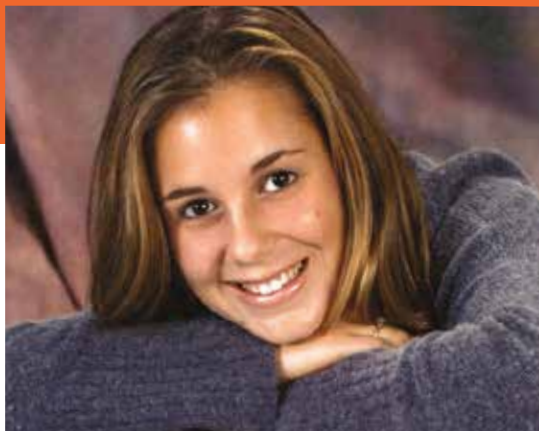




16<sup>th</sup> ANNUAL



## 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 Sunflower Fund, Memorial Scholarships and Brain Tumor Research.



Lynne Lohse, the Carlino, Santoro & Baran Families

### 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!

### EVENT LOCATION

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

### DEDICATED TO ANTHONY MYERS

This year's Fitzzy's 5K Run is dedicated to the memory of Anthony Myers and the courageous battle he fought after a brain tumor diagnosis in 2018. A portion of the event proceeds collected will be donated to the Anthony Myers Movement, a nonprofit Anthony created to serve others.



# FITZY'S Halloween 5K RUN



SUNDAY, OCTOBER 25<sup>TH</sup>

NO REGISTRATION FEE!

DETAILS INSIDE!

STONE HOUSE PARK  
WYOMISSING, PA

SPONSORED BY



## OUR 16<sup>TH</sup> ANNUAL RUN - CHIP TIMED!

### FREE SIGN-UP - NO REGISTRATION FEE!

Because of the impact that the Covid-19 pandemic has had on our residents, businesses and community, Lauren's Foundation is waiving registration fees for participation this year! In the event that local conditions in October require the in-person event to be canceled, the race will take place as a virtual event (virtual run details will be provided at a later date if needed)!

- **FREE registration for 5K and Fun Run (no shirts)!**
- **Registration is STILL REQUIRED for both events!**
- **An event T-shirt and commemorative medallion will be available for an \$18 donation for the 5K and \$12 for the Kid's .3 Mile Fun Run.**

### ONLINE REGISTRATION ONLY

[www.laurensfoundation.org](http://www.laurensfoundation.org) or  
[www.pretzelcycsports.com](http://www.pretzelcycsports.com)

### 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.

### 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 individual 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 to fill in your team name on the online registration form!

### PACKET PICKUP DETAILS

Packet pick-up available on Friday, 10/23 and Saturday, 10/24 at FLEET FEET WEST READING!



LaurensFoundation



[www.laurensfoundation.org](http://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, a virtual run option will be provided!*

### 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 cafes, eateries and food trucks to provide our lunch items! You can support these food service businesses by buying items from them - more info. 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*



## 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

### REMEMBERING ANTHONY MYERS - HIS LIFE & LEGACY



In the Fall of 2018, at the age of 16, Anthony was diagnosed with a high-grade glioma brain tumor. This experience led to an extraordinary outpouring of support, care, and concern - and the realization that life can present difficulties at any moment. In early 2019, he founded The Anthony Myers Movement, a nonprofit organization that assists other families and children in need.

Anthony's aim was to fight his own disease while "helping others tackle problems, move past challenges, and reach goals." Anthony passed away on December 4, 2019 - but his spirit lives on through his story and the work and deeds of The Anthony Myers Movement.



*"Cherish the moments you have now because you never know when your life will change."* Anthony Myers

Above: Mom, Jessica; brother Nico, Anthony, sister Giavanna and Dad, Ed.  
Below & right: Anthony was a star athlete in football and ice hockey.

