

## Race Registration Form

### Run Information: (Check event entered)

5K Run (\$25)       .3 Mile Kid's Fun Run (\$10)

### Shirt Size: (Check One)

S       M       L       XL

Long sleeve T-Shirts to the first 300 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. 22nd, 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](http://www.laurensfoundation.org) or [active.com](http://active.com)



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



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

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

**Sunday, October 30, 2011  
10:00 am!**

**Happy Hollow Playground  
Wyomissing, PA**

## Rain or Shine Event!

### Pre-Registration

Deadline: October 22nd  
\$25 for 5K Run/Walk

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

Register online at  
[www.laurensfoundation.org](http://www.laurensfoundation.org)

Pre-registration packet pick-up available on  
Friday & Saturday October 28th & 29th at  
**A Running Start!**

### Same Day Registration

Race day registration begins at 8:30 am at  
Happy Hollow Playground Pavilion  
\$30 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 - Live music  
- 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](http://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.  
and BTI student therapists!



## 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 hospi-  
tals. 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,  
21 monetary scholarships have been  
awarded 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.

#### Fitz's Run Lifetime Sponsors:

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