Great Strides is the CF Foundation’s largest fundraising event. It provides opportunities for all people within a local community to get involved forming teams with friends, family and colleagues. Walk day is a fun celebration that includes a healthy walk and festivities that participants look forward to year after year.

**Phoenix Area - Contact:** Lori Nelson, lnelson@cff.org
**Great Strides Tempe - April 26**
Tempe Beach Park
**Great Strides Prescott - September 12**
Yavapai College
**Great Strides Scottsdale - TBD**
Location TBD

**Tucson Area - Contact:** MeMe Agulia, maguila@cff.org
**Great Strides Tucson - May 2**
Reid Park

**March 4 - Trail Dust Town in Tucson**
Brewer’s Ball is the craft beer event of the season with handcrafted brews and signature samplings from the hottest eateries in the Tucson area. Mix and mingle with live entertainment, or bid on unique silent auction items and experiences while enjoying unlimited samplings of handcrafted beers and tastes of the best local cuisine. You won’t leave hungry or thirsty.

**Contact:** Charles Colmark | ccolmark@cff.org

**March 20-22 - Spring Hike**
**May 15-17 - Summer Xtreme Hike**
**September 11-13 - Fall Xtreme Hike**
Xtreme Hike is one of the most challenging hikes in the country! During this physical and mental challenge, Xtreme Hikers traverse the Grand Canyon from rim to rim in one day. Our weekend experience includes transportation, most meals and 2 nights of lodging.

**Contact:** Toni Bauman | tbauman@cff.org

**September 12 - Hilton El Conquistador in Tucson**
Roundup for a Cure is a circus themed gala with silent and live auctions, seated dinner and more to make a difference in the lives of those living with CF. It’s an evening that celebrates the tremendous accomplishment of the CF Community.

**Contact:** MeMe Agulia | maguila@cff.org
November - TBD in Phoenix
65 Roses & Wine Gala is a festive evening with wine and spirits tastings, silent and live auctions, seated dinner, and an inspiring Bid for a Cure. Together we raise funds and celebrate our progress as we move closer to a cure.

Contact: Toni Bauman | tbauman@cff.org

October - ASU Sun Devil Stadium in Tempe
Arizona StairClimb has been taking the search for a cure to new heights for 39 years. Hundreds of participants climb more than 2,000 stairs in a challenge of will and endurance to raise funds and awareness.

Contact: Lori Nelson | lnelson@cff.org

December 5 - Ron Morriss Park in Tubac
CF Cycle for Life - Tour de Arizona features a 27 and 71 mile routes through some of the most picturesque landscape in Southern Arizona. The ride starts and ends in the historic art filled Tubac.

Contact: Charles Colmark | ccolmark@cff.org

Become a member of our 65 Roses Club, the CF Foundation's monthly donor program that helps the Foundation advance the development of new therapies to fight CF, increase access to treatments, and provide resources to improve lives.

Contact: Charles Colmark | ccolmark@cff.org

Tomorrow’s Leaders are philanthropically inclined young professionals interested in networking, professional development, and leadership opportunities. The group meets monthly to forge meaningful connections within the community and support the Cystic Fibrosis Foundation.

Contact: Charles Colmark | ccolmark@cff.org
Become a Member: cff.org/tomorrowsleaders

Grampions are a grandparent or grandperson who is passionate about helping those with cystic fibrosis. They are the ultimate champions for not only their grandchild but other CF grandchildren.

Contact: Toni Bauman | tbauman@cff.org

IMPORTANT NOTE ON ATTENDANCE AT FOUNDATION EVENTS: To reduce the risk of getting and spreading germs at CF Foundation-sponsored events, we ask that everyone follow basic best practices by regularly cleaning your hands with soap and water or with an alcohol-based hand gel, covering your cough or sneeze with a tissue or your inner elbow and maintaining a safe 6-foot distance from anyone with a cold or infection. Medical evidence shows that germs may spread among people with CF through direct and indirect contact as well as through droplets that travel short distances when a person coughs or sneezes. These germs can lead to worsening symptoms and speed decline in lung infection. To further help reduce the risk of cross-infection, the Foundation’s attendance policy recommends inviting only one person with CF to attend the indoor portion of a Foundation-sponsored event at a specific time. For the outdoor portion, the Foundation recommends that all people with CF maintain a safe 6-foot distance from each other at all times.