Get Ready for the 5th Annual Reindeer Fun Run, in support of YMCA Northumberland and the Northumberland Hills Hospital Foundation

For Immediate Release, November 24, 2006

NORTHUMBERLAND COUNTY – Get out your sneakers and your mittens: Saturday December 2, 2006 has been set for the 5th Annual Reindeer Fun Run, in support of YMCA Northumberland and the Northumberland Hills Hospital Foundation.

The Fun Run is a 5 km run, or 3 km walk along the Cobourg waterfront. Proceeds from the event will support YMCA Northumberland's **Strong Kids** campaign and the Northumberland Hills Hospital Foundation's **Light up a Life** campaign.

This year, the hospital Foundation is raising funds for the high priority equipment needs of the hospital laboratory.

Funds raised for YMCA Northumberland will help more Northumberland families enjoy the "Y", through membership assistance; allow kids in need to go to summer camp; help provide children with safe, professional care in YMCA Child Care Centres; and support development-education and training programs for marginalized youth with the YMCA of Nicaragua, YMCA Northumberland's international partner.

Registration will be at the Centennial Pool building, located at 145 Charles Street in Cobourg, between 9:00 and 9:30 a.m. on the day of the event. The Fun Run gets underway at 9:30 a.m.

Following the Fun Run, participants are invited to the Dutch Oven, where Lauren and Bruce MacLean will serve complimentary coffee, hot chocolate and cookies.

Entry is $15 per person or $35 per family. Participants will receive a Fun Run memento, and any donation over $20 will be eligible for an income tax receipt. The event is open to runners and walkers of all ages, and all registered participants will have a chance to win great prizes.

To register for the Fun Run, or for more information, please contact: Wendy MacNeil, of YMCA Northumberland, at (905) 372-4318 ext. 353; or John Russell, of the Northumberland Hills Hospital Foundation, at (905) 372-6811 ext. 3065.

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