



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 scholarship, family assistance, children's recreation, organ donation awareness and brain tumor research programs.



LaurensFoundation



www.laurensfoundation.org

Some of Our Past Event Sponsors!



Lynneth Lohse

The Carlino, Ciatto, Santoro & Baran Families

Dr. David Causa - 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 19610

18TH ANNUAL

FITZY'S Halloween



AND FREE KID'S TRICK OR TREAT DASH!

SUNDAY, OCTOBER 30, 2022

STONE HOUSE PARK

WYOMISSING, PA

SPONSORED BY



OUR 18th ANNUAL RUN - CHIP TIMED!

ONLINE REGISTRATION ONLY!

www.laurensfoundation.org or
www.pretzelcitysports.com

REGULAR REGISTRATION

- **May 1st - October 26th**
- \$25 for 5K Run/Walk (long-sleeved t-shirt included while supplies last!)

FINAL WEEK/SAME DAY REGISTRATION

- **October 27th - October 30th**
- \$30 for 5K Run/Walk (long-sleeved t-shirt included if still available!)
- 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, 10/29 at the Stone House Park from 11 - 4.

RACE DAY SCHEDULE*

- 8:30 Registration / Silent Auction Start
- 9:00 Health Services Fair / Kid Zone Opens
- 9:45 Announcements & Guest Speakers
- 10:00 Costume Contest - Adults & Kids!
- 10:15 Fitzy's 5K Run Start
- 10:45 Food/Beverage Service Available
- 11:30 Kid's Run & Trick or Treat Dash
- 12:00 5K Awards Announced
- 12:30 Silent Auction Winners Announced

* times are approximate and may vary slightly

A RAIN, SNOW, SHINE OR PANDEMIC EVENT!

NOTE: We have not missed or postponed a Fitzy's Halloween 5K Run since we started the event in 2005! We've endured drenching rains, snowstorms, high winds and a pandemic over the years - however, if race day conditions are too dangerous to safely conduct the event, an alternate date OR virtual run option will be announced and posted!

NEW! FREE KID'S RUN & TRICK OR TREAT DASH

This year, there will be NO registration fee required for the Kid's Run - and we're combining it with a Trick or Treat Dash - a 2nd loop around the pond with stops for Halloween treats! We'll provide goodie bags and the treats to fill them!



FOOD TRUCKS!

Back by popular demand! Food and beverages will be available for purchase. Last year, trucks from Gourmand, Castaneda's, and Sweet Ride provided scrumptious fare for runners and spectators while Healthy U Fitness blended made-to-order smoothies and Semper Pie Bakery provided a cheesecake lover's feast! Note: Food/beverage vendors may vary from year to year! Don't forget to bring \$\$!



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 - may be held outdoors, so dress the kids appropriately!

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

Featuring Gift of Life Donor information, Drexel Medical School, sports massage sessions, brain tumor info/facts and chiropractic evaluations!



OUR MISSION

- Support recreational & community programs for children
- 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



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!