

**Cystic Fibrosis Foundation – Gateway Chapter**  
**2020 SPECIAL EVENTS**

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## GREAT STRIDES

### GREAT STRIDES 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.

For more information visit: [greatstrides.cff.org](http://greatstrides.cff.org)

April 25th 2020 - Columbia, MO  
May 3rd 2020 - Metro East IL

May 9th 2020 - St. Charles, MO  
May 16th 2020 - St. Louis, MO

Oct. 10th 2020 - Springfield, MO

## ENDURANCE EVENTS



Join us for our annual bicycle event as we ride through some of the most picturesque and scenic terrain in St. Charles County with a 25-50 and 100-mile route option.  
For more information visit: [Fightcf.cff.org/GatewayCycle](http://Fightcf.cff.org/GatewayCycle)

Oct. 3rd 2020 - Cycle for Life St. Charles County, MO



Xtreme Hike is about reaching new heights physically and philanthropically. It's a journey of passion, determination, and personal triumph, as much as it's an opportunity to make a difference in the lives of people with cystic fibrosis.

For more information visit: [Fightcf.cff.org/gatewayspring](http://Fightcf.cff.org/gatewayspring)

April 18th 2020 - Spring Xtreme Hike Hawn State Park Trail - 15 .7 miles  
Oct. 24 2020 - Fall Xtreme Hike Lake of the Ozarks State Park – 30 .1 miles

### 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



**FestivAle**  
March 27, 2020  
St. Louis Union Station

Come out and "cure what ales ya!" FestivAle brings together beer enthusiasts to sample handcrafted, high-end beers from the Midwest's finest local brewers. The event also features a silent auction, beer-related activities, live entertainment, and more!

[FestivAleSTL.com](http://FestivAleSTL.com)



**Tee Off For A Cure**  
Monday, September 21, 2020  
Fox Run Golf Club (Eureka, MO)

Enjoy a day of unparalleled golf in one of the longest running golf tournaments west of the Mississippi! You'll have the opportunity to host clients, gain community recognition and work on your swing while adding tomorrows to the lives of people with CF.



**29th Annual Reach for a Star Gala Presented by Express Scripts**  
November 13th, 2020  
The Ritz Carlton-Clayton

The Reach for a Star Gala presented by Express Scripts for the 20th year celebrates the heroes in our community who are working to provide a hopeful future for those living with cystic fibrosis. The Gala includes a cocktail reception, gourmet dinner, live and silent auctions, and live entertainment!

[Events.CFF.org/ReachforaStarGala](http://Events.CFF.org/ReachforaStarGala)

## 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.

[Fightcf.CFF.org/Missouri-anf](http://Fightcf.CFF.org/Missouri-anf)

### 65 ROSES® CLUB

CYSTIC FIBROSIS FOUNDATION

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, and 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)