



FOR IMMEDIATE RELEASE

Sister of St. Ann Trains for the Royal Victoria Marathon
76 year old Sister overcomes disability to raise funds

(Victoria, BC – October 3, 2006) – Sister Lucy of the Sisters of St. Ann is 76 years young. She has made a commitment to raise money to help replace 20 specialty pressure-reducing air flow mattresses at Mount St. Mary Hospital. At a cost of \$2,000 per mattress, Sister Lucy is hoping to raise pledges by walking 21kms or half of the Royal Victoria Marathon on October 8th. Sister Lucy has already raised \$1,400 and wants to collect enough pledges so that Mount St. Mary Hospital can purchase at least two mattresses.

Sister Lucy said she's a walking miracle. Two and a half years ago she wouldn't have imagined she'd be in a marathon. She wasn't able to move without the assistance of a walker. "I used to wear those thick support hose because my ankles were so swollen," said Sister Lucy. "With health problems I couldn't get around at all, but with spiritual help from the Sisters of St. Ann, family, friends and caring doctors I've experienced a miracle, and my massage therapist said that my legs are in much better condition since I've been walking." Sister Lucy's advice to those who really don't think they could walk in a marathon - "It's important to be who you are and only do what you can. If you can only walk 1km or 2kms that's just fine," she said with a smile.

Sister Lucy has been a true inspiration to the staff and volunteers at Mount St. Mary Hospital, which has put together a team of ten who will be joining her in the marathon. "We've named ourselves the Mount St. Mary-thoners," she jokingly said. "It's a real team effort and we're really walking for the wonderful residents of Mount St. Mary." Sister Lucy was shy to mention that she has an actual training schedule. "My average daily walk is about 8km in the morning and then 5km in the evening depending on my pace. Some days I'm slower than others," said Sister Lucy. Sister Lucy's hope is to do the 21km or half marathon in 4 _ hours.

"We are extremely proud of Sister Lucy," said Mandy Parker, Executive Director of Mount St. Mary Foundation. "She's the motivation behind the team. To date, she has raised the most in pledges and has inspired other team members to go out and collect funds for the mattresses."

Mount St. Mary Foundation was chosen as one of eighteen charities to participate in the new Royal Victoria Marathon Charity Pledge Program. "Being part of the Royal Victoria Marathon has opened many doors for us and has given us the opportunity to get our name out there in an otherwise different venue," says Parker. "It's great because we don't have to organize the event; we just have to promote the pledge program to our constituents. It's a win-win-win situation and we feel very fortunate to be involved."

For more information about how to get involved with Mount St. Mary Foundation go to www.msmfoundation.ca, and for more information about the Royal Victoria Marathon go to www.royalvictoriamarathon.com.

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About the Royal Victoria Marathon

The Royal Victoria Marathon launched a new pledge program in partnership with 18 local, provincial and national charities. The charities are participating in partnership with the event to raise awareness of the individual causes and raise the dollars needed through the collection of pledges.

About the Mount St. Mary Foundation

The Mount St. Mary Foundation is a not-for profit organization, created to support the many valuable programs of Mount St. Mary Hospital that enhance the quality of life of residents. In 2006, the Foundation's goal is to raise 265,000 to support Palliative Care and Practical Nursing Education, Pastoral Care, Music Therapy, the Art Club, Pet Care, Leisure Activities, Bus Outings and hospital equipment.

FOR FURTHER INFORMATION CONTACT:

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