

Race Registration Form

Run Information: (Check event entered)

5K Run (\$30) .3 Mile Kid's Fun Run (\$10)

Shirt Size: (Check One)

S M L XL

Long sleeve T-Shirts to the first 500 pre-registrants
(Shirt not included for Kid's Run participants).

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 be on hand to guide participants, but roads will be open to traffic.

I have read & understand the above waiver.

Signature: _____

Date: _____

Parent's Signature if under 18 years of age:

_____ Date: _____

Amt. enclosed (5K & Fun Run)..... \$ _____

Fund Donation (optional, see reverse side) \$ _____

Total Amount Enclosed..... \$ _____

Please mail completed form by Oct. 20th, w/ payment to:

Fitzy's Run, c/o **A Running Start**
705 Penn Ave. West Reading, PA 19611

Make checks payable to "**Lauren's Foundation**"

or register online at
www.laurensfoundation.org



Lauren "Fitzy" Fitzgerald

October 31, 1984 - July 18, 2005

Lauren Fitzgerald was a life-long resident of Berks County, PA. She attended Wyomissing Schools, graduating with honors in June, 2003. Lauren then enrolled at Drexel University as an interior design major. In May, 2004, Lauren was diagnosed with a primary brain tumor. After undergoing 2 surgeries, chemotherapy and other treatments, Lauren died on July 18, 2005, at age 20.

Throughout her fight, Lauren maintained her love of life, her dignity and her high spirits. She refused to let her diagnosis interfere with her life, choosing instead 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.

About Lauren's Foundation:

In memory of Lauren, a Foundation was created to preserve her legacy and honor her desire to help others in need. We accomplish this by using funds raised from this event to support 3 primary causes:

Lauren Fitzgerald Sunflower Fund

Lauren Fitzgerald Memorial Scholarships

Lauren Fitzgerald Brain Tumor Research Fund

More information about these funds can be found inside or at www.laurensfoundation.org.



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

Costume contest, face painting, silent auction, refreshments, music & more!

**Sunday, October 28, 2012
10:00 am!**

**Happy Hollow Playground
Wyomissing, PA**

Rain, Snow or Shine Event!

Pre-Registration

Deadline: October 20th

\$30 for 5K Run/Walk

(includes long-sleeve T-shirt while they last)
\$10 for .3 mile Kid's Run (shirt not included)

Register online at

www.laurensfoundation.org

Pre-registration packet pick-up available on
Friday & Saturday, October 26th & 27th at

A Running Start!

Same Day Registration

Race day registration begins at 8:30 am at
Happy Hollow Playground Pavilion
\$35 for 5K Run/Walk, T-shirt not guaranteed
\$10 for .3 mile Kid's Run (shirt not included)

*Prizes will be awarded to the top three (3) male
and top three (3) female finishers, and the top
three (3) finishers in each of the following age groups,
both male and female: U15, 16-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-59, 60-69, 70 and over.*

Happy Hollow Playground, Wyomissing

The playground is located approx. 6 blocks from
the VF Outlets in Wyomissing, PA. It is bordered
by Terrace, Lynne, Trent and Garfield Avenues

GPS coordinates:

Latitude: 40.33189 Longitude: -75.95989

Health Fair!
Live Music!
Costume Contest!
Post-Run Cook-out/Buffer!
Supervised Kid's Zone!
Silent Auction!

Silent Auction 8:30 - 12:00!

Come prepared! Our silent auction will feature
dozens of items from local merchants including
gift baskets, gift certificates for restaurants,
spas/massage, sports items and much more!

Race Day Schedule

8:30 am - Registration & Silent Auction opens
9:00 am - Music by DJ Justin Bortz
- Kid's Zone opens (till 11:30)
- Health Services Fair opens
9:45 am - Announcements
- Special Guest Introductions
10:00 am - Adult & Kid's Costume contest
10:15 am - 5K Run start
10:30 am - Food/Buffer opens
11:15 am - Kid's Fun Run start
11:45 am - 5K Race Awards
12:00 pm - Silent Auction winners announced



KID'S ZONE

**Supervised Children's Area
Open 9:00 - 11:30 am!**

Delta Phi Epsilon (DPE)
sorority sisters from Drexel University
will be on-hand to provide supervision and fun
activities for kids (2 yrs. and over) at no extra
charge while you're running the race - then you
can pick them up and do the Kid's Run together!

Health Services Fair: 9:00 - 1:00



Blood Drive

Must be 18 yrs. old. Bring
photo ID! Schedule appt.
at www.redcrossblood.org



Gift of Life Donor Program

Learn about organ and tissue
donation and how it saves lives!
Become a donor if you like!

Free Sports Massage Sessions

Brenda Simmon, C.M.T.



Lauren's Foundation Funds

The Sunflower Fund



The Sunflower Fund was created to
help Berks County families strugg-
ling with the costs of caring for a
child with a serious illness. Recip-
ients are selected based on an app-
lication process and may include
recommendations from local hospita-
ls. Once a family/child is selected, the
Sunflower Fund is used to help pay household
expenses for a period of time, providing much
needed financial assistance.

The Memorial Scholarship Fund



This fund recognizes and supports
Berks County high school seniors
that have been confronted with
adverse life circumstances yet refused to be
reduced by those challenges. Since 2006,
25 scholarships (\$1,000 minimum award)
have been provided to deserving students.

The Brain Tumor Research Fund



This fund supports research into
the causes and cures of brain
tumors with an annual donation to
the American Brain Tumor
Association.

**Optional: To donate to a specific fund, check fund
preference above and enter amount on reverse
side. Your entire donation will go to that fund!**

If you have no preference, please check here.

Note: The Scholarship and Brain Tumor Research
Funds are managed by the Berks Co. Community
Foundation (BCCF), a 501(c)(3) non-profit
organization. Donations made payable to BCCF for
either of these funds are generally tax-deductible.

Fitzy's 5K Run Lifetime Sponsors:

Hybrid Home Brokers/Bill Williams & Co.
A Running Start