## Great Strides

Lace Up. Walk. Cure Cystic Fibrosis. | [greatstrides.cff.org](http://greatstrides.cff.org)

Great Strides is the CF Foundation’s largest fundraising event and provides an opportunity for all to get involved forming teams with friends, family and colleagues.

### Central PA Great Strides
- May 2—Lebanon
- May 2—Lock Haven
- May 16—Lancaster
- May 16—York
- May 17—Hummelstown

### Delaware Valley Great Strides
- April 25—Philadelphia
- April 25—Ocean City
- May 2—Wilmington
- May 3—Gloucester County
- May 3—Media
- May 16—Lake Nockamixon
- September 19—Warminster

For more information contact each office.

## Breath of Life Gala

### 15th Annual Breath of Life Gala ● November 2020 ● 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.

## Endurance Events

Our Endurance Events offer a series of unique challenges for the adventurous among us. Reach new heights both physically and philanthropically with CF Climb, spin your wheels towards a cure with CF Cycle for Life, or take the next step with Xtreme Hike. Accept our challenge to find a cure for CF!

### Annual CF Climb
- Fall 2020
- Lincoln Financial Field

### CF Cycle for Life
- August 2020
- Conshohocken, PA

### Xtreme Hike
- Fall 2020
- Location TBD

For more information contact the Delaware Valley Office.
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.

Finest

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

Philadelphia’s Finest— June 4, 2020
Lehigh Valley’s Finest—November 6, 2020
Central PA’s Finest—November 14, 2020

For more information contact each office.

Special Events

Our special events offer a wide variety of programming to suit all tastes. Join our Grapes & Grain for exquisite wine tasting, Brewersfest for a beer and music festival, and Cocktails for a Cure for some delicious cocktails and a great auction!

Grapes & Grain South Jersey
March 27, 2020
West Deptford, NJ

Cocktails for a Cure
November 13, 2020
Cherry Hill, NJ

For more information contact the Delaware Valley Office.

Stay up to date with us!

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