



16<sup>th</sup> ANNUAL

## LAUREN "FITZY" FITZGERALD

October 31, 1984 - July 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.



### Some of Our 2019 Event Sponsors!



LynneH Lohse, the Carlino, Santoro & Baran Families

### OUR SPONSORS MAKE WHAT WE DO POSSIBLE!

They care about the Berks community - and their support allows us to fulfill our mission to help those in need. Email us at [sponsors@laurensfoundation.org](mailto:sponsors@laurensfoundation.org) to learn how you can get involved by becoming a sponsor!

### EVENT LOCATION

The Stone House Park  
1216 Parkside Drive North, Wyomissing, PA

### DEDICATED TO ANTHONY MYERS

This year's Fitzzy's 5K Run is dedicated to the memory of Anthony Myers and the courageous battle he fought after a brain tumor diagnosis in 2018. A portion of the proceeds will be donated to the Anthony Myers Movement, a nonprofit he created to serve others.



# FITZY'S Halloween 5K RUN



SUNDAY, OCT. 25, 2020

STONE HOUSE PARK

WYOMISSING, PA



## OUR 16<sup>TH</sup> ANNUAL RUN - CHIP TIMED!

### EARLY REGISTRATION DISCOUNT!

- **NOW through August 31<sup>st</sup>**
- \$20 for 5K Run/Walk (incl. shirt for first 500)
- \$10 for .3 mile Kid's Run (shirt not included)

### ONLINE REGISTRATION ONLY

[www.laurensfoundation.org](http://www.laurensfoundation.org) or  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

### REGULAR REGISTRATION

- **September 1<sup>st</sup> - October 20<sup>th</sup>**
- \$25 for 5K Run/Walk (t-shirt while they last!)
- \$10 for .3 mile Kid's Run (shirt not included)

### FINAL WEEK/SAME DAY REGISTRATION

- **October 21<sup>st</sup> - October 25<sup>th</sup>**
- \$30 for 5K Run/Walk (t-shirt while they last!)
- \$10 for .3 mile Kid's Run (shirt not included)

### TEAM REGISTRATION

Get a 3-6 person team together for the 5K! Registration fees for team members are the same as individual fees - but teams receive gift certificates and/or discount coupons from local merchants, separate team awards AND your race times still count for individual awards! Register by 8/31 to get the early registration discount! Be sure to fill in your team name on the online registration form!

### PACKET PICKUP DETAILS

Packet pick-up available on **Friday, 10/23** and **Saturday, 10/24** at **FLEET FEET WEST READING!**

### CONNECT WITH US

-  LaurensFoundation
-  LaurensFdnOrg
-  LaurensFoundation
-  [info@laurensfoundation.org](mailto:info@laurensfoundation.org)
-  [www.laurensfoundation.org](http://www.laurensfoundation.org)

## A RAIN, SNOW OR SHINE EVENT!

### RACE DAY SCHEDULE

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

### AWARDS - AGE GROUP & OVERALL

1st, 2nd & 3rd place age group awards, male/female: 13 & under; 14-16; 17-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+. Overall awards for 1st, 2nd & 3rd place male & female! Team awards for top 3 teams based on top 3 runner times!

### COSTUME CONTESTS

Contests and prizes for kids & adults that come dressed for the occasion - the more creative and fun, the better!



### KID'S ZONE - FREE CHILD CARE

Delta Phi Epsilon sorority sisters from Drexel University supervise kids 2 yrs. old and up while Mom/Dad run!

### FOOD & BEVERAGE

Enjoy hot dogs, burgers, soups, salads, fruit, desserts, and beverages, compliments of local restaurants and stores!

### SILENT AUCTION

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

### HEALTH SERVICES FAIR

Gift of Life Donor Program, free sports massage sessions, brain tumor info/facts and free chiropractic evaluations!



## OUR MISSION

- Support families battling brain tumors or serious illness
- Provide scholarships to students experiencing adversity
- Increase awareness of the organ donation process
- Promote brain tumor research & the search for a cure

### REMEMBERING ANTHONY MYERS - HIS LIFE & LEGACY



In the Fall of 2018, at the age of 16, Anthony was diagnosed with a high-grade glioma brain tumor. This experience led to an extraordinary outpouring of support, care, and concern - and the realization that life can present difficulties at any moment. In early 2019, he founded The Anthony Myers Movement, a nonprofit organization that assists other families and children in need.

Anthony's aim was to fight his own disease while "helping others tackle problems, move past challenges, and reach goals." Anthony passed away on December 4, 2019 - but his spirit lives on through his story and the work and deeds of The Anthony Myers Movement.



*"Cherish the moments you have now because you never know when your life will change."* Anthony Myers

Above: Mom, Jessica; brother Nico, Anthony, sister Giavanna and Dad, Ed.  
Below & right: Anthony was a star athlete in football and ice hockey.

