



TAKING STEPS TO CURE CYSTIC FIBROSIS



GREAT STRIDES UNIVERSITY

On Saturday, January 29, the Washington Chapter held the 6th Annual GREAT STRIDES University seminar at BJ's Restaurant and Brewery at the Southcenter Mall. This event brought together Team Leaders and fundraising walkers from around the state for a morning of brainstorming with peers about fundraising techniques and practices for GREAT STRIDES 2011.

Guests were treated to a research presentation by Dr. Bruce Montgomery, MD, Senior VP and Head of Respiratory Therapeutics at Gilead Sciences.

Participants were able to share ideas for topics including contact brainstorming and taking teams to the next level of fundraising in hopes of making 2011 the best year yet for GREAT STRIDES!

Special thanks goes out to Robert Nunnenkamp, Seattle's Committee Chair, for leading the event as our emcee, and to Jim Oas, Poulsbo's Committee Chair, for providing the music for the event! Our hats go off to Michael Kennedy, manager of BJ's Restaurant, for his continued support of the CF Foundation!

With eleven walks throughout Washington State and two in Alaska during the spring and fall, the 23rd Annual Great Strides Walk is sure to have another record-breaking year. Last year, thanks to the participation of each walker, donor and sponsor, the Washington/Alaska Chapter walks raised nearly \$850,000 net for CF research and care. This year, Walk Chairs and Committees hope to raise over \$1 million net!

Great Strides: Taking Steps to Cure Cystic Fibrosis is the Cystic Fibrosis Foundation's largest national fundraising event. Tens of thousands of co-workers, friends and family come together each year as one community for one cause...to help find a cure for CF one step at a time.

Join us for this fun event in which the whole family can participate. Online registration is available at GREATSTRIDES.CFF.ORG. For more information, please contact or Alison Morton (amorton@cff.org) or Shay Bonser (sbonser@cff.org) at (800) 647-7774.



Sydney's Superstars in Seattle



Team Jolene in Snoqualmie Valley

THIS YEAR'S WALKS

TRI-CITIES

Sponsored by Columbia Basin College
Sunday, May 1 • Howard Amon Park, Richland
Walk Chairs Dana Giacci and Todd Rogers

GIG HARBOR

Sponsored by Rush Companies, Inc.
Saturday, May 7 • Cushman Trail at Rush Cos.
Walk Chairs Tony & Heather Paulson

WASILLA, ALASKA

Sunday, May 15 • Heritage Elementary
Walk Chair Mary Ann Johnson

OLYMPIA

Sunday, May 21 • Heritage Park
Walk Chairs Beatrix Blackerby, Christy Webster
and Rosie Mathews

YAKIMA

Saturday, May 21 • Sarg Hubbard Park
Walk Chairs Sandi DeBord, Maranda Schumacher
and Andrea Pearce

SEATTLE

Sponsored by Gilead Sciences, Inc.
Sunday, May 22 • Seattle Center
Walk Chair Robert Nunnenkamp

SPOKANE

Saturday, June 4 • Gonzaga University
Walk Chairs Lori & Ty Ullman and Kari Windnagle

ANCHORAGE, ALASKA

Sponsored by Mattress Ranch
Sunday, June 5 • Delaney Park Strip

CRANBERRY COAST in GRAYLAND

Sponsored by Ocean Spray
Saturday, June 11 • Grayland Community Hall
Walk Chairs Carl & Liisa Waara

AUBURN

Sponsored by TOP Food & Drug
Sunday, June 12 • Roegner Park
Walk Chairs Deanne & Rich Plunkett

POULSBO

Sponsored by Hill Moving Services
Saturday, June 18 • Vinland Elementary
Walk Chairs Jim & Val Oas

TULALIP

Saturday, July 9 • Tulalip Amphitheatre
Walk Chairs Kelsie Dry and Brandy Krug

SNOQUALMIE VALLEY

Saturday, September 24 • Centennial Park
Walk Chair Erin Christensen



Team Heather in Spokane



Gilead Check Presentation in Seattle



Team Jenny in Gig Harbor

Be sure to register online to receive your team packet for this year's GREAT STRIDES: <http://washington.cff.org>