



Get Ready... The Ranney Gorge Run is Going *Virtual*

TRENT HILLS, ON – April 6, 2021 – The Campbellford Memorial Hospital (CMH) Foundation is pleased to announce the **Ranney Gorge Run ~ Presented by Bay of Quinte Mutual Insurance** will make its virtual return this year.

We had hoped we would be able to gather together in 2021, but due to the on-going pandemic we have decided our run will be done virtually. The virtual run, in support of CMH, will give registrants the opportunity to run or walk anywhere they choose, between May 1st – May 16th. Funds raised will support patient care and the purchase of new life-saving medical equipment for CMH, such as a new Cardiac Telemetry Monitoring System.

Registration is open for the **Ranney Gorge Virtual Run ~ Presented by Bay of Quinte Mutual Insurance Company**. The 10.55K/5K registration fee is just \$25 and free for youth 12 and under.

Here is what to do:

1. Register for the **Ranney Gorge Virtual Run** <https://theranneygorgerun.itsyourrace.com/register/> **Kids 12 and under can register for FREE.**
2. Set up your Personal Fundraising Page and ask your friends, family and co-workers to sponsor you to help fund the purchase of new life-saving equipment at CMH (**You can also print off the Virtual Run Pledge Form and collect pledges to be given to the CMH Foundation**)
3. Do your run/walk on the date, location and time of your choosing.
4. **Take lots of photos** and send them to us or share on your social media platforms. If you share your photos with the hashtag **#Ranneygorgerun** and your name will go into a draw for some AWESOME prizes!

This is a fun run! You don't have to worry about submitting your time; we just want you to get out, be active, and have fun. All participants will receive their race kit in the mail which will include a **2021 Ranney Gorge Virtual Run** branded t-shirt, finisher medal, and other goodies. Race Kits will be mailed at a later date.

Stay tuned for other fun surprises including the Official Ranney Gorge Run music playlist!

To register or for more information about the **Ranney Gorge Run** please visit <https://theranneygorgerun.itsyourrace.com/register> or contact the Foundation at (705) 653-1140 Ext. 2104.

We look forward to seeing all the magical places in Ontario that participants love to enjoy and appreciate the tremendous support for patient care at CMH. You make a positive impact in the lives of patients each and every day!

Thank you to our sponsors including Bay of Quinte Mutual Insurance Company back as the run's Signature Presenting Sponsor. Other sponsors include Maple Reinders Constructors Ltd. and Construction Demathieu & Bard (CDB) Inc., Newman Insurance and Erin Hobbs Graphic Designs.

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For more information, please contact:

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About Campbellford Memorial Hospital

Campbellford Memorial Hospital (CMH) is a 34-bed health care facility located in Trent Hills. It serves approximately 40,000 Northumberland, Peterborough and Hastings County residents, as well as a large seasonal population of cottagers and tourists enjoying the beautiful Kawartha Lakes Region and the Trent River System.

CMH provides a comprehensive array of acute care services. The Hospital's 24-hour Emergency Department has approximately 20,000 visits each year. To ensure comprehensive, coordinated, patient and family-centred care that meets local needs, the Campbellford Memorial Hospital's community health care campus partners include: Trent Hills Family Health Team; Campbellford Memorial Health Centre; Campbellford Memorial Multicare Lodge; as well as other area hospitals and community agencies. These partners ensure you receive the right care in the right place at the right time.