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4-YEAR OLD RAISES \$3K FOR “GRANNIES AND GRANDPAS” “IZZY” READY TO MAKE 4TH RUN FOR BRAVE

Edmonton - Media are invited to meet 4-year-old fundraiser Isabella “Izzy” Cernjavski and other everyday heroes at Saturday’s 10th annual Run for the Brave in support of people living in long-term care facilities:

When: Saturday, August 24 at 9:30 a.m.

Where: Military Fitness Centre, 185 Mons Ave., Edmonton Garrison (straight north of Edmonton on Hwy 28 (97 St). Free accessible parking close to the course.

Izzy participated in her first Run for Brave 4 years ago – from a jogging stroller pushed by her mother Pam, who works at the CapitalCare Kipnes Centre for Veterans. Izzy has been training and fundraising for this year’s 5K walk since December. To date she has raised over \$3,000, but would like to reach her goal of raising \$4,000 for the “grannies and grandpas” living in care where her mom works. Izzy’s great-grandfather was in the Second World War, her grandfather and father served in Canada’s Armed Forces, and her uncle is currently serving.

“For us, the Run for the Brave is a way to pay tribute to our armed forces and honour our family,” says mom Pam Cernjavski. “It seems natural raising funds to support our veterans.”

Run for the Brave is a 10K road race and 5K family fun walk in support of 1,400 elderly and disabled adults living in CapitalCare long-term care centres in Edmonton and area. CapitalCare is a publicly-funded organization and seeks donations through the CapitalCare Foundation to improve quality of life.

Over the past nine years, the Run for the Brave has raised nearly \$120,000 for all residents of CapitalCare facilities. Over 300 participants are expected at this year’s race. We are seeking media support to encourage more pledges in support of participants. Pledges can be directed to any site or participant and help provide amenities, equipment and programs to make residents more comfortable.

To pledge your support for the Run for the Brave visit <http://www.capitalcarefoundation.net/61.asp>

Other participants in this year’s Run include:

- 37-year-old Brad Meakins, a resident of CapitalCare Norwood who, because of his Muscular Dystrophy, has limited movement of his extremities, is confined to a wheelchair and requires adaptive technology to perform simple tasks like operating a computer or turning on a TV. He and his occupational therapist have teamed up as the “Techno Trackers” for the 5K walk and are hoping to raise \$2,000 for adaptive technology for all residents of the Chronic Ventilator Unit.
- 57-year-old Joan Goplin led an active lifestyle of boating, camping, fishing, skiing, and hiking and, because of a brain injury, now resides at CapitalCare Grandview. Joan is taking part in the event with her daughter & grandchildren “to enhance the community of CapitalCare and to promote Grandview’s recreation resources that promote quality of life.”

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