

greatstrides®



TAKING STEPS TO CURE CYSTIC FIBROSIS



Footprints Vol. 3

Your Guide to Taking Great Strides in CT!

New In This Issue:

Ask Your Employer To Join In the Cause!

Katherine wanted very much to help her sister Liz who has CF, so she got together with some friends and they came up with a very ambitious plan - they decided to try and raise \$100,000! These ladies are high-energy achievers who are motivated by love and friendship! They contacted friends from near and far to talk about ideas. They re-activated their yearly "Team Liz" Great Strides team in Madison, and registered a large number of walkers who are already producing lots of donations. They connected up with people who hold the annual Ride For the Roses motorcycle run in Branford to see if they could participate. Friends at the local newspaper arranged for promotional pieces for the Great Strides walk. And, maybe best of all, Katherine asked her employer to assist. Spazzo Salon of Clinton registered a corporate walk team (Team Spazzo for Liz), put up a display in their shop, became a Mile Marker sponsor, and will be holding various wrap events throughout the year to benefit Great Strides, Liz, and everyone affected by CF! Ask your employer to help you. You never know what good will come of it. For more information about how companies can become involved, contact us at 860-257-6907.

*Ask Your Employer
Technology and Networking
Not Too Late to Raise \$\$\$!*

Welcome New Teams!

Granby: *Team CCCFC*
Madison: *Wild Things*
New London: *Rockin'
Groton (Kohl's), Chandler
Family Team*
West Haven: *Team RAZ*

A Networking Award for this Walk Chair!

Jennifer Gil is another high-energy achiever motivated by love – a mother's love. Her son is three years old and has CF. Jenn and her family have been walking with Great Strides since they found out about his condition, and she has become the driving force behind New London's Great Strides event. This year Jenn has outdone herself... in addition to her letter-writing campaigns, she's using Facebook to recruit new team members and ask for donations to her cause. She has listed New London Great Strides on the Facebook Calendar and a montage of her son on her home page. She sends everyone messages regularly to let them know of new developments and to remind them to register or donate; and her team has grown by leaps and bounds! Let's use all the networking tools available to us to help eradicate CF; and remember, online donations are higher on average than donations made in other ways. If you need help to ask for donations online, feel free to call us at 860-257-6907 or email your Great Strides staff person.



Walkers, It's Not Too Late!

Keep those donations rolling in by sending reminders for your online letter-writing campaign. It's not too late to start a letter-writing campaign, either online or by mail, or to hold a fundraising event, because all donations up to 12/31/2009 will be credited to you and your walk team. So go for it! Let's make 2009 a record-breaking Great Strides year!

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