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ATTACHED ARE TWO PHOTOS FROM LAST YEAR'S EVENT

PTSMC's SECOND ANNUAL "RACE TO THE WEEKEND WHEELS 5K RUN & WALK" TO BENEFIT WINDSOR FOOD & FUEL BANK's WEEKEND WHEELS PROGRAM Runners and Walkers of All Ages Can Register Now for April 27th Event

WINDSOR, CONN., March 4, 2024 – On **Saturday, April 27**, Physical Therapy & Sports Medicine Centers (PTSMC) of Windsor and the Windsor Food & Fuel Bank will cohost the second annual "Race to the Weekend Wheels 5K Run & Walk". Online registration is now open for adults and children at <https://bit.ly/RaceToTheWeekendWheels>. All proceeds will go directly to the food bank's *Weekend Wheels* program.

The **2024 Race and Walk** will begin in front of the Windsor Food & Fuel Bank's *Weekend Wheels* distribution site at **110 Addison Rd.** (*next to the Windsor Police station*) in Windsor, Conn. **Event day Run and Walk registration starts at 8 a.m.; opening remarks will be at 8:45 a.m.; and the Run and the Walk both step off at 9 a.m.** Baby strollers are permitted in the race and walk, but pets are not. Refreshments and the presentation of prizes will follow.

Runners, walkers and spectators are invited to bring a can or box of food for Weekend Wheels. Always needed are peanut butter & jelly, breakfast cereal, pasta, rice, tuna, juices, canned fruit and vegetables, and more.

"*Weekend Wheels* is a supplemental food program of the nonprofit Windsor Food & Fuel Bank that provides a growing number of eligible local elementary, middle school and high school age girls and boys with weekly home deliveries of healthy food and snack items," explains Joanna Gould, President of the Windsor Food and Fuel Bank Inc. which has its main office and food bank at L.P. Wilson Center at 599 Matianuck Ave. in Windsor. "Our volunteers pack the nutritious foods received into bags for distribution."

"Windsor's *Weekend Wheels* is a cause near and dear to the hearts of many in our town," states Michael McGowan, Assistant Director of Physical Therapy & Sports Medicine Centers on 645 Poquonock Ave. "Physical Therapy & Sports Medicine Centers in Windsor is a committed partner with this essential student food insecurity program, regularly donating food that is carried in by our patients and our staff. Over the years, it has been truly eye-opening to realize the number of children who require additional nourishment support in order to succeed in school and survive in life. Food insecure children have been found to have worse physical health outcomes, in addition to reduced cognitive and academic performance compared to their food secure peers."

This second annual "Race to the Weekend Wheels 5K Run & Walk" steps off on Saturday, April 27 at 9 a.m. at 110 Addison Rd, in Windsor. Registration is \$30 until Friday, April 26 and will be \$35 on race day. To register, go to <https://bit.ly/RaceToTheWeekendWheels>. Early registrants will receive a race T-shirt and medals will be given to the top three finishers. For those unable to attend, PTSMC Windsor is collecting canned and dry food donations for *Weekend Wheels* through April 26 at its clinic on 645 Poquonock Ave.

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WINDSOR'S APRIL 27TH "RACE TO THE WEEKEND WHEELS 5K RUN & WALK"...Pg. 2

Sponsor opportunities start at \$1,000 but all donations are welcome. For questions and more information about the race, call Physical Therapy & Sports Medicine Centers at 860-752-6900

Physical Therapy & Sports Medicine Centers Windsor is a privately owned physical therapy practice specializing in relieving pain and restoring, maintaining, and enhancing movement. Contact 860-752-6900 or www.ptsmc.com/locations/windsor

Weekend Wheels is a program of the ***Windsor Food and Fuel Bank Inc.***, a 501(c)(3) nonprofit organization that was founded in 1967 as the Windsor Community Service Council (WCSC). The Windsor Food & Fuel Bank's all-volunteer Board, along with its partners at Windsor Social Services, works to accomplish our Mission of ensuring that no Windsor resident goes hungry, is cold, or is without basic necessities. For information about the Windsor Food & Fuel Bank, visit www.WindsorFoodBank.org. ***Windsor residents who need assistance*** should call the Windsor Department of Social Services at 860-285-1839.

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