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IMMEDIATE RELEASE  
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## **Push to Walk Sponsors 3<sup>rd</sup> Annual Golf Outing**

**RIVERDALE, NJ** – Push to Walk in Riverdale, the only non-profit organization in the New York-New Jersey area that empowers people with spinal cord injuries to realize their individual potential, will host their 3rd Annual Golf Outing September 27 at the Crystal Springs Golf Resort in Hamburg, NJ.

This year, the 18-hole golf outing will feature a traditional scramble format on the Wild Turkey course. The outing begins with registration at 11 a.m. followed by a shotgun start at 1 p.m. A registration price of \$200 includes all green fees, carts, dinner and prizes. Additional dinner tickets can be purchased for \$100 per person. The dinner will include a special silent and “live” auction in addition to a highly anticipated assortment of raffle prizes. The outing is limited, so Push to Walk encourages early registration. All registrations will be handled on a first come first served basis with payment. The deadline is September 20.

“Even if you don’t play golf, ask friends or business associates to put together a foursome for this worthy cause,” said Cynthia Templeton of Kinnelon, president of Push to Walk. “Otherwise you can join us for dinner, donate one of the sponsorship packages or make a contribution of cash or prizes for the auction. All contributions will be listed on our Donor Recognition Board.”

“We had a great year in 2009,” said George “Bud” Gnad of Kinnelon, vice president at DG Hyp in New York City and a Push to Walk Board of Trustee, who will chair the event for a third consecutive year. “The \$31,000 we raised last year now brings almost \$70,000 in total support since 2008 to assist individuals with spinal cord injuries.”

Push to Walk provides people with spinal cord injuries something that no other organization in New York, New Jersey or Pennsylvania does – a specialized exercise program for people who have sustained life-changing spinal cord injuries and live with resulting paralysis.

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Every year, more than 12,000 new injuries occur in the U.S., and after traditional physical therapy ends, people living with paralysis have no other options. With only a dozen centers in the whole country, people who have spinal cord injuries in the metropolitan area at least have an option for working out, staying healthy and regaining some amount of independence.

"My son was paralyzed at age 12 by inflammation of the spinal cord and we'd grown used to helping him do most everything," said Susan Aceti of Montville, New Jersey. "But meeting other Push to Walk clients, seeing what they were doing and participating in the program, motivated him to become more confident in striving to be independent. He now drives, lives at college, and has a summer internship in his field of study. He is not only doing more for himself, but has more self-confidence for daily living and participating in college activities."

"This story is representative of the progress of many people who were told they wouldn't have much function or be able to do things on their own," said Templeton. "Push to Walk's specialized exercise program helps people regain so much more than the physical improvements: emotional stability and growth, confidence, and a higher quality of life."

Leadership committee members for the golf outing include Bill Daly of Fairfield, deputy commissioner of the National Hockey League in New York City, Andrew DeVita of Boonton, Millennium Technologies in Butler, Ron Franks of Kinnelon, AECI USA in Boonton, Daniel Halpin of Kinnelon, vice president Transgroup Worldwide Logistics, Chris McHattie of Mountain Lakes, Darren Templeton of Kinnelon, Rutgers Newark MBA Student, Brittany Franks of Kinnelon, AECI USA in Boonton, Jackie Thomas of Pompton Plains, Real Estate Consultants in Pompton Plains, John Tonelli of Armonk, NY, former member of the New York Islanders and Matt Victor of Chester, NY, CB Richard Ellis in Saddle Brook.

Online registration and sponsorship opportunities are available on the Push to Walk website: [www.pushtowalknj.org](http://www.pushtowalknj.org). For more information, please contact Cynthia Templeton at 862-200-5848 or [ctempleton@pushtowalknj.org](mailto:ctempleton@pushtowalknj.org)

### **About Push to Walk**

Founded in 2007, Push to Walk is the only non-profit specialized exercise gym in the New York-New Jersey area that empowers people with spinal cord injuries to realize their individual potential. Push to Walk's rigorous one-on-one workout approach challenges clients to reach their personal goals and achieve maximum independence, leading to greater success and fulfillment in their personal and professional lives. A 501(C) 3 non-profit, Push to Walk is located in Riverdale, New Jersey. Visit [www.pushtowalknj.org](http://www.pushtowalknj.org) to learn more.