November 2026 | Vol. 28

# FIGHTING FLAMES

The Official Newsletter of Fight the Flame

NEWSLETTER
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Dear Friends,

Every edition of Fighting Flames is meaningful, but this one is especially close to my heart. We are dedicating this special edition to celebrating our 13th Annual Fight the Flame 5K and 1K Family Roll & Stroll, and the extraordinary community that made it a record-breaking event.

This year, 242 people participated in our race, marking the largest turnout in its history! We welcomed 201 runners and 26 walkers and rollers, along with many virtual participants, representing a total of 19 states. Together, we raised an incredible $43,000 to support Fight the Flame's mission of providing education, support, awareness, hope, and funding for CRPS research.

While these numbers are exciting, they tell only part of the story.

The true heart of this event was found in the people who came together. Window Pain brought an enormous team of 70 people from across the country. Many were meeting one another, and Chase Teagarden, the person who brought their community together, in person for the first time. Watching those connections happen was incredibly special.

CRC Insurance Group was represented by a wonderful team of 20 participants. The Hare Bandits, one of our favorite running clubs, also returned once again after supporting this event for many years. Seeing familiar faces alongside so many new ones reminded me just how much our Fight the Flame family continues to grow.

Thank you to everyone who helped make this record-breaking day possible. Whether you participated, volunteered, sponsored, donated, or cheered us on, you helped show the CRPS community that they are not alone.

Heartful appreciation
Beth Stillitano
Founder and Executive Director

# What 2026 5K/1K Participants Had to Say...

"Registering and participating on a team for the Fight the Flame 5K was very meaningful to me. Not only walking with fellow CRPS warriors, but it allowing me to meet many people face to face that I've only had internet contact with. It was an extremely emotional day, being able to hug some of the people that have inspired me and have helped me to continue on in my fight with CRPS. The park was perfect for such an event"
- Nancy

## "THE FRIENDLY VENDORS."
## - ERIC A.

***"The atmosphere was very fun and it was great to learn more about CRPS!"***
***-Calla C.***

***"Thank you for doing this event. It means so much & was life changing to be able to cross the finish line hand in hand with both my son's.***
***- Danielle M.***

***"Great community, awesome vendors, well organized "***
***-Kale B.***

"The support for CRPS. It was fantastic to see so many people wearing shirts and supporting the fight against it."

"The people/the setting...it was a beautiful location"
- Julia W.

"Thank you for hosting and organizing and planning and volunteering at and doing EVERYTHING at this race! It was a ton of fun!"
- Sarah O.

*"I went to the park to go on a run and stumbled across the event. I loved the cause and support and decided to join and had my fastest 5K PR. The support for CRPS. It was fantastic to see so many people wearing shirts and supporting the fight against it."- Sebastian A.*

"There is so much energy and so much going on "
- Brian A.

# THANK YOU TO OUR 2026 SPONSORS




The 13th Annual Fight the Flame 5K and 1K Family Roll & Stroll would not have been possible without the generosity of our incredible sponsors. Their support helped us welcome a record 242 participants from 19 states and raise $43,000 for CRPS education, awareness, support, and research. Each sponsor played an important part in bringing our community together and showing people living with CRPS that they are not alone.

We are especially grateful to Silver Investments, Hendrick Honda, and Coffey House Realty, who have stood beside us since our very first race. Their continued commitment over the past 13 races has helped this event and Fight the Flame® grow into what it is today.

We are also delighted to welcome our first-year sponsors to the Fight the Flame family. Thank you for choosing to stand with the CRPS community and help make this record-breaking year possible.

## PRESENTING SPONSOR:

**Action Plus Ideas**

## DIAMOND SPONSORS:

**Ayers, Ayers & Dressler**

**Window Pain**

## PLATINUM SPONSORS:

**Silver Investments**

**Ambros Therapeutics ***

## GOLD SPONSOR:

**Derive**

## SILVER SPONSORS:

**Hendrick Honda**

**Nomadic Creators ***

**Better Call IT**

* denotes first time sponsor

## BRONZE SPONSORS:

**Connolly Orthodontics**
**Badger Hauling**
**Carolina Referral Group–Indian Land***
**Greenapple Sports & Wellness***
**Piedmont Physical Medicine & Rehabilitation**
**Honest-1 Auto Care**
**Crown Builders**
**Coffey House Realty**
**HealthMarkets**
**Carolina Family Chiropractic***
**Jessi Rubenstein, Edward Jones***
**Cush Pockets***
**Carolina Beer Temple***







## TOGETHER, WE ARE MAKING A DIFFERENCE.

# THE IMPACT OF FIGHT THE FLAME 5K

## Special Thanks To Our Community Partners

Amazing Co
Bad Daddy's
Baileys Fine Jewelry
Beat the Bomb
Bechtler Museum of Modern Art
Birdsong Brewery
Carolina Theatre
Charlotte Knights
Charlotte Strength
Charlotte Ballet
Charlotte Symphony
Chipotle
CLT Finds
Comedy Zone
Cottage Care
Daniel Stowe Conservancy
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Drury Hotels
Extreme Ice-skating Center
Fig Tree
Gorgeous Glo
Hands-on Discovery Center
Highland Creek Golf Club
Jim Nicks
Kendra Scott
Church & Union
Le Belle Helene
Lauren Townsend
Legion Brewery
Link & Pin
Lazy 5 Ranch
Little Mama's
Madabolic Southend
Matthews Playhouse
Meadowbrook Inn
Mecklenburg County Golf
Mission Laser Charlotte
Mood House Community & Partnerships
NASCAR Hall of Fame
Olde Sycamore Golf Plantation
Olde Mecklenburg Brewery
Perry's Jewelers
Planet 21
Raising Canes
Rare Roots Hospitality
Red Bridge Golf Course
Renaissance Festival
Riverbank Zoo
Scout Bags
Shake Shack
Showmars- Providence Commons
Sportstea
Sports Connection
Suarez Bakery
Supperland
Tara McAlister
The Piada Group
Top Golf
Trader Joe's
Traditions Golf Club
US National Whitewater Center
Waxhaw Escape
Winterplace Ski Resort
Whole Foods
Wooden Robot Brewery








More than a race • A community • A mission • A movement.

| $380K Raised | 2,347 Particpants | 35 States | 5 Countries |
|---|---|---|---|

Represented since inception

# HOW FIGHT THE FLAME 5K BEGAN

The Fight the Flame race began with one child's desire to help his mother and others living with Complex Regional Pain Syndrome.

When Beth Stillitano's son, Landon, was just 12 years old, he decided he wanted to make a difference. He organized a 5K to raise awareness of CRPS and raise funds for CRPS research and patient support.

That first race raised an incredible $16,000, donated to CRPSA, formally RSDSA. It also helped Beth and her family connect with approximately 20 people in the Charlotte area who were living with CRPS. For individuals facing a condition that can feel isolating and misunderstood, those connections were invaluable.


'Good deed' will help fight pain disorder

4 students band together for 5K race on Nov. 3

By Marissa Brooks

*12-year old making a difference*

What began as one 12-year-old's act of love continued to grow. The race brought together more patients, families, runners, volunteers, sponsors, and community members each year. It eventually inspired the creation of Fight the Flame®, a nonprofit organization now serving the CRPS community nationwide and beyond.

Thirteen years later, the Fight the Flame 5K and 1K Family Roll & Stroll is growing bigger each year.

What Landon began at just 12 years old has become far more than a race. It has become a community, a place where people living with CRPS are seen, supported, and reminded that they are not alone.

## Thank You

**Deep appreciation for our amazing volunteers. We could not do this without you.**

*Color The World Orange Day*







*Round up your Walmart purchases for Fight the Flame*

# Race Day Memories










































See more race-day photos at FightTheFlame5K.org