

Email Pitch to Centre Daily Times (coverage was received)

Hey Frank!

My name is Hannah Mulhern and I am a member of Penn State's varsity track & field team. We are hosting our fourth annual "Fit for Fritz" fundraising event on Sunday, November 6, 2016, where we raise money for The Hope Lodge in Hershey, Pa. This event is in honor of our coach, Fritz Spence, who is a two-time Leukemia survivor and is now back in action with our team.

We were wondering if anyone at the CDT would be interested in doing a feature or story on Coach Spence himself or the event. Coach Spence's story is something that ties to the Penn State community in a really special way in that he says that Penn State helped save his life.

I have listed some details on Coach Spence and Fit for Fritz below. Please let me know if you have any questions at all!

Absolute best,

Hannah

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Fit for Fritz

- Sunday, November 6, 2016 from 10:00 a.m. to 1:00 p.m.
- Located at Penn State's Multi-Sport Facility.
- A walk-a-thon for the track and field team and community.
- A dodge ball tournament amongst our varsity sports teams at Penn State.
- A bake sale will be present.
- "Be The Match," a national bone marrow donor program, will be present to get anyone who wishes on the bone marrow registry.

Coach Fritz Spence

- Two-time Leukemia survivor.
- His story involves believing that he had a cold and then being notified that 86% of his white blood cells were cancerous and he needed immediate treatment.
- BIG Ten Conference meet was within the upcoming week and Coach Spence's doctor insisted that he could not go in order to get proper treatment.

- Given two weeks to live.
- Coach Spence came back to Penn State and track & field practice one day, which he believes literally allowed him to stay alive, bring his spirits up and keep hope.
- Coach Spence is healthy today and coaching athletes at Penn State to many successes.