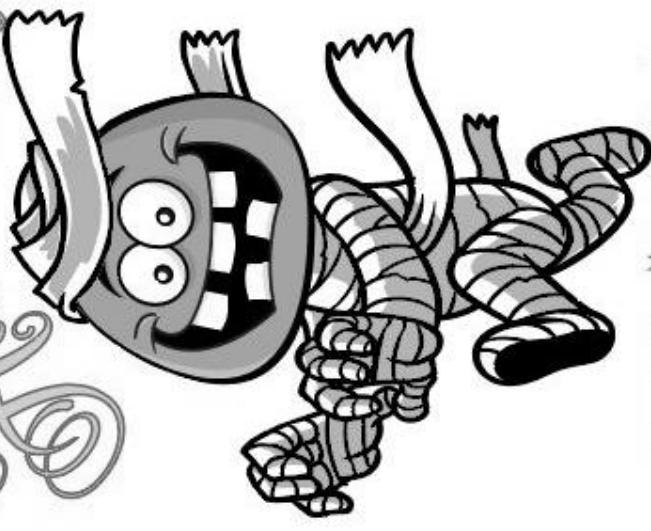


FITZY'S Halloween



5K RUN

& KIDS TRICK OR TREAT DASH!

SUNDAY, OCTOBER 29, 2023

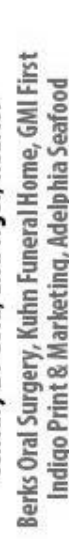
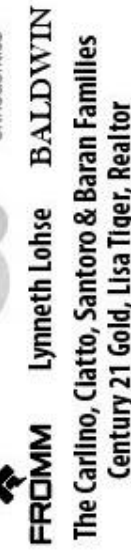
STONE HOUSE PARK - 10:00 AM

WYOMISSING, PA

SPONSORED BY



Some of Our Recent Event Sponsors!



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@laurenfoundation.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

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.



www.laurenfoundation.org

OUR 19th ANNUAL RUN - CHIP TIMED!

ONLINE REGISTRATION ONLY

www.laurenfoundation.org or
www.pretzelcitysports.com

PRE-REGISTRATION

- Until October 24th
- \$25 for 5K Run/Walk (long-sleeved t-shirt included while supplies last!)

FINAL WEEK/SAME DAY REGISTRATION

- October 27th - October 29th
- \$30 for 5K Run/Walk (long-sleeved t-shirt included if still available!)
- Register on 10/27, 10/28 or day of race, 10/29 at race venue (Fri-Sat: 11-4, Sunday: 8:30-10:00)

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; 60-67; 68-74; 75+. 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! Each member must fill in the exact team name when registering - online registration only!

PACKET PICKUP DETAILS

Virtual & in-person runner packet pick-up available on Friday, 10/27 and Saturday, 10/28 at the Stone House Park from 11-4. All runners picking up packets on 10/27 or 10/28 will be entered into a raffle for a free foot analysis and running shoes from Fleet Feet West Reading!

RACE DAY SCHEDULE*

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

* times are approximate and may vary slightly

A RAIN, SNOW, SHINE OR PANDEMIC EVENT!

NOTE: We have not missed or postponed a Fitzzy'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!

FREE KID'S TRICK OR TREAT DASH

Again this year, there will be NO registration required and no registration fee for the Kid's Trick or Treat Dash - open to kids 12 and under! After the run, we'll provide goodie bags along with Halloween treats and novelties to fill them!



FOOD TRUCKS!

Back by popular demand! Food and beverages will be available for purchase! Last year, trucks and vendors from Nonno Alby's, Comali Taqueria, Perk Up, Tri-BOBA, Sweet Ride and Dundore & Heister provided scrumptious fare for runners and spectators alike! Note: Food and beverage vendors will likely vary from year to year! Don't forget to bring \$\$ for purchases!



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!

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 appreciated! We rely on the generosity of our sponsors and participants to carry out our mission. Donations can be made when registering, on our website or through Venmo.



venmo