



MEDIA RELEASE

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Run for Our Smallest Loved Ones on May 7th

Charlee Clare Holmes was born on April 29, 2011, and was only given a very small amount of time in this world. Her parents, Mallory and Dave Holmes, want her life, however brief it was to have meaning and purpose beyond just being their story of pain and loss. Charlee's Run, set for May 7th, is helping to make that happen.

'Charlee's Run' aims to bring the community together to raise awareness for pregnancy and infant loss, to offer support for those in need, and to provide an outlet for families to remember the little ones that have been lost too soon. And this year, the 1K or 5K run will take place in the Ferguson Forest in Kemptville.

"Many of us know someone whose life has been affected by prenatal or infant loss. We are honoured that the Holmes family has chosen to expand the run to support the WDMH Family Birthing Unit," notes Justine Plummer, the WDMH Foundation's Manager of Direct Mail & Events. For the past few years, the run has taken place in Orillia, Ontario, supporting Orillia Soldiers' Memorial Hospital. The Holmes family recently moved to Kemptville and have decided to support the obstetrics program at Winchester District Memorial Hospital as well.

"When we lost our daughter, Charlee, we felt alone in our loss. There are no words, no language surrounding pregnancy and infant loss; this often leaves people silent, which adds to the loneliness of an immeasurable loss," explain Mallory and Dave. "After losing Charlee, we never wanted another family to feel alone. We thought if our story could reach even one family in need then it was worth it."

The run takes place on May 7th. To register or to donate to Charlee's Run - Winchester, please visit www.charleesrun.com.

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