FOR IMMEDIATE RELEASE

“Burke Rehabilitation Hospital to Host Heels & Wheels 5K Road Race & Walk - Inclusive May 7th event for walkers, runners, hand cyclists and wheelchair athletes”

White Plains, NY, March 28, 2017: Burke Rehabilitation Hospital will hold its annual Heels & Wheels 5K Road Race & Walk on Sunday, May 7, 2017. This community event is open to walkers, runners, hand cyclists and wheelchair athletes. The event is unique in that it is one of the only events of its kind that allows participants of all ability levels compete together in a supportive environment. The event will begin and end on Burke’s 61-acre Westchester campus, located at 785 Mamaroneck Avenue in White Plains.

“Heels & Wheels exemplifies Burke’s spirit of inclusion, offering participants of all abilities the opportunity to compete at their own pace while building endurance and self-confidence,” says Richard Sgaglio, Ph.D., senior administrator at Burke Rehabilitation Hospital. “It embodies Burke’s dedication to helping people reach their full potential for an active and healthy lifestyle through our rehabilitation programs and community events.”

The May 7 program features a 5K for adults and wheelchair athletes, followed by a Kids Fun Run for kids between the ages of 4 and 12. There will also be an activity table and face painting for kids to add to the festivities.

Registration and packet pickup begins on 7:30 a.m. on the day of the event, with the 5K beginning at 9:00 a.m. The Kids Fun Run registration begins at 9:30 a.m. and the race commences at 10:30 a.m. Refreshments will be served at 11:00 a.m.

Heels & Wheels is open to the public and community members are encouraged to attend and cheer on the athletes. Volunteers are also needed to help out, in areas including: registration, bib/t-shirt handout, water station, traffic guide, after-race refreshments and more, with volunteers eligible to receive community service hours.

The event will also feature the second annual Jenny Lewis Catalanello Memorial Award. The award, named in honor of Jenny Lewis Catalanello, Burke’s former Chief Development Officer who passed away in 2015, will be bestowed upon a volunteer who best exemplifies Jenny’s generous and giving spirit.

For more information on participating or to pre-registration, please visit: www.burke.org/heelsandwheels or email Kathleen Siegel at ksiegel@burke.org. For sponsorship opportunities, please contact Colleen Borrelli at (914) 597-2849 or via email at cborrelli@burke.org.

About Burke Rehabilitation Hospital
Burke Rehabilitation Hospital is a private, not-for-profit, acute rehabilitation hospital. Founded in 1915, it is the only hospital in Westchester County dedicated solely to adult rehabilitation medicine. Burke offers both inpatient and outpatient programs for those who have experienced a disabling illness, traumatic injury or joint replacement surgery. Burke’s world-renowned doctors and therapists provide state-of-the-art treatment while its clinical researchers explore the frontiers of neurological and rehabilitation medicine. All share the Burke mission to ensure that every patient makes the fullest possible recovery from illness or injury regardless of their ability to pay. For additional information on Burke Rehabilitation Center, please visit burke.org.

About Montefiore Health System
Montefiore Health System is one of New York’s premier academic health systems and is a recognized leader in providing exceptional quality and personalized, accountable care to approximately three million people in communities across the Bronx, Westchester and the Hudson Valley. It is comprised of 10 hospitals, including the Children’s Hospital at Montefiore, Burke Rehabilitation Hospital and close to 200 outpatient care sites. The advanced clinical and translational research at its medical school, Albert Einstein College of Medicine, directly informs patient care and improves outcomes. From the Montefiore-Einstein Centers of Excellence in cancer, cardiology and vascular care, pediatrics, and transplantation, to its preeminent school-based health program, Montefiore is a fully integrated healthcare delivery system providing coordinated, comprehensive care to patients and their families. For more information, please visit www.montefiore.org. Follow us on Twitter and view us on Facebook and YouTube.

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