

San Francisco-Area Teen Competes in Super Heroes Half Marathon Weekend Days After Major Back Surgery

Kelsey Hing, from San Ramon, Calif., competed in the Captain America 5K on Friday at Disneyland Resort despite having **major back surgery just four weeks ago** to correct a 70-degree curvature to her spine. During the **six-hour procedure**, Hing, 15, had **two titanium rods, 23 screws and a cadaver bone** surgically inserted into her back to help straighten her spine. She was left with a **15-inch incision that required nearly 160 stitches to close.**

Because walking helps her recovery, her doctors were cautiously optimistic about her participating in the 5K during the Super Heroes Half Marathon Weekend. Before the surgery, Hing regularly walked about six miles a day. Thus, in true Super Hero fashion, she was determined to not let the procedure days before stop her from participating in the 5K race. She walked with her mom, dad and brother.

To download photos and video of Kelsey Hing in the Captain America 5K:

- Use Registration Passphrase: **Disney**
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- Type in your information, including e-mail (which will become your username), affiliation and password. Please make note of what e-mail and password you choose, as this will be your new login.

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