



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 21**, the ONS Foundation for Clinical Research and Education PLAY Strong PLAY Safe 5K Race/Walk will take place at the Eastern Greenwich Civic Center in Old Greenwich. Orthopedic Surgeon Dr. Katie Vadasdi and Joseph "Casey" McKee will serve as event Co-chairs. Proceeds from the PLAY Strong PLAY Safe 5K will benefit the Foundation's education and community outreach initiatives. Details about the event and registration are available online at www.ons-foundation.org. Registration packets may be picked up at the Greenwich Running Co. on Thursday, September 18 from 6:30 to 8:30 p.m. and Saturday, September 20 between 10 a.m. and 2 p.m. And at the Eastern Greenwich Civic Center on Saturday, September 20 from 12 p.m. to 2 p.m. or on race day between 7 a.m. and 8:30 a.m. Same day registrations will be accepted.

The race will begin in front of the Eastern Greenwich Civic Center on Harding Road at 9 a.m. on Sunday. The USATF certified 5K course travels through scenic residential areas of Old Greenwich. The course heads south past the Innis Arden Club. Participants will turn right onto Shore Road and continue for approximately a half mile then make a right turn onto Sound Beach Ave. This road is a straight away taking you into the town of Old Greenwich. After passing the Old Greenwich Elementary School, runners proceed through town then pass under the railroad bridge, up a small hill and run adjacent to Binney Park. Runners will make a right onto Forest Avenue and back to the finish line at Eastern Greenwich Civic Center.

All are invited to participate -- elite runners, teams, joggers, student athletes, weekend warriors, power walkers and families.

ONS Foundation 5K Run Facts

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

When: Sunday, September 21, 2014
Packet Pick-Up/Race Day Registration - 7 - 8:30 a.m.
5K Start - 9 a.m.
Kids 0.5 Mile Costume Run/Walk - 10 a.m.

Where: Meet at Eastern Greenwich Civic Center
90 Harding Road, Old Greenwich, CT 06870

Registration details: Includes a Race T-Shirt

Fees: Adults: \$40
Students (12-18 years): \$25
Child (8-11 years): \$15
Child (7 & younger): FREE
Teams of 5 – one free race entry
Teams of 10 or more – two free race entries

Register at: www.ons-foundation.org/5k

Packet pick-up/registration locations:

Thursday, Sept. 18, - Greenwich Running Company – 6:30 to 8:30 p.m.
Saturday, Sept. 20, - Greenwich Running Company – 10 a.m. to 2 p.m.
Saturday, Sept. 20, - Eastern Greenwich Civic Center – 12 to 2 p.m.
Sunday, Sept. 21 - Race Day – Eastern Greenwich Civic Center 7 to 8:30 a.m.

In addition to the race, the event will feature a Health Expo located at the Eastern Greenwich Civic Center where participants and their families will be able to learn more about nutrition, training, injury prevention and running equipment. Exhibits will include ONS, ONS Physical Therapy, EHS PT, Greenwich Running Company and Fleet Feet Sports.

Sponsors for the ONS Foundation 5K include Greenwich Hospital, Fairway Market, Elite Health Services, Greenwich Running Co., Fairfield County Look, Jeep Chrysler Dodge City, Greenwich Office Park, J.P. Morgan Chase, Shore & Country Properties, Harrow, Granoff Architects, Lake Takajo, Tripp Lake Camp, Fieldpoint Private, Greentree Toyota Danbury, the Gibbons Family, Greenwich United Way and Green & Tonic. For information and online registration, go to www.ONS-Foundation.org.

The ONS Foundation for Clinical Research and Education, a Greenwich Hospital alliance, strives to improve standards of excellence for the treatment of musculoskeletal disorders through clinical research, physician and patient education and community outreach program.