



# RACE FOR TRADITIONS

## – TEAM TRADITION –

Saturday, April 25, 2015 | Wellington Square | Exton, PA

### RACE TEAM – SHAMONA CREEK

Promote Health, Wellness, Community Pride and the Power of Traditions



### Show your School Spirit!

Gather members of your school, church, sports team or community group to come together for a special day at the Family Lives On 11th Annual Race for Traditions. Participants can run or walk in our 5k or 1 mile races. Strollers welcome!

### JOINING A RACE TEAM IS EASY AS 1-2-3!

- 1) Register under the Shamona Creek Team at Active.com—use the code SHARKS to get a \$10 discount on registration.**
- 2) Invite friends and family to join the fun!** Rally your team and give them your Team Name so they can register for the Race and fundraise online.
- 3) Empower your team to help!** Use the Race for Traditions online fundraising site for your Team to collect donations. Many Teams connect with our fundraising mission and choose to raise money in honor of a loved one who has died. The money raised will directly support children who have experienced the death of a Mom or Dad.

### ABOUT FAMILY LIVES ON FOUNDATION & THE TRADITION PROGRAM

Family Lives On Foundation is a 501(c)(3) non-profit organization headquartered within Eagleview Corporate Center in Exton, PA. Our mission is to support the lifelong emotional well-being of children whose mother or father has died.

The Tradition Program supports grieving children like Nora, Maggie, and Lucy whose dad Ray died in 2009. When we asked them about Traditions they shared with their Dad, Nora mentioned that they loved going to White Sox games together where they would eat Sour Patch Kids. Maggie added that she and her Dad loved watching the movie *"The Incredibles"* together.

Our volunteers sprang into action and shipped Paul Konerko jerseys (Dad's favorite player), White Sox tickets, Sour Patch Kids and Incredibles masks. Decked in jerseys and masks, the girls watched "The Incredibles" on the way to the stadium. As fate would have it, they cheered for the White Sox against the Tampa Bay Rays from their seats in row 10, section 113—just like Dad's 10/13 birthday! Family Lives On will continue to provide everything needed to continue this special annual Tradition until the youngest child turns 18.



Ready to register? Visit [www.familyliveson.org/raceteams](http://www.familyliveson.org/raceteams)

Questions? Contact Development Manager Jennifer Jankauskas | [jjankauskas@familyliveson.org](mailto:jjankauskas@familyliveson.org) | 610.458.1690 ext. 104