



ORTHOPEDIC
CENTER OF ILLINOIS

NEWS RELEASE

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The Orthopedic Center of Illinois Foundation Hosts Underwater Marathon to Benefit Girls on the Run of Central Illinois

On Saturday, March 7, 2015, twenty-six athletes of all ages and skill levels will run one mile each on the underwater treadmill at Midwest Rehab inside the Orthopedic Center of Illinois (OCI). Together, participants will complete the distance of one full marathon and raise money and awareness for an important non-profit group in central Illinois—Girls on the Run (GOTR).

GOTR provides programming for girls third through eighth grade to improve confidence, develop strength of character, respond to others and oneself with care and compassion, create positive connections with peers and adults, and make a meaningful contribution to community and society, all while learning about the importance of fitness. Girls on the Run of Central Illinois was founded in 2004 and serves Sangamon County as well as nine surrounding counties. To date, Girls on the Run has impacted the lives of more than 5,000 girls locally and more than one million girls nationally.

“Girls on the Run is an important program in our community, and we want to see them continue to teach girls the value of fitness and a positive mindset for a lifetime of health,” said OCI Board President Ron Romanelli. “Child obesity rates are increasing dramatically, so it is important we support local programs that educate our children about healthy choices and habits.”

Each athlete participating in the Underwater Marathon is encouraged to ask friends and family to pledge to support their mile so the runner can donate a minimum of \$100. One-mile slots are still available, and require only a 30 minute commitment between 8:00 a.m. and 3:00 p.m. on March 7. Runners must be at least 5’1” to participate. Register by visiting the OCI homepage: www.OrthoCenterIllinois.com.

The Orthopedic Center of Illinois (OCI), founded in 1972, is the region’s largest independent, private practice for musculoskeletal care. The practice offers a full continuum of services, including onsite rehabilitation and imaging services. The OCI Foundation was formed in 2005 to support projects promoting patient education, continuing medical education, and regional charitable organizations, and has provided grants to regional organizations totaling more than \$200,000.

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