

Team raises \$37G for Riverdale gym

Marathon run so others can walk

May. 20, 2011

Written by | Staff Report



Push to Walk team members (from left) Darren Templeton, Eric Prol, Cynthia Templeton, Mike Anastasiou and Karla Ruaya participated in the New Jersey Marathon and Half Marathon in Long Branch earlier this month. / PHOTO COURTESY OF PUSH TO WALK

RIVERDALE — Push to Walk, a nonprofit specialized exercise gym that helps people with spinal cord injuries realize their individual potential, raised \$37,000 in the New Jersey Marathon and Half Marathon May 1 in Long Branch. The Push to Walk team included trainers, staff, family, friends and several who used hand cycles.

“This is a first-time event for us,” Cynthia Templeton, president of Push to Walk, said. “It all started when I decided to run the marathon on my own. Karla, one of our trainers, took it upon herself to organize a team for us.”

Push to Walk covers 75 percent of operating costs through client fees, but relies on fundraising events to help make up the difference. “Our clients come to us because they see an improvement in their quality of life. We work hard to keep our fees affordable so cost doesn’t stand in the way of them achieving their goals. The money we raise goes to covering our operating costs, purchasing new equipment, and creating scholarship opportunities for clients in need,” Templeton said.

Push to Walk uses exercise trainers certified in methods that help clients regain strength, function and independence.