



## OUR MISSION

Support families caring for children with a serious illness by providing financial assistance.

Provide scholarships to students experiencing adverse life circumstances.

Promote brain tumor research with an annual donation to the American Brain Tumor Association (ABTA).

Raise awareness of brain tumors and how they affect individuals and families.

## LAUREN "FITZY" FITZGERALD

Oct 31, 1984 - Jul 18, 2005

Lauren Fitzgerald grew up in Berks County, PA, attended Wyomissing Schools and began studying interior design at Drexel University. In May, 2004, Lauren was diagnosed with a primary brain tumor. She underwent 2 surgeries, chemotherapy and other treatments before passing away at age 20.

Throughout her fight, Lauren maintained her love of life and her dignity. She chose to live by a favorite quote from poet Maya Angelou: "I can be changed by what happens to me. I refuse to be reduced by it".

Five people received the gift of life because Lauren chose to donate her organs - her heart, lungs, liver and kidneys were used to serve those in need. Her legacy, love and generosity will live forever.



# Fitzzy's Run

SUNDAY, OCT 30<sup>th</sup>

STONE HOUSE PARK

WYOMISSING, PA



12<sup>th</sup> ANNUAL

In memory of Lauren, a Foundation was created to preserve her legacy and desire to help others in need. We accomplish this by using funds raised from this event to support our Sunflower Fund, Memorial Scholarships and Brain Tumor Research.



## CONNECT WITH US



LaurensFoundation



LaurensFndnOrg



LaurensFoundation

[www.laurensfoundation.org](http://www.laurensfoundation.org)



**5K RUN/WALK &  
.3 MILE KID'S FUN RUN**

## PRE-REGISTRATION

Deadline is Oct 24th

\$30 for 5K Run/Walk (includes shirt for first 500)

\$10 for .3 mile Kid's Run (shirt not included)

Pre-registration packet pick-up available Fri, Oct 28<sup>th</sup>, and Sat, Oct 29<sup>th</sup> at A Running Start

Register online at:  
[www.laurensfoundation.org](http://www.laurensfoundation.org)

## SAME DAY REGISTRATION

Race day registration begins at 8:30am

\$35 for 5K Run/Walk (t-shirt not guaranteed)

\$10 for .3 mile Kid's Run (shirt not included)

No same day team registrations.



## TEAM REGISTRATION

Get a 4-6 person team together for the 5K! The team fee is \$120 - only \$20 each for a 6 person team; and your race times still count for individual awards. Just fill out the team information on the registration form and submit entries together!

All team registrations are final - no substitutions.

## LOCATION

The park is bordered by Parkside Drives North & South and Wyomissing Blvd.



## RACE DAY SCHEDULE

- 8:30 Registration / Silent Auction Start
- 9:00 Health Services Fair / Kid Zone Start
- 9:45 Announcements
- 10:00 Costume Contest - Adults & Kids!
- 10:15 5K Run Start
- 11:15 Kid's Run Start
- 11:45 5K Race Awards Announced
- 12:00 Silent Auction Winners Announced

## RAIN or SHINE EVENT!

### SILENT AUCTION

Come prepared! Silent auction will feature items from local merchants and baskets and sunflower artwork, gift certificates and more!

### KID'S ZONE

Delta Phi Epsilon sorority sisters from Drexel University are on-hand to provide supervised play for kids 2+ and up.

### HEALTH SERVICES FAIR

Gift of Life Donor Program  
Free Sports Massage & Chiropractic consultations  
Blood Drive: Must be 18 years old with photo ID.  
Pre-schedule your appt. [www.redcrossblood.org](http://www.redcrossblood.org)

## RACE REGISTRATION FORM

Run Information: (Check event entered)

- 5K Individual Registration..... (\$30)
- .3 Mile Kid's Run Registration..... (\$10)
- 5K Team (4-6 members)..... (\$120)

### 5K TEAM INFORMATION

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

Note: EACH team member must complete a registration form. Please mail in or drop off ALL of your team member registrations together!

Shirt Size: (5K Only - Check One)

- S     M     L     XL

### RUNNER'S INFORMATION

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

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

Male    Female   Age on Race Day: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ email: \_\_\_\_\_

In consideration of your permitting me to participate in this event, on behalf of myself, my heirs, executors, administrators, successors and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipalities in which the event occurs, or anyone connected with the event, their heirs, executors, administrators, successors, and assigns, for any and all injuries or illnesses which I may suffer as a result of taking part in the event. I grant my permission to use my name or any audio or visual recording for any lawful purpose. I understand that volunteers will guide participants, but roads will be open to traffic. I have read & understand this waiver.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature if under 18 years of age: \_\_\_\_\_ Date: \_\_\_\_\_

Amt. enclosed (5K & Fun Run)..... \$ \_\_\_\_\_

Optional Lauren's Foundation Donation.....\$ \_\_\_\_\_

Total Amount Enclosed..... \$ \_\_\_\_\_

Please mail completed form and payment by Oct. 22nd  
Fitzy's Run, c/o A Running Start  
705 Penn Ave. West Reading, PA 19611

Checks can be made payable to "Lauren's Foundation"  
or register online at [www.laurensfoundation.org](http://www.laurensfoundation.org)