



## PRESS RELEASE

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### ONS Foundation PLAY Strong, PLAY Safe 5K Run/Walk will Benefit Orthopedic Research and Injury Prevention Education

GREENWICH, CT - On **Sunday, September 22**, the ONS Foundation for Clinical Research and Education PLAY Strong PLAY Safe 5K Race/Walk will take place in Old Greenwich. Orthopedic Surgeon Dr. Katie Vadasdi and Joseph "Casey" McKee will serve as event Co-chairs. "It seems only fitting that the ONS Foundation host a 5K race to benefit the organization's research and education around treatment and prevention of musculoskeletal conditions and injuries," said Dr. Vadasdi. "What better venue for highlighting the importance of mobility and physical health at any age than a 5K run/walk aimed at the whole family." Proceeds from the PLAY Strong PLAY Safe 5K will benefit the Foundation's education initiatives as well as the youth sports programs of the OGRCC. Details about the event and registration are available online at [www.ons-foundation.org](http://www.ons-foundation.org). Registration packets may be picked up on Saturday, September 21, at OGRCC between 11 a.m. and 4 p.m. or on race day between 6 a.m. and 7:30 a.m. Same day registrations will be accepted.

The race will begin in front of the OGRCC (Old Greenwich Riverside Community Center) on Harding Road at 8 a.m. on Sunday. The USATF certified 5K course travels through scenic residential areas of Old Greenwich. The course goes south past the Innis Arden Club and is relatively flat for the first 2 miles. Bypassing downtown Old Greenwich, runners and walkers will encounter a hill as they leave the Binney Park area and enter Summit Road. Then, the course runs adjacent to the Riverside School before turning onto Owenoke Way and on to the finish line at the OGRCC.

"The course is designed for all athletic abilities whether you are a serious runner or a power walker," said Dr. Vadasdi who is also an accomplished triathlete. "We invite elite runners,

corporate challenge teams, joggers, student athletes, weekend warriors, power walkers and families to participate.

### ONS Foundation 5K Run Facts

What: ONS Foundation for Clinical Research and Education Play Strong, Play Safe 5K Run/Walk

When: Sunday, September 22, 2013  
Packet Pick Up/Race Day Registration - 6 - 7:30 a.m.  
5K Start - 8 a.m.  
Kids 0.5 Mile Costume Run/Walk - 9 a.m.

Where: Meet at (OGRCC) Old Greenwich-Riverside Community Center  
90 Harding Road, Old Greenwich, CT 06870

Registration details: Register and pick up packets - Saturday, September 21, at OGRCC from 11 a.m. to 4 p.m. (Includes a Race T-Shirt)

Fees: Adults: \$40  
Students (12-18 years): \$25  
Child (8-11 years): \$15  
Child (7 & younger): FREE

In addition to the race, the event will feature a **Health Expo** located at the OGRCC where participants and their families will be able to learn more about nutrition, training, injury prevention and running equipment. "We are fortunate to have exhibits from ONS Physical Therapy, EHS PT, Greenwich Running Company and Green and Tonic," said "Casey" McKee. "ONS doctors will also be on hand to host clinics on injury prevention and management".

Sponsors for the ONS Foundation 5K include Greenwich Hospital, Fairway Market, Elite Health Services, Greenwich Running Co., Fairfield County Look, Jeep Chrysler Dodge City, Green and Tonic, Johnnie-O, and the Greenwich United Way. For information and online registration, go to **[www.ONS-Foundation.org](http://www.ONS-Foundation.org)**.

**The ONS Foundation for Clinical Research and Education**, a Greenwich Hospital alliance, works to develop, validate, formalize and disseminate the latest advances in surgical techniques, rehabilitation protocols and clinical outcomes in orthopedics and neurosurgery to improve patient care on regional and national levels.