GREAT STRIDES

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.

**For more information: visit greatstrides.cff.org**

**Northeast PA Great Strides**
- April 13—Philadelphia
- April 27—Ocean City
- April 28—Media
- May 4—Wilmington
- May 5—Chesterbrook
- May 5—Gloucester County
- May 18—Lake Nockamixon
- September 21—Warminster

**Central PA Great Strides**
- April 27—Gettysburg
- May 4—Lebanon
- May 4—Lock Haven
- May 18—Lancaster
- May 18—York
- May 19—Hummelstown

ENDURANCE EVENTS

**CF Cycle For Life**
August 11, 2019—Conshohocken, PA
Join us as we ride together to raise money and awareness in the fight against cystic fibrosis. Get your wheels in motion and cycle at your own pace.

**For more information contact the Delaware Valley Office.**

**30th Annual CF Climb**
October 2019—TBD
CF Climb is a unique, challenging fitness event in which participants climb stairs in a test of endurance in tall buildings or around stadiums.

**Xtreme Hike**
September 21, 2019—Green Lane Park
The Cystic Fibrosis Foundation’s Xtreme Hike program takes hikers through some of the most scenic trails in the nation to raise funds and awareness for cystic fibrosis.

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 function. 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.
# SPECIAL EVENTS

## 14th Annual Breath of Life Gala
- **Date:** Saturday, November 16, 2019
- **Venue:** The Crystal Tea Room, Philadelphia, PA

Join us for an exceptional night that offers an opportunity for individuals and companies to come together and invest in the vital research needed to find a cure for cystic fibrosis. The unparalleled evening features extraordinary entertainment, live and silent auctions, and the attendance of over 600 guests.

For more information contact the Delaware Valley Office.

## INDIVIDUAL GIVING

### Annual Fund

Your gift of support to the Annual Fund provides important, unrestricted resources that help us accelerate our efforts to pursue a cure for cystic fibrosis, fund development of new therapies, and help all people with cystic fibrosis live longer, healthier lives.

**Delaware Valley** - giftcf.cff.org/delaware-anf  
**Central PA** - giftcf.cff.org/centralpa-anf  
**Northeast PA** - giftcf.cff.org/npa-anf

### 65 Roses® Club

You’re invited to join the 65 Roses® Club, a special group of Cystic Fibrosis Foundation donors dedicated to finding a cure for cystic fibrosis. Members make a monthly gift which provides consistent, reliable support to the CF Foundation, that helps those living with CF lead longer, healthier lives by advancing high-quality care and innovative research. Whatever amount you choose to give, you will remain part of a strong community that supports people with cystic fibrosis.

[www.cff.org/Give-Monthly](http://www.cff.org/Give-Monthly)

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### Cocktails for a Cure
- **Date:** September 27, 2019
- **Venue:** Woodcrest Country Club, Cherry Hill, NJ

Join us to raise awareness, funds and martini glasses to cure cystic fibrosis. The evening will be featured by delicious dinner stations, a martini bar, robust silent auction, inspiring program and dancing!

For more information contact the Delaware Valley Office.

### Grapes & Grain South Jersey
- **Date:** March 22, 2019
- **Venue:** Auletto’s in West Deptford, NJ

The Grapes & Grain event in the Delaware Valley is a popular tradition and unforgettable experience.

From the wine novice to the advanced enthusiast, Grapes & Grain South Jersey will offer a relaxed, yet lively, evening, along with the opportunity to sample a variety of fine wines and specialty beers.

For more information contact the Delaware Valley Office.

### 2nd Annual Feastival
- **Date:** TBD
- **Venue:** Homewood Suites by Hilton Center Valley, PA

Guests will have the opportunity to sample some of the Lehigh Valleys’ and surrounding areas’ local cuisine while sipping on locally brewed craft beers, wines and spirits. There will be music, a silent auction and all-around good time for our guests!

For more information contact the Northeast PA Office.

### Philadelphia’s Finest
- **Dates:** June 6, 2019  
  Lancaster’s Finest—September 19, 2019  
  Lehigh Valley’s Finest—November 2, 2019  
  Central PA’s Finest—November 9, 2019

The CF Foundation honors a select group of men and women that are committed to professional growth. Join us to celebrate the honorees’ accomplishments.

For more information contact each office.