



Rehabilitation Hospital

Medical Research Institute

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## **News Release - News Release - News Release - News Release**

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### **“Marathon Runner to Compete in 7 Marathons in 7 States Over 7 Days to Help Fund Burke Medical Research Institute Program”**

#### **FOR IMMEDIATE RELEASE**

**White Plains, NY – May 29, 2015** – When Karen Murray takes to the road on June 1 for the grueling challenge of running 7 marathons in 7 days in 7 states, her legs won't be the most important factor in this amazing feat. It's her heart that keeps her going. Murray will be embarking on a journey that will cover 7 marathons, in 7 states, in 7 days. Over the course of a week, Murray will participate in the *Heartland Series* which is 7 marathons in 7 states; Ohio, Michigan, Indiana, Illinois, Iowa, Wisconsin and Minnesota. During the 7 events, she will run approximately 183.4 miles.

Murray, a 48-year old mother of three from Mamaroneck, NY, an avid runner and member of the local NEWRO Runners club is also part of a running movement called “Run 4 Brad” and proceeds from her competitions will benefit the organization. Run4Brad was founded by Larchmont, NY resident Jessica Berman, after her 37 year old husband Brad suffered a hemorrhagic stroke on August 4, 2013, as he was lacing up for a training run for what should have been his 4th marathon. The brain injury resulted from a congenital AVM (arteriovenous malformation) which ruptured that morning but had otherwise been asymptomatic his entire life. After 4 months in the hospital and intensive rehabilitation at Burke, Brad continues his recovery with the support of his wife and 2 young sons.

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The goal of Run4Brad is to raise money to fund a lower limb robotics program at the Burke Medical Research Institute in White Plains. Burke’s existing upper limb robotics clinic has yielded impressive results with patients, and through the work of Run4Brad, Burke is now able to provide lower limb resources to help those, like Brad, who have suffered traumatic brain injuries to maximize their rehabilitation. The Run4Brad movement has raised over \$600,000 which has been used to purchase of two robotic devices.

According to Murray, she is running because she can, “My mantra is what the mind believes, the body achieves and I am honored to run for Brad and help him and others reach 100% recovery. For information about how you can support Karen’s efforts, please visit <https://www.crowdrise.com/7days7marathons4brad/fundraiser/karenmurray>. For more information about Burke’s robotic assisted therapy programs, please visit [burke.org/research](http://burke.org/research).

### **About Burke Medical Research Institute**

Burke Medical Research Institute is part of the Burke Rehabilitation Center, which also comprises the Burke Rehabilitation Hospital. The hospital is a private, not-for-profit, acute rehabilitation hospital that is the only hospital in Westchester County dedicated solely to rehabilitation medicine. Founded in 1915, Burke offers both inpatient and outpatient programs for those who have experienced a disabling illness, traumatic injury or joint replacement surgery. Along with the hospital’s world-renowned doctors and therapists providing state-of-the-art-treatment, Burke Medical Research Institute scientists explore the frontiers of 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](http://burke.org).

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