Tour 2011 offered participants the option of riding a 50 or 100 kilometre ride around beautiful Mississippi Mills. The ride started at Heritage Fitness and travelled through Appleton, Almonte, Clayton and, in the case of the 100 km ride, Blakeney and Pakenham. Upon registration, participants received a training schedule to help prepare for their chosen route. Volunteers, equipped with beverages, snacks, and cheers, supported the entire route while a light lunch waited the participant's completion back at Heritage Fitness.

“This was the second year for the Century Tour and we are so pleased that Jenny decided once again to direct some of the proceeds from the event to our Foundation,” stated Chantelle Troy, Manager/Community Relations Officer of the CPDMH Foundation. “It was a great day for cycling and the route was just enough of a challenge. I'm looking forward to next year and maybe then I'll consider doing the 100km route!”

In addition to the ride participants, the organizers of Century Tour 2011 would like to thank the following businesses and individuals for their help in completing another event:

- Billy Andress
- Susan Andress
- Casey Carswell
- Katie Frappier
- Joan Frappier
- Jason Gagnon
- Fresh Co.
- Heritage Fitness
- Janell Lovell
- Ollie Page
- Keisha Simpson
- Kenzie Simpson
- Teagan Simpson
- Starbucks
- Steve's Independent Grocer

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