



**DR. KIM ARMSTRONG**  
**TURKEY TROT**



## **Turkey Trot Support Exceeds a Record \$27,000**

### **For Immediate Release**

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**(Pembroke)** The Pembroke Regional Hospital Foundation is thrilled to announce that support for the September 29<sup>th</sup> Holiday Inn Express Dr. Kim Armstrong Turkey Trot exceeded \$27,000, with donations still trickling in. The event should net over \$22,000 for the *Cutting Edge* Campaign.

Nearly 300 racers flooded the streets of Downtown Pembroke for the 5KM walk/run and 10KM run, while children enjoyed the challenging “Tough Turkey Obstacle Course.”

Among the event participants were individuals, families, Hospital staff, local sports teams, business teams and military members – many of whom raised pledges to help advance local health care services.

For the 14<sup>th</sup> year, the Turkey Trot was held in honour of Dr. Kim Armstrong, a Pembroke local, who passed away in 2005, after suffering from a stroke. Since its inception in 2005, the Turkey Trot has raised over \$150,000 in support of bursaries and hospital programs.

“We saw a 23% increase in this year’s gross revenue and have our generous donors, sponsors and participants to thank! This year’s number of Turkey Trotters who collected pledges tripled, which greatly contributed to the revenue growth. With less than one million dollars left to raise for the \$2.5 million *Cutting Edge* campaign, please know that if you sponsored a runner or walker your support made a big difference,” said event Chair Sarah Selle.

Prior to Race Day, volunteers served up a delicious spaghetti dinner at the Holiday Inn Express. Afterwards, diners bid on silent auction items (ranging from restaurant meals to power tools) donated by generous community businesses.

Among those cheering on participants at the Turkey Trot, was Pembroke Regional Hospital’s Interim Coordinator of Clinical Education and Infection Control, Marilyne Beier, who donned the Turkey Trot Mascot on Race Day and for much of the promotional months leading up to the race. “Many of our Hospital Staff participate in or donate to the event every year,” said Ms. Beier. “This race is really an opportunity to unite our PRH family with the greater community who we’re proud to serve.”

Finishing with the top 10KM race time of 37:06 minutes was 43-year-old Sean Corrigan, followed by Madeline Kelly placing second at 40:02, and Gaike Moore in third place at 42:01. For the 5KM race, 15 year-old William Egan made it to the finish line in 18:06 minutes, followed by Eric Brown in second place with 19:24 and Koda Johnston in a close 19:29.

Results from the 5K and 10K runs can be found on [www.runninggoat.com](http://www.runninggoat.com)

Donations toward the *Cutting Edge* campaign are welcome at any time and can be made by contacting the Foundation Office at (613) 732-2811, extension 7408 or at [www.prhfoundation.com](http://www.prhfoundation.com).

FOR MORE INFORMATION, PLEASE CONTACT:  
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Pembroke Regional  
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