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FOR IMMEDIATE RELEASE

Leading Orthopedic Practice Launches Everyday Athlete Contest

*Methodist Sports Medicine / The Orthopedic Specialists to Celebrate
Accomplishments of Local Recreational Athletes*

Indianapolis, IN – May 11, 2011 – Methodist Sports Medicine / The Orthopedic Specialists and Indiana University (IU) Health Sports Performance are pleased to introduce the Everyday Athlete Contest, a program designed to recognize the accomplishments of adult recreational athletes.

“Whether you’re a golfer that created a charity golf tournament or a grandmother competing in your first marathon, it’s important to recognize and celebrate those accomplishments,” said Pete Sallay, M.D., president of Methodist Sports Medicine / The Orthopedic Specialists. “Our physicians and staff care for professional, college and student athletes all the time, but we are particularly proud of the everyday athletes that achieve personal goals and that motivate others to participate in sports at the recreational level.”

The Methodist Sports Medicine / The Orthopedic Specialists Everyday Athlete Contest will be an annual program open to all recreational athletes over the age of 18. Each month, the contest will highlight the following categories and will focus on nominees who have inspired others in their sport, in their community or both.

- January – Comeback athletes who have overcome an injury or hardship
- February – Basketball players and winter athletes (e.g., hockey players, skiers, snowboarders)
- March – Volleyball, baseball and softball players
- April – Bionic athletes: Athletes who’ve had at least one total joint replacement
- May – Inspirational female athletes or fitness instructor in any sport or activity
- June – Inspirational male athletes or fitness instructor in any sport or activity
- July – Tennis players and swimmers
- August – Golfers
- September – Soccer players
- October – Cyclists
- November – Runners or triathlon athletes
- December – Everyday Athlete of the Year

To nominate an everyday athlete from Indianapolis or the surrounding area, people are encouraged to visit the Methodist Sports Medicine / The Orthopedic Specialists Facebook page beginning the first week in June. Nominations should include a photo of the athlete and one to two sentences describing why he or she should be recognized as the Everyday Athlete of the month.

During the second and third week of every month, the Facebook community will place its votes, which will determine that month's winner of the Everyday Athlete Contest. Each month, the Everyday Athlete Contest winner will receive an Under Armour® workout shirt and a one-month membership and a free one-on-one elite personal training session with IU Health Sports Performance. Monthly winners will also be entered into the Everyday Athlete of the Year Contest for a chance to win the grand prize, which includes an iPad2, a subscription to *Sports Illustrated* and a year-long membership to IU Health Sports Performance.

To learn more about the Everyday Athlete Contest, including information on the nominating process and full contest rules, visit Methodist Sports Medicine / The Orthopedic Specialists at www.facebook.com/methodistsports.

About Methodist Sports Medicine / The Orthopedic Specialists

Methodist Sports Medicine / The Orthopedic Specialists, a partner of Indiana University Health, is Central Indiana's premier provider of comprehensive orthopedic services and has built its reputation on excellence in orthopedics and sports medicine for more than 25 years. Official team physicians for many high schools, college and professional teams, including the NFL's Indianapolis Colts, 100 percent of the group's orthopedic surgeons are fellowship trained, board certified and leaders in new technologies, procedures and research. For more information, please visit www.methodistsports.com

About Indiana University Health Sports Performance at IU Health Orthopedics

Indiana University Health Sports Performance integrates sports performance training and sports science to produce maximum speed, agility and power on the field, on the court or in the pool. IU Health's highly-skilled physicians, certified athletic trainers and sports performance coaches work together to provide a totally integrated approach to athlete care to increase performance and minimize the risk of injury for athletes of all skill levels and ages.

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