



PRESS RELEASE FOR IMMEDIATE RELEASE

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NSSRA's ELA Program Invites the Community to Join In for Their Third Annual 5K Fun Run and Walk

Northbrook – May 18, 2016 – Participants in NSSRA's Enriched Lifestyles for Adults (ELA) Program are gearing up for their third annual Fun Run and Walk this coming Friday, May 20. The ELA Program is a year-round day program for individuals with developmental disabilities who are 22 years and older. ELA participants have been working hard to put on the event themselves, creating signs, lap cards and making snacks for runners to fuel up before and during the race.

Taking place at Maplewood Park in Deerfield, the non-competitive event is expected to draw a crowd of nearly 200 runners and walkers, a huge increase from the turn out of 60 people in 2015. The 5K run will begin at 11:00 am with the 1 mile option beginning at 11:15 am. Community members are welcome to register the same-day at the event and join in the fun!

In addition to NSSRA and ELA participants, families and staff, participants from five additional special recreation associations (SRAs) throughout the Chicagoland area will be lacing up their sneakers for the big day. Other organizations attending include Fox Valley Special Recreation Association (FVSRA), Northlands Association for Special Recreation (NASR), Northwest Special Recreation Association (NWSRA), South East Association for Special Parks & Recreation (SEASPAR) and Western DuPage Special Recreation Association (WDRSA). The Deerfield-Bannockburn Fire Department will also be present to cheer everybody on to the finish line.

A true community effort, the event has garnered support from three local business, Trax Tavern in Deerfield, Sunset Foods in Northbrook and Total Promotions of Highland Park. Trax and Sunset Foods have generously donated lunch and snacks, while Total Promotions is giving away prizes for race participants.

ELA Fun Run
Friday, May 20, 2016
Maplewood Park (900 Clay Court, Deerfield)
5K begins at 11:00 am, 1 mile begins at 11:15 am

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Enriched Lifestyles for Adults (ELA) is a year-round day program for individuals with developmental disabilities who are 22 years and older. As a collaborative effort between The Center for Enriched Living (The Center) and Northern Suburban Special Recreation Association (NSSRA), ELA presents the best resources these two organizations have to offer. NSSRA and The Center each bring more than 40 years of experience in serving people with disabilities to this exciting collaboration. ELA was created to enhance the quality of life and offer well-rounded daytime program options for adults with disabilities while providing a flexible schedule for families. For more information about the ELA Program visit www.nssra.org/ela.

NSSRA provides and facilitates year-round recreation programs and services for children, teens and adults with disabilities who live in the partner communities. NSSRA is an extension of ten park districts, two cities and one village in the northern suburbs of Chicago. This partnership includes the Park Districts of Deerfield, Glencoe, Glenview, Highland Park, Kenilworth, Lake Bluff, Northbrook, Northfield, Wilmette and Winnetka; the Cities of Highwood and Lake Forest; and the Village of Riverwoods. NSSRA has been creating an environment of belonging through play since 1970, and has the distinction as the first Special Recreation Association in the country. For more information about NSSRA and the programs and services they provide visit www.nssra.org.