



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.

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.



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.

This year's Fitzy's 5K is dedicated to the memory of Deb Hierl, who defied the odds with her personal brain tumor battle and in the process taught us all how to live with courage, grace, and determination.



Our Event Title Sponsors



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www.laurensfoundation.org

Cover/inside photos courtesy of the Reading Eagle

Fitzy's Run

SUNDAY, OCT 29th

STONE HOUSE PARK

WYOMISSING, PA



13th ANNUAL



5K Run/Walk & .3 Mile Kid's Fun Run

Pre-REGISTRATION

Deadline is Tuesday, 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 27th, and Sat, Oct 28th at A Running Start!

Register online at:
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.



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 gift certificates, gift baskets and crafts donated by local merchants and artisans!

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 Sessions
Brain Tumor information and Facts
Free Chiropractic Evaluations

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. 24th:
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.



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.