



# Mini Triathalon

*to Benefit Lauren's Legacy*

**Saturday, April 18th**  
Check in time: Noon

SWIM

*400 yard swim in the pool*

BIKE

*15 spin on a Kaiser Bike (about 45 min.)*

RUN

*5K (3.1 miles) run on a treadmill*

**Minimum donation of \$20**

Checks made payable to Golisano Children's Hospital  
to help fund Lauren's Garden

Registration forms available at Penfield Sport & Fitness front desk  
667 Panorama Trail West, Rochester, NY 14625

Contact [Gail@penfieldfitness.com](mailto:Gail@penfieldfitness.com) for more information.  
**585-586-7777**



**Lauren Olander**  
*Support Lauren's Legacy*



On June 5, 2011, Lauren was diagnosed with a rare biphenotypic acute leukemia and a mass was also discovered in her chest. After two weeks of treatment in the hospital, Lauren's leukemia was drastically improving. But a cure was not to be for Lauren, her little body just couldn't handle the chemotherapy and she died of an abdominal sepsis on June 19, 2011.

#### **Supporting Lauren's Legacy**

Eleanor and Andrew Olander established Lauren's Legacy in memory of their daughter Lauren Olander. Lauren's Legacy has committed to raise \$250,000 over five years to support the new Golisano Children's Hospital. This commitment will build one of two healing gardens in the new hospital, one to be named in Lauren's memory.

#### **About the Garden**

Lauren's Garden will be open to all visitors of Golisano Children's Hospital and Strong Memorial Hospital, providing a place of solace, comfort, and healing as well as fresh air and activities for children.

LAUREN'S GARDEN

