



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

Northbrook – May 10, 2018 – Participants in NSSRA's Enriched Lifestyles for Adults (ELA) Program are gearing up for their fifth annual Fun Run and Walk on Friday, May 18. Last year's Fun Run was rained out by a torrential downpour, so participants have fingers crossed for blue skies and sunshine this time around.

The ELA Program is a year-round day program for individuals with disabilities who are 22 years and older. ELA participants have been working hard to put on the event themselves, creating lap cards and motivational signs to cheer runners on throughout the day.

Taking place at Maplewood Park in Deerfield, the non-competitive event is expected to draw a crowd of over 200 runners and walkers. Check in begins at 10:30 am and the 5K run and 1 mile option will begin at 11:00 am and 11:15 am, respectively. Community members are welcome to register the same-day at the event and join in the fun!

In addition to participants, families and staff from NSSRA and ELA, participants from four additional special recreation associations (SRAs) throughout the Chicagoland area will be lacing up their sneakers for the big day. Other organizations attending are Fox Valley Special Recreation Association (FVSRA), Northeast DuPage Special Recreation Association (NEDSRA), Northwest Special Recreation Association (NWSRA) and South East Association for Special Parks & Recreation (SEASPAR).

A true community effort, the event has garnered support from local businesses, including D&R Autoworks in Highland Park, as well as from ELA families. A full list of sponsors can be found online at www.nssrafoundation.org.

ELA Fun Run
Friday, May 18, 2018
Maplewood Park
(900 Clay Court, Deerfield)

Check in begins at 10:30 am
5K run begins at 11:00 am
1 mile walk/run begins at 11:15 am

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Enriched Lifestyles for Adults (ELA) is a year-round day program for individuals with disabilities who are 22 years and older. As a collaborative effort between Northern Suburban Special Recreation Association (NSSRA) and The Center for Enriched Living (The Center), ELA presents the best resources these two organizations have to offer. NSSRA and The Center each bring nearly 50 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.