



PRESS RELEASE FOR IMMEDIATE RELEASE

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Local High School Students Raise Nearly \$6,000 for Northern Suburban Special Recreation Association (NSSRA) with Sweat Fest

Northbrook – May 8, 2019 – The Sweat Set Project (TSSP) at lululemon Old Orchard held their inaugural event, Sweat Fest, on Saturday, April 27 to great success! The fitness fundraiser, hosted at Kenilworth Assembly Hall, raised an incredible \$5,812 for NSSRA programs and services. Organized by high school students from nine area north shore high schools, Sweat Fest featured three workout classes and fun giveaways followed by a musical performance by Molehill.

“TSSP was just an idea last spring, and watching everything unfold and become reality has been surreal,” said lululemon Old Orchard Community Specialist Tina Reilly. “All corners of our community stepped forward to support Sweat Fest, both through participation and donations. It was amazing to see the crowd unite under the intention to live healthy lives, form a community and build authentic relationships all while giving back to NSSRA.”

The event was attended by close to 200 high school students and community members, including a group of 10 participants from NSSRA, and was supported by nearly 30 community partners.

“TSSP is a group of high school students with a passion for fitness and service,” said Kam Gottlieb, a senior at New Trier High School. “We have been meeting since the summer to plan a fundraiser in collaboration with lululemon Old Orchard for a local charity. NSSRA was selected as the recipient for Sweat Fest because of the alignment of their mission with that of lululemon’s.”

Tim Siebert of Lake Bluff, a longtime participant with NSSRA, had the chance to speak in front of the crowd as the morning kicked off. “I’ve been in NSSRA since 1997,” Siebert shared. “I’m 31 and I do sports, trips and all kinds of programs with NSSRA. Without NSSRA, I wouldn’t have the buddies I have now.”

NSSRA serves approximately 1,800 children, teens and adults with disabilities living in its partner communities throughout the northern suburbs. With the distinction as the first Special Recreation Association in the country, NSSRA has been creating an environment of belonging through play since 1970.

“My favorite part of the event was seeing how much the NSSRA participants enjoyed the fest. They all looked like they were having a blast!”, said Will Zordani, a senior at Lake Forest High School.” He continued, “I was also extremely impressed with all of the support that we received from local businesses.”

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“I hope we are back bigger next year, and I'm looking forward to launching year two of The Sweat Set Project,” concluded Reilly. “We are looking for a collective of inspiring teens who aim to elevate their communities. Applicants should be role models, charitable souls, mindful athletes and creative minds who like to sweat and give without expectation.”

TSSP follows the academic school year, and applications are now being accepted by lululemon Old Orchard through Friday, May 17.

Sweat Fest Community Partners:

Apex Cryotherapy	Positive Pretzels	SoulCycle
Backlot Coffee	Precision Multisport +	Studio Spin
CorePower Yoga	Pure Barre	Summer House Santa
Cupitol	Quevos	Monica
CycleBar Evanston	Reign	The Grand Food Center
F45 Glenview	SALT	TITLE Boxing Evanston
Molehill Music	SAOR	valslist
NorthShore Triathlon	Shred415	WERQ
Orangetheory Fitness	Split Nutrition	Winnetka Music Festival

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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 it provides visit www.nssra.org.