

PRESS RELEASE

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ONSF Holds 3rd 5K Run/Walk Expo

GREENWICH, CT – Sunday, September 20, 2015. A light breeze welcomed runners, joggers, walkers and families to the 3rd Annual **ONSF** (ONS Foundation for Clinical Research and Education) PLAY Strong, PLAY Safe Family 5K Run/Walk to benefit **ONSF** education and community outreach programs.

The race, a USATF certified 5K course, started in front of the Eastern Civic Center and continued through scenic residential streets, along Sound Beach Avenue and, after passing Binney Park, returning to the finish line at the Civic Center.

“The course was designed for all athletic abilities whether you are a serious runner or a power walker,” said Dr. Vadasdi, co-chair of the 5K who is also an accomplished triathlete. Elite runners, corporate challenge teams, joggers, student athletes, weekend warriors, power walkers and families participated.

In addition to the race, the event featured a Health Expo located at the Civic Center where participants and their families learned more about nutrition, training, injury prevention and running equipment. One of the day’s highlights was the Kids 0.5 mile Run/Walk organized by the Greenwich Track Club and Parks and Recreation Department.

The **ONSF** 5K Committee acknowledged the support of the many generous sponsors including Greenwich Hospital, CHASE, Houlihan Lawrence, Granoff Architects, Camps Takajo and Tripp Lake, City JEEP, Fairfield County Look, Greentree Toyota Danbury, Greenwich Running Company, Elite Health Services, Fleet Feet Stamford, Greenwich Office Park and others.

ONSF is a registered not-for-profit, 501(c)3 organization devoted to researching the causes and optimal treatments of orthopedic injuries and musculoskeletal conditions. **ONSF**, in alliance with Greenwich Hospital, strives to improve standards of excellence for the treatment of musculoskeletal disorders through clinical research, physician and patient education, and community outreach programs. The Foundation is located at 6 Greenwich Office Park, Greenwich, CT. For further information about **ONSF** call (203) 869-3131 or visit our website at www.ONSF.org

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