



# Orthopedic & Sports Institute of the Fox Valley

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*The 8th annual OSI/Miron April Fools 5K Fun Run/Walk*

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FOR IMMEDIATE RELEASE

Orthopedic & Sports Institute and Miron Construction host 2018 April Fools' 5K Fun Run/Walk has raised over \$100K for AASD

Appleton, WI: [The 8th annual OSI/Miron April Fools 5K Fun Run/Walk](#) will take place on Friday, March 23, 2018, beginning at 6:00 p.m. Since its inception in 2011, the annual fundraiser has donated \$105,000 to the Appleton Area School District (AASD) to support the athletic programs at Appleton East, North, and West High Schools.

The route begins at Orthopedic & Sports Institute, 2105 East Enterprise Avenue, and finishes at Appleton North High School, 5000 N. Ballard Road. People of all ages are welcome to participate. The course is flat, making it ideal for competitive racers as well as recreational runners and casual walkers, including those with strollers. Pets on a leash are also welcome to participate in the fun. At the race finish line, there are activities for the whole family, including music, prizes, and a buffet dinner. Race awards will be presented during this time, as well as awards for the best Superhero costumes. When the post-race celebrations at the school wrap up, all adults are invited to a post-race party at The Stoneyard, N140 Eisenhower Drive, with the local band RPM. RMP is known for performing an eclectic mix of original songs and covers.

The race course will be lined with volunteers, cheering runners and walkers on every step of the way and showing the appreciation of the school district. In years past, the 5K has averaged 800 to 1,000 participants. The race is early in the year, making it the unofficial kick-off of the local racing season. Registration for the OSI/Miron April Fools 5K can be completed online at <https://signup.itsracetime.com/Race/Register/WI/Appleton/AprilFools>. There is an \$18 fee for children under 18 and a \$25 fee for adults if registered by January 31, which includes a custom long sleeve dri-wick tee shirt. New this year, the April Fools 5K is offering a women's v-neck shirt option, as well as a men's/unisex shirt.

About Orthopedic & Sports Institute: OSI has been providing those in the Fox Valley area with streamlined [orthopedic care](#) since 2006. The main campus in Appleton has comprehensive surgical, non-surgical, and [post-surgical orthopedic care necessities](#). Patients can see nurse practitioners, physical therapists, and surgeons all in one convenient location. Placing all the facilities in one location removes the complexity and added cost associated with orthopedics, letting the patient focus solely on recovery.

In 2010, OSI opened the country's first orthopedics Recovery Inn. They expanded to Shawano and Waupaca in 2013, then added the Ripon clinic in 2015 and most recently a location in De Pere. The main campus opened the doors of a walk-in clinic at the start of 2018.

For more information on OSI's services, visit their website at [www.osifv.com](http://www.osifv.com).

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