

In 2009, WSNX radio personality Puddin decided to make a change in his life; He wanted to lose weight. Puddin started exercising and eating right and the pounds began to come off.

To continue living a healthier lifestyle, Puddin and his friends from the Playhouse have decided to take on a physical challenge that will support a great cause.

Please join Puddin and the Playhouse from 104.5 WSNX for Climb for a Cure, a stair climb event that benefits the Cystic Fibrosis Foundation.

With your help and encouragement you can help Puddin achieve his fitness goal while making "CF stand for Cure Found!"

At the conclusion of the Climb for Cure, celebrate with Puddin at the award ceremony. Stay tuned for more details...



**SIGNATURE ASSOCIATES**  
THE TEAM No Signature. No Results.



Healthcare, Industrial, Career/Approval,  
Postal, Public Safety & Security



THE HYDRATION DRINK®

Since 1955, the mission of the CF Foundation is to assure the development of the means to cure and control CF and to improve the quality of life for those with the disease. The CF Foundation tirelessly pursues this mission by supporting innovative research dedicated to discovering and developing new therapies and by funding and accrediting specialized care centers to treat people with the disease.

Never before in the history of the CF Foundation has the feeling of optimism for defeating CF been so great. Progress has been made in the fight against this disease because the CF Foundation has seized every opportunity to support the best minds in science and to recruit the finest teams of caregivers to the CF cause.

By partnering with the CF Foundation, you are investing in the lives of those with CF. Working together we can give the children and adults with CF the quality of life and the future that they deserve.



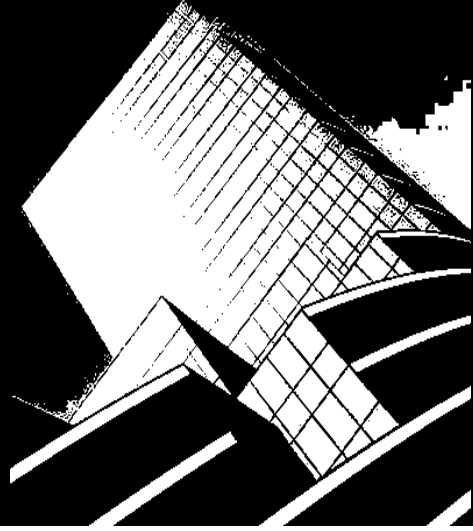
...adding tomorrows every day.

551 36th Street Southeast Suite C  
Grand Rapids, MI 49548  
616-241-2100  
800-968-1050  
616-241-2101 fax  
www.cff.org

Because of risks to people with cystic fibrosis (CF), individuals with a confirmed positive sputum culture for *Baerholderia cepacia* complex **shall not attend** this event. This is because *B. Cepacia* can be passed between individuals who have CF through close proximity. *B. cepacia* infection in a person with CF can cause serious respiratory illness and, in some patients, may lead to death. Despite this policy, there might still be some individuals with *B. cepacia* in attendance. *B. cepacia* is not a risk for otherwise healthy individuals. For alternative ways to participate and for information about this policy, please contact the CF Foundation at (800) FIGHT-CF or visit our Web site at [www.cff.org](http://www.cff.org). Consult your CF care center physician with medical questions.

# CLIMB for a CURE

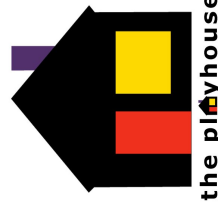
Benefiting the Cystic Fibrosis Foundation



Saturday, November 7, 2009  
Downtown Grand Rapids  
10 am - Bridgewater Place

REGISTER NOW AT [HTTP://grand-rapids.cff.org/stairclimb09](http://grand-rapids.cff.org/stairclimb09)

How many steps would you take for a cure?



Free Parking at Bridgewater Place

## Form a Team

Put together a group of your co-workers, friends, or family members and form a Climb for a Cure team! CF Foundation staff will help you along the way with ideas and tips to make your team successful. Whether you are a part of a corporate, family and friends, or organization team, your participation will make a difference.

**Register Today!** It's easy. Simply send your registration form by mail, call your chapter or visit <http://grand-rapids.cff.org/stairclimb09>

**By registering online, you will get a personal web page where you can add photos, invite walkers to your team, request donations and track your team's fund-raising progress!** We will send you a welcome packet and materials to give you additional fund-raising ideas. You can also use the brochure as your sponsor form.

## Raise Funds

Set a fund-raising goal for yourself and ask everyone you know to help you reach your goal. Online fund-raising is fast and easy and a great way to reach out. Simply email everyone you know and ask for their support.

## SEE HOW EASY IT IS FOR ONE CLIMBER TO RAISE \$300 IN ONE WEEK!

- Day 1 Make your own \$25 contribution
- Day 2 Ask five neighbors for \$10 each
- Day 3 Ask your employer to contribute \$25
- Day 4 Ask five co-workers for \$5 each
- Day 5 Ask three family members for \$25 each
- Day 6 Ask two businesses for \$25 each
- Day 7 Ask five friends for \$10 each

## Celebrate at the Stair Climb!

Our stair climbs are fun and a great way to bring our community, friends, and family together to support essential CF research. With your help, we can make CF stand for "Cure Found!"

There will be an award celebration at the conclusion of the Climb for Cure. Stay tuned for more details...

Register today at [HTTP://grand-rapids.cff.org/stairclimb09](http://grand-rapids.cff.org/stairclimb09)

## Team Information (if applicable)

- Team Name/Leader \_\_\_\_\_
- Individual \$50
- 4-Person Relay Team \$200
- Corporate 4 - Person Relay Team \$400  
Includes signage with logo.
- Half Way/Water Station Sponsor \$500  
After 11 flights and another 11 flights to go, you will be able to give the climbers a much needed break. This is great way to shake hands and to support the Cystic Fibrosis Foundation. 4-Person Relay team included. Includes signage with logo.
- Start/Finish Sponsor \$600  
Greet and to give congratulations to the all the climbers at the Start/Finish. This is great way to shake hands and to support the Cystic Fibrosis Foundation. 4-Person Relay team included. Includes signage with logo.

Total Amount \$ \_\_\_\_\_  
\*\*(\$50 Registration fee per participant)\*\*

### Method of Payment:

Check - Made payable to Cystic Fibrosis Foundation  
Visa/Discover/MasterCard/Amex

Credit Card # \_\_\_\_\_ Exp. \_\_\_\_\_  
Name on Card \_\_\_\_\_  
Signature \_\_\_\_\_  
Name \_\_\_\_\_  
Company \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_  
Email \_\_\_\_\_

### Mail or Fax To:

Cystic Fibrosis Foundation PH: 616-241-2100  
551 36th Street SE, Suite C FX: 616-241-2101  
Grand Rapids, MI 49548 jsimon@cff.org

\*\*\$50 Registration fee may be fundraised and is included in the total amount fundraised. Registration fee must be turned in before the beginning of the event in order to participate\*\*

**Waiver** (Each participant must read and sign below): I, the undersigned, agree to indemnify and hold harmless the Cystic Fibrosis Foundation and Bridgewater Place LLC from all cost, expenses and liability arising out of my or my child's participation in this event to benefit the Cystic Fibrosis Foundation. I do hereby waive all claims for damage or loss to me or my child's person or property which may be caused by any act or failure to act, by the Cystic Fibrosis Foundation or Bridgewater Place LLC, its officers, agents, or employees arising directly or indirectly from my or my child's participation in this event and I hereby assume liability for any loss, damage or other liability from such event. Important! I give permission to the CFF to use any pictures, video footage, etc. that is taken at the event to use in future promotional materials.

Participant's Signature or Parent/Legal Guardian \_\_\_\_\_ Date \_\_\_\_\_

Raise Prizes

\$5,000 or More: Mini DV Camcorder (EL-331)

\$2,500: 5.0 Megapixel Digital Camera (EL-360)

\$1,000: MP3 Player - 256 mb (EL-136)

\$500: Team CF Woven Blanket (EL-400)

\$250: Team CF Beach Tote Bag (EL-318)

\$100: Official Team CF T-Shirt

### NAME

Example: Joe Smith

### AMOUNT

\$50

1. My Donation

2.

3.

4.

5.

6.

7.

8.

9.

10.

Total \$

Please indicate prize number you are eligible to receive: (see prize structure for code)