

Lutheran SeniorLife Passavant Community is dedicated to helping older adults maintain a healthy, active lifestyle and do so by providing opportunities for individuals to grow and flourish, Through ASPIRE Wellness, our holistic approach to aging and healthy living, we challenge our community to unleash their inner strength by focusing on six dimensions of wellness -- Active, Spiritual, Purposeful, Intellectual, Relational and Expressive.

We are proud to announce that we are launching a 5k and 1 mile Walk/Run as part of our annual fundraiser, Abundant Lights, a Passavant Community Christmas Festival, that raises money for our Benevolent Care Fund. Abundant Lights is a fun evening with entertainment, activities for children, vendors, and much more.



**Please direct all questions to  
Brian Damaska, Race Director:**  
brian.damaska@lutheranseniorlife.org  
724-452-3677

# Lutheran SeniorLife

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## Passavant Community

The purpose of this event is to raise money and awareness for Lutheran SeniorLife Passavant Community. Race Proceeds will go to the Passavant Community Benevolent Care Fund.

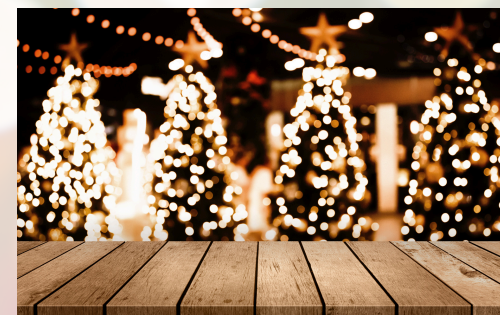
Passavant Community is a Life Plan Community that provides a continuum of care for residents in Independent Living, Personal Care, and Nursing.

The Benevolent Care Fund provides financial support for individuals participating in Lutheran SeniorLife's programs and services who have, through no fault of their own, outlived their resources.



## Abundant Lights 5k

5k Run/Walk  
1 Mile Run/Walk



**Saturday, December 7th 2024**  
**Passavant Community**  
105 Burgess Drive  
Zelienople, PA



**Visit us on the internet:**  
[www.lutheranseniorlife.org](http://www.lutheranseniorlife.org)



# Abundant Lights 5k

## Race Registration Form

(Please Print Clearly)

Register Online @ [www.runsignup.com](http://www.runsignup.com)

### Mail form with check payable to:

Lutheran SeniorLife Foundation  
105 Burgess Drive, Zelienople, PA 16063

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/St/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth/Age: \_\_\_\_\_

Male:  Female:

Event (Please Check)	Pre-Registration By: 11/15/2024	Registration After 11/15/2024
<input type="checkbox"/> 1 Mile Run/Walk	\$25	\$30
<input type="checkbox"/> 5k Run/Walk	\$25	\$30

T-Shirt Size (please check)

S  M  L  XL  XXL

By entering, I, intending to be legally bound, for myself, my heirs, my executor & administrators, waive, release & discharge and & all rights & claims, which I may have or which hereafter individuals from all claims of damage, actions, injury or death received in any manner before, during or after participation in the Abundant Lights 5k on December 7, 2024 or any other day the race may be held. I also release the above-mentioned organizations from all legal responsibility or liability for the use of photographs involving me for the purposes of advertising or reporting.

Signature: \_\_\_\_\_

Parent, if under 18: \_\_\_\_\_

**Location:** Registration will be in the lobby of the Abundant Life Center on the Passavant Community Campus. Start and Finish will be by the portico on the north entrance of the Abundant Life Center.

105 Burgess Drive, Zelienople, PA 16063

**Course:** Both the 5k and the 1 mile courses will be multiple loops of the Passavant Community Campus, Please stay on the course at all times. Course will be marked and Course Marshalls will be there to help guide .

**Registration/Package Pick Up:** 8:30 - 9:45 a.m. **Race Time:** 10:00 a.m.

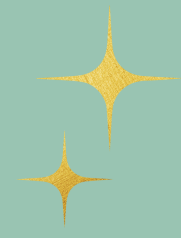
### 5k Awards: 1st - 3rd place Overall Male and Female

#### Awards:

1st Place: 50 Basket Raffle Tickets

2ns Place: 30 Basket Raffle Tickets

3rd Place: 20 Basket Raffle Tickets



### 5k Awards: 1st - 3rd place Male and Female Age Groups

10 & Under, 10-14, 15-19, 20- 29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90-99, 100+

#### Awards:

1st Place: 30 Basket Raffle Tickets

2ns Place: 20 Basket Raffle Tickets

3rd Place: 10 Basket Raffle Tickets



**Anyone who wears a costume will receive 10 additional tickets to the Basket Raffle!**

All pre-registered participants will receive a poly blend **T-SHIRT**, a **FREE ticket to our Abundant Lights Gift Basket Raffle** and a gift bag. Late and race day registrants will receive t-shirts and gift bags while supplies last. Additional Gift Basket Raffle tickets will be available to purchase.

Light refreshments and snacks will be served following the race.

Timing will be completed by:

