



# FITZY'S



## 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 Recent Event Sponsors!



**The Carlino, Ciatto, Santoro & Baran Families**  
Century 21 Gold, Lisa Tiger, Realtor

**Berks Oral Surgery, Kuhn Funeral Home, GMI First Indigo Print & Marketing, 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](mailto:sponsors@laurensfoundation.org) to learn how you can get involved by becoming a sponsor!

## NEW EVENT LOCATION FOR 2024!

## WEST READING PLAYGROUND

505 SYCAMORE RD. WEST READING, PA 19611

LESS THAN 1 MILE FROM STONE HOUSE PARK!

## 20<sup>TH</sup> ANNIVERSARY



## 5K RUN & 2.5 MI. WALK & 1/4 MILE KIDS RUN!

SUNDAY, OCTOBER 27, 2024

### NEW EVENT LOCATION!

## WEST READING PLAYGROUND

505 SYCAMORE RD. WEST READING, PA 19611

# OUR 20<sup>th</sup> ANNUAL RUN - CHIP TIMED!

## ONLINE REGISTRATION ONLY

[www.laurensfoundation.org](http://www.laurensfoundation.org)

[www.runsignup.com/Race/PA/Reading/Fitzys5KRun](http://www.runsignup.com/Race/PA/Reading/Fitzys5KRun)

## EARLY REGISTRATION DISCOUNT

- **Until October 6<sup>th</sup>**
- \$25 for 5K Run/Walk (long-sleeved t-shirt included while supplies last!)

## REGISTRATION (INCLUDING DAY OF)

- **October 7<sup>th</sup> - October 27<sup>th</sup>**
- \$30 for 5K Run/Walk (long-sleeved t-shirt included if still available!)
- Register on 10/25 or 26 at Fleet Feet West Rd. from 11-4, Sunday (race day) 8:30-10:00 at venue

## 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; 70-74; 75-79; 80+. 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, 10/25 and Saturday, 10/26 at Fleet Feet, 705 Penn Avenue, West Reading from 11-4. All runners picking up packets on 10/25 or 10/26 will be entered into a raffle for a free foot analysis and running shoes from Fleet Feet!

## RACE DAY SCHEDULE\*

- 8:30 Registration Opens
- 9:00 Health Services Fair / Child Care Opens
- 9:30 Food/Beverage Trucks Open
- 9:45 Announcements & Guest Speakers
- 10:00 Costume Contest - Adults & Kids!
- 10:15 Fitzy's 5K Run Start
- 10:25 Fitzy's 2.5 Mile Walk
- 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 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!*

## 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!



## COSTUME CONTESTS

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



## 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 Tristan & Sons provided scrumptious fare for runners and spectators alike! Note: Food and beverage vendors may 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!

## HEALTH SERVICES FAIR

Featuring Gift of Life Donor information, Drexel Medical School's Cutting Edge Anatomy Club and Health Outreach Projects students, 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 & treatment studies



## 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.

