

Cystic Fibrosis Foundation – Greater New York Chapter 2019 EVENT CALENDAR

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GREAT STRIDES

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CYSTIC FIBROSIS FOUNDATION



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.

GreatStrides.cff.org

Sunday, May 19
New York City
Lower Hudson Valley

Sunday, June 2
Nassau County
Putnam County

Sunday, June 9
Poughkeepsie
Suffolk County
Staten Island

ENDURANCE EVENTS



CYSTIC FIBROSIS FOUNDATION

TD 5 Boro Bike Tour
May 5, 2019
New York City

32,000 cyclists of all skills levels come from around the world to roll through every borough of NYC on streets totally free of cars. Come ride for a cause with Team CF!



CYSTIC FIBROSIS FOUNDATION

CF Cycle for Life
October 5, 2019
Westchester County

The Foundation's premier cycling event. Join us in Westchester County and ride at your own pace with varying course lengths for beginner and experienced cyclists.



CYSTIC FIBROSIS FOUNDATION

CF Climb
May 4, 2019
MetLife Stadium, New Jersey

This event takes the search for a cure to new heights. Hundreds of participants climb stairs in a challenge of will and endurance to raise funds and awareness.



United Airlines NYC Half
March 17, 2019



TCS New York City Marathon
November 3, 2019

BREATHE TEAM



CYSTIC FIBROSIS FOUNDATION

Run with us! Join the marathon team or participate in various fun runs and other races as a part of our **Breathe Team**. Contact the Long Island office for more information.

SPECIAL EVENTS

Toast to Tomorrows
July 11, 2019

You are invited to enjoy an evening of fine wine, craft beer, and gourmet bites as we raise our glasses to a cure!



Cocktails for a Cure
October 18, 2019

Enjoy an evening of food, drinks, and music that celebrates the best that NYC has to offer. This fun gathering allows for guests from various industries to meet other passionate cause-minded individuals.



Breath of Life Gala
November 14, 2019

The Annual Breath of Life Gala will be a particularly special evening as we celebrate the tremendous accomplishments of the year. Join us for an evening of cocktails, a silent auction, dinner, and much more!



Jingle & Mingle
December 2019—TBD

Jingle & Mingle is a festive evening on Long Island filled with cocktails, hors d'oeuvres, a wine ring toss and silent auction.



Polar Penguin Plunge
March 3, 2019

The Polar Penguin Plunge takes the search for a cure to the water at Founders Landing Park. Participants will plunge into Southold Bay to raise funds for cystic fibrosis. Challenge yourself as you plunge for the cure!



Greater New York Golf Outings
Various Dates in 2019

The Greater New York Chapter is involved in several golf events throughout the year at various locations throughout the region. Contact the Manhattan office for more information.



Scientific Update
Fall 2019—Lowenstein Sandler, NYC

Join us to learn about the latest advances in CF research and new approaches to advance the underlying cases of CF. For more information, contact the Manhattan office.



Tomorrow's Leaders offers like-minded young professionals leadership skills and networking opportunities while they make a difference in the lives of those with cystic fibrosis.

Contact the Manhattan office to learn more!



INDIVIDUAL GIVING



Cystic Fibrosis Foundation
Annual Fund

Become a member of Partners in Progress, the CF Foundation's annual fund, with donations up to \$10,000 and help fund lifesaving research and medical programs for people with CF.

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.