



LAUREN "FITZY" FITZGERALD

October 3, 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 Past Event Sponsors!



Lynne Lohse, the Carlino, Santoro & Baran Families

Dean Marketing Communications & Design
Center for Comprehensive Dentistry

Berks Oral Surgery, Kuhn Funeral Home, Adelphia Seafood

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 to learn how you can get involved by becoming a sponsor!

EVENT LOCATION

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

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

17th ANNUAL

FITZY'S Halloween 5 K RUN



With Run In-Person or Virtual Options!

SUNDAY, OCTOBER 31, 2021

10:00 AM

STONE HOUSE PARK

WYOMISSING, PA

SPONSORED BY



OUR 17th ANNUAL RUN - CHIP TIMED!

ONLINE REGISTRATION ONLY

www.laurensfoundation.org or
www.pretzelcitysports.com

REGULAR REGISTRATION

- **May 1st - October 24th**
- 25 for 5K Run/Walk (long-sleeved t-shirt included while supplies last!)
- Includes commemorative event medallion
- 10 for .3 mile Kid's Run (shirt not included)

VIRTUAL REGISTRATION

- **May 1st - October 24th**
- 25 for 5K Run/Walk (long-sleeved t-shirt included while supplies last!)
- Choose when and where you run!
- Includes commemorative event medallion
- Virtual race times not eligible for awards

FINAL WEEK/SAME DAY REGISTRATION

- **October 25th - October 31st**
- 30 for 5K Run/Walk (long-sleeved t-shirt included if still available!)
- 10 for .3 mile Kid's Run (shirt not included)
- Run in-person or virtually!

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! If held as a virtual event, no awards will be provided!

TEAM REGISTRATION

Get a 3-6 person team together for the 5K! There are separate team awards AND your race times still count for individual awards! Be sure each team member fills in the exact team name on the online registration form!

PACKET PICKUP DETAILS

Virtual & in-person runner packet pick-up available on Saturday, 10/30 at the Stone House Park from 11 - 4.



LaurensFoundation



www.laurensfoundation.org

*POSSIBLE COVID-19 IMPACT STATEMENT

NOTE: All race day events, contests, services, awards and the day's schedule are subject to change or cancellation depending on local conditions related to Covid-19. We will be following advice that local, state and federal health officials are providing in October. In the event of a complete event cancellation, the run will be conducted virtually!

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 Service Available
11:15	Kid's Run Starts
11:30	5K Awards Announced
12:00	Silent Auction Winners Announced

FOOD & BEVERAGE*

Covid-19 hit the restaurant business especially hard - so this year, instead of our usual buffet lunch, we will be asking local restaurants and cafes to provide our lunch items! You can support these food service businesses by buying items from them - more information to follow!



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!

COSTUME CONTESTS*

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

SILENT AUCTION*

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

HEALTH SERVICES FAIR*

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

**If race day conditions allow*



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DONATIONS WELCOME!

Donations are optional but very much appreciated! As a nonprofit, we rely on the generosity of our sponsors and participants to carry out our mission. Donations can be added in when you register or visit www.laurensfoundation.org to lend your support!