

THE
Foundation
Champlain Valley Physicians Hospital

PRESS RELEASE

For More Information Contact:

Chris Blake
Sr. Marketing & Communications Specialist
(518) 314-3456
cblake@cvph.org

For Immediate Release

New 5K Honors, Supports CVPH Frontline Workers

Runners encouraged to participate in virtual race

PLATTSBURGH, NY (5/21/2020) – The Adirondack Coast Super Heroes 5K, a unique and fun way to support this community’s healthcare workers on the front lines of the COVID-19 pandemic, takes place Sunday, May 31. This virtual event is sponsored by the Foundation of CVPH and Adirondack Coast Events.

Instead of gathering at a single race course location, participants of the Super Heroes 5K will run a 5K of their own on May 31 and submit their results online.

The unique nature of the Adirondack Coast Super Heroes 5K supports social distancing guidelines while promoting a healthy lifestyle, according to CVPH Associate Vice President of Philanthropy Kerry Haley. “COVID-19 is leading to a new normal in every aspect of our lives,” she said. “While we can no longer do things the way we used to, that doesn’t mean we have to stop doing fun events like this. One of the unique positives with a virtual race is the flexibility you have on race day. You can run when you first get up at 6 a.m. or wait for the early evening. It’s entirely up to you. Run your best race and know that every step you take on your route is helping our health care workers and our patients.”

Runners are reminded to activate their favorite GPS tracking watch or smartphone mapping app to ensure they run the entire distance. Participants can expect to receive a reminder email or text message on race morning with instructions on how to submit their results.

Runners register at

<https://runsignup.com/Race/NY/Plattsburgh/AdirondackCoastSuperHeroes5k>.

Registration is open until 10 p.m. on race day, May 31. Cost is \$20 per person. All proceeds from the event will benefit the Foundation of CVPH. The first 250 people who register will also get a pair of super hero socks in the mail.

“We are so grateful for the support the community continues to give to CVPH and our health care workers,” Haley offered. “The messages we receive and the donations being made are such a huge boost for everyone at the hospital. We’re in this together. And together, we’re going to win this marathon that is the COVID-19 pandemic.”

For more information on the Adirondack Coast Super Heroes 5K go to <https://runsignup.com/Race/NY/Plattsburgh/AdirondackCoastSuperHeroes5k>.

For more information on COVID-19, please visit:

- CDC U.S. Updates: <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>
- New York State Department of Health: <https://www.health.ny.gov/diseases/communicable/coronavirus/>
- CVPH Updates: <https://www.uvmhealth.org/cvph>
- UVM Health Network: www.uvmhealth.org/Pages/Coronavirus.aspx

You can help stop the spread of infection by:

- Using soap and water, wash your hands often and for at least 20 seconds each time you wash – especially after using the bathroom; before eating; and after blowing your nose, coughing or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your coughs and sneezes. If you don’t have a tissue, cough or sneeze into your upper sleeve, not your hands. Remember to wash your hands after coughing or sneezing.
- Clean and disinfect frequently-touched objects and surfaces using a regular household cleaning spray or wipe.

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About the Foundation of CVPH

The Foundation of Champlain Valley Physicians Hospital began over 30 years ago and since that time has touched thousands of lives. As a not-for-profit entity, The Foundation has its own 20-member Board of Directors that assists with raising funds and oversees how those dollars are invested back into the hospital and into improving the health of our community. Through generous support, we are helping people, funding programs, enhancing care and touching lives. To learn more about The Foundation and to show your support, visit us at <https://www.UVMHealth.org/CVPHFoundation>.

About The University of Vermont Health Network

The University of Vermont Health Network is an integrated system serving the residents of Vermont and northern New York with a shared mission: working together, we improve people’s lives. The partners are:

- [The University of Vermont Medical Center](#)
- The University of Vermont Health Network Medical Group
- [The University of Vermont Health Network – Alice Hyde Medical Center](#)
- [The University of Vermont Health Network – Central Vermont Medical Center](#)
- [The University of Vermont Health Network – Champlain Valley Physicians Hospital](#)

- [The University of Vermont Health Network – Elizabethtown Community Hospital](#)
- [The University of Vermont Health Network – Porter Medical Center](#)
- [The University of Vermont Health Network – Home Health & Hospice](#)

Our 4,000 health care professionals are driven to provide high-quality, cost-efficient care as close to home as possible. Strengthened by our academic connection to the University of Vermont, each of our affiliates remains committed to its local community by providing compassionate, personal care shaped by the latest medical advances and delivered by highly skilled experts.