



## NEWS RELEASE

April 21, 2005

**Saturday, May 28, 2005 is “MDS Nordion Race Day”**

**MDS Nordion to sponsor both 5K and 10K events as part of National Capital Race Weekend**

**Ottawa, Canada** – MDS Nordion today announced that in addition to its ongoing support of the MDS Nordion 10K, the company is extending its sponsorship to include this year’s 5K Run/Walk making Saturday, May 28 “MDS Nordion Race Day” in Ottawa. The MDS Nordion 10K has been a mainstay of the National Capital Race Weekend attracting elite and international competitors and local participants ranging from beginners to experienced runners. MDS Nordion has been a part of the 10K event since 1990 and this is the first year the company has sponsored the 5K Run/Walk. It is hoped that the event will attract even greater community participation from new runners, walkers and families. Meanwhile, the MDS Nordion 10K continues to be a hugely popular component of the National Capital Race Weekend attracting over 6500 participants in 2004.

“Actively promoting good health and well-being is an important part of our corporate culture,” says Steve West, President, MDS Nordion. “The 5K Run/Walk is consistent with our efforts to encourage active living and a natural extension of our existing commitment as title sponsor of the National Capital Race Weekend’s 10K race. We’re thrilled to be sponsoring both events this year and encourage everyone to get out and get active on Saturday, May 28 as a runner, jogger or walker – on your own, with friends or your family.”

The National Capital Race Weekend is also an important fundraising opportunity for The Ottawa Hospital Foundation. Race weekend events including the MDS Nordion 10K have helped to raise over \$3.5 million for The Foundation through individual sponsorships and corporate team challenges in support of projects such as the Women’s Breast Health Centre and the Prostate Centre. The MDS Nordion 10K is a source of friendly rivalry between teams from MDS Nordion in Ottawa and teams from the wider MDS family of companies including MDS Sciex and MDS Diagnostic Services from Toronto and MDS Pharma Services from Montreal. MDS actively encourages the participation of all employees either as a runner or walker, a race-day volunteer or as a fundraiser making it truly a company-wide effort. This year monies raised by MDS employees will go to support the Prostate Centre at The Ottawa Hospital.

For some, participation has taken on a more personal meaning. Karine Glenn, an Engineer with MDS Nordion's Nuclear Medicine group is a committed 10K runner and fundraiser. Over the past three years her mother, her father-in-law and most recently this year, her husband, have all been diagnosed with Cancer. After her mother's diagnosis, Karine decided to make fundraising her goal and run in honour of friends and family who have been touched by the disease. The year of her mother's diagnosis, Karine personally raised more than \$3000. After taking a break in 2004 to have a baby, Karine will be back this year running the 5K, along with her one-year old son Tyler, and fundraising in support of The Ottawa Hospital Foundation.

"The reasons why I participate in the MDS Nordion Race Day have changed over the years but one thing remains the same," says Karine. "Whether I walk or run, I feel like I am part of something good and that I am making a difference. The past few years have shown me that we never know when we, or someone we love, will need the care that The Ottawa Hospital provides. My mom and father-in-law are doing well and I have every hope that the same will be true for my husband."

### **About MDS Nordion**

MDS Nordion ([www.mds.nordion.com](http://www.mds.nordion.com)) is a world leader in radioisotopes, radiation and related technologies. MDS Nordion is part of MDS Inc. MDS Inc. has more than 9,000 highly skilled people in 25 countries. We provide a diverse range of superior products and services to increase our customers' speed, precision and productivity in the drug development and disease diagnosis processes. We are a global, values-driven health and life sciences company, recognized for our reliability and collaborative relationships as we help create better outcomes in the treatment of disease. Find out more at [www.mdsintl.com](http://www.mdsintl.com) or by calling 1-888-MDS-7222, 24 hours a day.

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